



*Statue of St. Michael the Archangel that stands above Kyiv's Independence Square. St. Michael is patron saint of the Ukrainian capital.*



## **ST. MICHAEL THE ARCHANGEL**

Defend people of Ukraine in battle; be their defence against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and to you, O Prince of the heavenly host, by the power of God, thrust into hell Satan and the other evil spirits who are trying to invade Ukraine.  
Amen.

~ 19 February 2023 ~  
~ FORGIVENESS SUNDAY ~  
~ НЕДІЛЯ ВСЕПРОЩЕННЯ ~  
~ 361<sup>ST</sup> DAY OF WAR IN UKRAINE ~



As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendants became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

At Forgiveness Vespers we sing: *"Let us begin the time of fasting in light, preparing ourselves for spiritual combat. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit..."*

## SUNDAY HYMNS

OPENING HYMN	Lord and Creator ( <i>pg. 1006, Anthology</i> )
COMMUNION HYMN	Витай Між Нами // With Solemn Greeting ( <i>pg. 244-245</i> )
CLOSING HYMN	Боже, Великий, Єдиний ( <i>pg. 264</i> )

## SUNDAY & DAILY SCHEDULE

SUNDAY, Feb 19	Divine Liturgy // Божественна Літургія	10 AM
MONDAY, Feb 20	Great Canon of St. Andrew of Crete	7 PM
TUESDAY, Feb 21	Great Canon of St. Andrew of Crete	7 PM
WEDNESDAY, Feb 22	Great Canon of St. Andrew of Crete	7 PM
THURSDAY, Feb 23	Great Canon of St. Andrew of Crete	7 PM
FRIDAY, Feb 24	Liturgy of Pre-Sanctified Gifts	7 PM
SATURDAY, Feb 25	NO SERVICES	
SUNDAY, Feb 26	Divine Liturgy // Божественна Літургія	10 AM

**NOTE:** to request a Divine Liturgy, please speak with Fr. Yuriy

**E-TRANSFER - [st.nicholas.victoria@gmail.com](mailto:st.nicholas.victoria@gmail.com)**

### SUNDAY EPISTLE

### FEBRUARY 12 DONATIONS

DATE	READING	
SUNDAY, Feb 19	Rom 13:11-14:4	Coffee: \$66.85; Vigil lights: \$10.30; Loose collection: \$160.00; Envelope collection: \$360.00; Pre-authorized donations Feb 6 to Feb 12: \$235.00  <b>TOTAL: \$832.15</b>  <i>May God bless and reward you abundantly for your generosity!</i>
SUNDAY, Feb 26	Heb 11:24-26,32-40; 12:1-2	
SUNDAY, Mar 5	Heb 1:10-2:3	
SUNDAY, Mar 12	Heb 4:14-5:6	

**DONATE ONLINE - [www.stnicholasparish.org/donate](http://www.stnicholasparish.org/donate)**

### PASTORAL MINISTRY & HOLY MYSTERIES

CONFESSIONS.....any time before or after services  
 BAPTISMS.....by appointment  
 MARRIAGES.....six months notice should be given to the parish priest, and he should be contacted before any other arrangements are made  
 FUNERALS.....by appointment  
 ANOINTING.....by appointment  
 HOSPITAL VISITS.....any time; call emergency number **250.891.4507**

*Apostolic Administrator ~ Bishop David Motiuk ~ [www.nweparchy.ca](http://www.nweparchy.ca)*



ST. NICHOLAS  
THE WONDERWORKER

†  
СВ. МИКОЛАЯ ЧУДОТВОРЦЯ



Church: 250.384.2255  
Rectory: 250.384.2292  
Emergency: 250.891.4507

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1112 Caledonia Ave.  
Victoria, BC V8T 1G1



~ Priest ~  
Fr. Yuriy Vyshnevskyy

HELP THE PEOPLE OF UKRAINE TO  
SURVIVE THE WAR

DONATE FOR UKRAINE

ПОЖЕРТВУЙ НА УКРАЇНУ

[www.stnicholasparish.org](http://www.stnicholasparish.org)  
Victoria, BC Canada

**DONATE TO HELP UKRAINIANS ARRIVING ON SOUTH VANCOUVER ISLAND** - Make cheques payable to 'St. Nicholas church' with memo 'Help arriving Ukrainians'. You can also donate cash or via e-transfer to [st.nicholas.victoria@gmail.com](mailto:st.nicholas.victoria@gmail.com). Click **DONATE** button on the parish website [www.stnicholasparish.org](http://www.stnicholasparish.org) to donate via CanadaHelps. Tax receipts will be issued.

**WWW.UKRAINEHELPVI.CA** - the website is designed to connect people and organizations on Vancouver Island to help the people of Ukraine.

**ACCEPT PEOPLE FLEEING UKRAINE ON VANCOUVER ISLAND** - please complete [this form](#) if you can accept people fleeing Ukraine. Please share this with your friends and neighbours!

**JOB POSTING** - employers who wish to support Ukrainians with offers of employment to register these offers on [Jobs for Ukraine](#).

**DO YOU NEED FOOD?** - Help Ukraine Vancouver Island Society has created Food Share programs to ensure that all Ukrainians have access to good quality food across Vancouver Island every week. Please visit the HUVI website for details and how to register in your area [HERE](#).

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## PRAYER FOR THE AFFLICTED PEOPLE OF UKRAINE IN TIME OF WAR



**O** Lord Jesus Christ, our God, we entreat You to hear the earnest prayer of Your beloved Church of Kyivan Rus' for her deeply afflicted children abiding in the land of Ukraine. Behold their grave sorrow and grievous plight, and speedily come to their aid. Deliver Your vulnerable people from unjust aggressors, foreign invasion and the terror of war. Strengthen

courageous defenders of the nation to fight virtuously, inspired more by love of those they protect than hatred of the enemy. O compassionate Lord, shelter the displaced, heal the wounded, console the orphan, protect the widow, comfort those who mourn, and mercifully receive into Your Kingdom those who have nobly died guarding their homeland against every aggression. Quickly make cease the spilling of blood of friend and foe alike, yet stir many to bravely struggle for that true justice which alone can bring lasting peace. O kind-hearted Lord, as You are our peace, soften the hearts of the unmerciful and convert those who promote hostilities toward reconciliation, so that Your beloved children of the land of Ukraine, may abide in that tranquility, justice and freedom which reflects your Kingdom, where You reign with Your eternal Father, and Your most holy, good and life-giving Spirit, now, and forever and ever. Amen.

## МОЛИТВА ЗА МНОГОСТРАЖДАЛЬНИЙ УКРАЇНСЬКИЙ НАРОД У ЧАС ВІЙНИ

**Г**осподи Ісусе Христе Боже наш, благаємо Тебе, вислухай ширу молитву Твоєї улюбленої Церкви Київської Русі за важко страждаючих дітей українського краю. Споглянь милостивим оком на їх лихоліття та ласкаво поспіши на допомогу. Звільни свій беззахисний народ від несправедливих загарбників, нашествия агресорів та терору війни. Зміцни силою Твоєю усіх доблесних і відважних захисників для добросердечної боротьби, щоб вони радше керувалися любов'ю до беззахисних, аніж ненавистю до ворогів. О Премилосердний Господи, захорони переселенців, зціли поранених, борони сиріт, підтримай вдів, потіш скорботних та ласкаво прийми до Твого Царства всіх, хто благородно віддав своє життя в обороні Батьківщини від нападів ворогів. Поспіши зупинити кровопролиття як друга, так і недруга та запали серця багатьох до мужньої боротьби за істинну справедливість, що є джерелом тривалого миру. О добросердий Господи, Ти – наш мир, пом'якши зачерствілі серця, наверни тих, хто сприяє воєнним діям, до примирення, щоб Твій улюблений українській народ втішався миром, справедливістю та свободою – ознаками Твого Царства, в якому Ти царюєш з Предвічним Твоїм Отцем, і Всесвятим, Благим і Животворним Твоїм Духом, нині, і повсякчас, і на віки віків. Амінь.

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## ANNOUNCEMENTS

✓ **HAPPY BIRTHDAY** to OLGA ZACHARY and all those who celebrated their birthdays this past week. May the Lord Our God continue to bless you abundantly and the Holy Mother of God protects you at all times. Многая Літа!

✓ **WE NEED YOUR HELP** - recently we had to buy a new freezer for our parish as the old one broke down. We would welcome any donations to offset the cost of buying a new freezer at the cost of \$1,000. In addition we replaced our industrial cooler at the cost of \$4,000. Please consider this as you donate toward our kitchen appliances.

✓ **SACRAMENT OF CONFESSION** - available before and after daily (9AM) & Sunday (10AM) Liturgies / **СПОВІДЬ** - перед і після щоденної Літургії о 9 год і в неділю о 10 год.

✓ **PRAYER REQUEST** - Please keep in your prayers SYLVIA KELLY, CHARLOTTE & ED KRAKOWSKI, RICHARD NEWBERRY, LANCE DELVES, PETER IWANUCK, LEO VANDERVEN, ED SALYN, YURIJ, MARK & PETER DASHKEWYTC, WAYNE SAUNDERS, TERESA HUCULAK and other members of our parish, our family and friends who are ailing, in hospitals, nursing homes and those who are not able to join actively in their community.

✓ **BEQUESTS & WILLS** - Leaving a bequeath is a process of giving a donation through your will. It is simply a distribution from your estate to a charitable organization through your last will and testament. It can be as small or as large a donation as you wish. It is important that you talk to your lawyer about the process. In your kindness please remember St Nicholas the Wonderworker Ukrainian Catholic Church in your bequeath and will. If anyone wishes to make such a bequeath in their will, the following clause may be included or added to a will: "I give, devise, and bequeath to **St Nicholas the Wonderworker Ukrainian Catholic Parish - 1112 Caledonia Avenue, Victoria BC, V8T 1G1**, the sum of \$ \_\_\_\_\_ (or \_\_\_\_\_% of my estate), to be used for the benefit of the parish and it's pastoral activities."

## DIVINE LITURGY PROPERS

*The Divine Liturgy of our Father among the Saints John Chrysostom.  
Scripture readings from the New Testament are taken from the  
New Revised Standard Version Catholic Edition.  
Українською - у перекладі Івана Хоменка.*

**Troparion, Tone 4:** When the disciples of the Lord learned from the angel\* the glorious news of the resurrection\* and cast off the ancestral condemnation,\* they proudly told the apostles:\* "Death has been plundered!\* Christ our God is risen,\* granting to the world great mercy."

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**Glory: Now: Kontakion, Tone 6:** O Master, Guide to Wisdom\*, Bestower of prudent counsel,\* Instructor of the foolish and Defender of the poor ones;\* make firm my heart and give it understanding.\* Give me a word, O Word of the Father:\* Behold, I shall not stop my lips from crying out to You:\* In Your mercy, have mercy on me who am fallen.

**Prokeimenon, Tone 8:** Pray and give praise to the Lord our God.\* Pray and give praise to the Lord our God. *Verse:* In Judea God is known; His name is great in Israel. (*Psalm 75:12,2*)

**Epistle - Romans 13:11-14:4 - A reading from the Epistle of the Holy Apostle Paul to the Romans.** *Brothers and Sisters,* you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armor of light; let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. Welcome those who are weak in faith, but not for the purpose of quarrelling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

**Alleluia, Tone 6:** *Verse:* It is good to give praise to the Lord, and to sing to Your name, O Most High. *Verse:* To announce Your mercy in the morning and Your truth every night. (*Psalm 91:2,3*)

**Gospel - Matthew 6:14-21 - The Lord said to his disciples,** “If you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses. “And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. “Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

**Communion Hymn:** Praise the Lord from the heavens;\* praise Him in the highest.\* Alleluia, alleluia,\* alleluia. (*Psalm 148:1*)



**Тропар, глас 4:** Світлу про воскресіння розповідь від ангела почувши\* і від прадідного засуду звільнившись,\* Господні учениці, радіючи, казали апостолам:\* Здолано смерть, воскрес Христос Бог,\* що дає світові велику милість.

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**Слава: І нині: Кондак, глас 6:** Премудрости наставнику,\* розуму подателю,\* немудрих учителю і нищих захиснику,\* утверди і врозуми серце моє, Владико.\* Ти дай мені слово, Отче Слово,\* бо оце устами моїми не забороню, щоб звали тебе:\* Милостивий, помилуй мене, падшого.

**Прокімен, глас 8:** Моліться і віддайте хвалу Господу, Богу нашому.\* Моліться і віддайте хвалу Господу, Богу нашому. Стих: Відомий Бог в Юдеї, в Ізраїлі велике його ім'я.

**Апостол - Римляни 13:11-14:4 - До Римлян перше послання Святого Апостола Павла читання:** *Браття і сестри,* вже пора вам прокинутись із сну: тепер бо ближче нас спасіння, ніж тоді, як ми увірували. Ніч проминула, день наблизився. Відкиньмо, отже, вчинки темряви й одягнімось у зброю світла. Як день, – поведьмося чесно: не в ненажерстві та пияцтві, не в перелюбі та розпусті, не у сварні та заздрощах; але вдягніться у Господа Ісуса Христа і не дбайте про тіло задля похотей. Слабкого в вірі приймайте, не вступаючи з ним у суперечки. Один вірить, що можна все їсти, а слабкий (у вірі) їсть городину. Хто їсть, хай тим, що не їсть, не гордує; а хто не їсть, хай того, що їсть, не судить, бо Бог його прийняв. Ти хто такий, що чужого слугу судиш? Своему господареві стоїть він або падає; а стоятиме, бо Господь має силу втримати його.

**Алилуя, глас 6:** Стих: Добре славити Господа і співати імені Твоєму, Всевишній. Стих: Звіщати вранці твою милість, ночами - твою вірність.

**Євангеліє - Матея 6:14-21 - Господь промовив,** як людям ви простите прогріхи їхні, то простить і вам ваш Небесний Отець. А коли ви не будете людям прощати, то й Отець ваш не простить вам прогріхів ваших. А як постите, то не будьте сумні, як оті лицеміри: вони бо змінюють обличчя свої, щоб бачили люди, що постять вони. Поправді кажу вам: вони мають уже нагороду свою! А ти, коли постиш, намасти свою голову, і лице своє вмий, щоб ти посту свого не виявив людям, а Отцеві своєму, що в таїні; і Отець твій, що бачить таємне, віддасть тобі явно. Не складайте скарбів собі на землі, де нищить їх міль та іржа, і де злодії підкопуються й викрадають. Складайте ж собі скарби на небі, де ні міль, ні іржа їх не нищить, і де злодії до них не підкопуються та не крадуть. Бо де скарб твій, там буде й серце твоє!

**Причасний:** Хваліте Господа з небес,\* хваліте Його на висотах. Алилуя, алилуя, алилуя!

## COMMUNAL RIGHT OF MUTUAL FORGIVENESS

When the disciples of the Lord asked him to teach them how to pray (Luke 11:1-13), He left us with what we refer to as the Lord's Prayer, the "Our Father". In this prayer we pray as a community or family, we do not say "My Father who are in Heaven..." but we pray: "Our Father..."

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We ask God to forgive us our trespasses as we forgive those who trespass against us. Before beginning our Lenten Journey together, as a parish family community, it is important for us to express to each other our desire to forgive each other for anything that we may have done that may have hurt or offended someone over the past year, or indeed during our life time so that we can be free without these heavy burdens to walk together as a united family as true sons and daughters of God!

This Right Forgiveness is not a Sacrament of Reconciliation (Confession) and does not replace that Mystery, but rather is a tangible sign to each other of our forgiveness and also the experience of being forgiven. Hence there is no need to name our offences, but rather with total sincerity in our hearts let us say to each other: *“Forgive me sister/ brother”* and answer with sincerity and love, *“May God have mercy on you and I forgive you.”*

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Коли учні попросили Ісуса навчити їх молитися (Лука 11:1-13), Він залишив нам те, що ми називаємо Господньою молитвою “Отче Наш”. У цій молитві, яку ми молимося спільнотою чи родиною, ми не говоримо “Отче мій, що еси на небесах...”, але молимося: “Отче наш...”

Ми просимо Бога простити нам провини наші, як і ми прощаємо винуватцям нашим. Перед початком нашої спільної подорожі Великого Посту нам, як парафіяльній родинній спільноті, важливо висловити одне одному наше бажання пробачити одне одного за все, що ми могли зробити, що могло когось образити або протягом минулого року, або навіть протягом усього життя, щоб ми могли бути вільними від цих важких тягарів і ходити разом, як одна сім’я, як справжні сини та дочки Божі!

Цей Чин Всещення не є тайною сповіді і не замінює це таїнство, а радше є видимим знаком нашого прощення один одного, а також досвіду бути прощеним. Немає потреби називати свої образи, а радше з цілковитою щирістю в серці сказати один одному: *“Прости мене, сестро/брате”* і відповімо щиро і з любов’ю: *“Нехай Бог помилує, і я прощаю”*.

**Priest:** Благословіть, Брати і Сестри, і простіть мені грішному, чим згрішив я в цей день і по всі дні життя мого словом, ділом, думкою і всіма почуттями моїми (*вклоняється*). Bless me, my Sisters and Brothers, and forgive me, a sinner, whatever offences I may have

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committed this day and all the days of my life by word, deed and thought as well as by all my senses (*bows to all the faithful*).

**Faithful:** May God forgive you, Reverend Father. Bless us also and forgive our offences voluntary and involuntary (*also bow*).

**Priest:** May the Lord God by His grace forgive you all your sins and have mercy on you. Let us pray for our Most Holy Universal Pontiff, Francis Pope of Rome, for His Beatitude Patriarch Sviatoslav, for our Most Reverend Metropolitan Lawrence, for our God-loving Bishop David.

**Faithful:** May God save and have mercy.

**Priest:** For the noble benefactors and founders of this holy church, for those who serve and who have served in it.

**Faithful:** May God save and have mercy.

**Priest:** For those who are absent and for those who are travelling.

**Faithful:** May God protect and have mercy.

**Priest:** For our benefactors and those who are kind to us.

**Faithful:** May God reward and have mercy.

**Priest:** For those who hate us and for those who love us.

**Faithful:** May God forgive and have mercy.

**Priest:** For the sick and suffering.

**Faithful:** May God heal and have mercy.

**Priest:** For our departed relatives and faithful of our parish and Eparchy.

**Faithful:** May God grant them remembrance and rest and let their memory be everlasting.

**Priest:** Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us.

**Faithful:** Amen.

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## ROMANS 13:11-14:4

Tomorrow is the first day of the Great Fast, the forty days of preparation for the observances of Great Week and Pascha. On this, the eve of the Fast, our Church always reads these words from St Paul's Epistle to the Romans, "*Now it is high time to awake out of sleep... let us cast off the works of darkness, and let us put on the armor of light*" (Rom 13:11, 12).

Appropriate as these words may be to this day, we know that they were not written with the Fast in mind; there was no Great Fast in St Paul's day. To what was he referring? Commentators believe that St Paul's sense of urgency derived from the portentous events in the Roman Empire of his day. The persecution of the Church had begun. Jewish unrest was intensifying and a full scale revolt would be mounted in a few short years, bringing about the destruction of the temple in Jerusalem. Many Jews believed that the Messiah would be coming soon; many Christians believed that He (Jesus) would be returning soon. The "Day of the Lord" was at hand.

For St Paul, this critical time in the history of the Church and the Jewish nation demanded that Christians focus their attention on the fundamental truth of their existence: they had a unique relationship to God in Christ. Everyone in the world was related to God as the work of His hands; Christians, however, were related to Him as His adopted children, God "*having predestined us to adoption as sons*" (Eph 1:5) in order to make present throughout the world the Gospel of salvation in Christ. It is this reality which should define a Christian's way of life at this time.

Most of us are quite happy to be attached to the things of this present world and resist parting from them. It is not unusual to find older people, who have moved from a family home to smaller quarters, trying to cram all "their things" into one or two rooms. Few are those who come to realize that, as the saying goes, "what you own, owns you." For St Paul, our "things" are not something to hold onto, but to leave behind happily, because what awaits us is so far superior.

In our lectionary the Epistle to the Romans is read during the first weeks after Pentecost. Why is this section appointed for this Sunday? – because "*the day is at hand.*" The Great Fast begins this evening with "Forgiveness Vespers." We have the opportunity to be untied from "our attachment to the things of this present world," to "*cast off the works of darkness, and ... put on the armor of light*" (v. 12), through the observances of the Fast.

### **Wakefulness and Sleep**

St Paul uses a number of contrasting examples in his epistles to represent the difference between the ways of believers and those of non-believers. Christians are told to be awake rather than to sleep, for "*the night is far spent, the day is at hand*" (v. 12).

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In the ancient world sleep was frequently an image of death. As a descent into unconsciousness, sleep foreshadows the end of life. Because it is temporary, however, sleep is also an image pointing to the resurrection. At Christ's resurrection, we are told in the Gospel, "*the graves were opened; and many bodies of the saints who had fallen asleep were raised*" (Mt 27:52). To be asleep is, in effect, to be dead.

Sleep is also an image of inattention when contrasted to watchfulness. The sentry is awake, alert to any danger. Thus St Paul wrote to the Thessalonians, "*Therefore let us not sleep, as others do, but let us watch and be sober. For those who sleep, sleep at night, and those who get drunk are drunk at night. But let us who are of the day be sober...*" (1 Thess 5:7, 8). Sleep and drunkenness are equally devastating to a sentry who is supposedly on watch.

The need for wakefulness was apparently well known to the Christians of St Paul's day. Writing to the Ephesians he cites what seems to have been a popular saying, "*Therefore it is said: 'Awake, you who sleep, arise from the dead, and Christ will give you light.'*"

See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil" (Eph 5:14-16). Believers, like sentries, need to be awake to see the dangers to faith in a godless society and distance themselves from them.

### **Light and Darkness**

The images of sleep and night are connected to another set of images, used even longer to contrast the way of God and the ways of this world. We find the image of light in the midst of darkness representing the coming of the Messiah in the Book of Isaiah: "*The people who walked in darkness have seen a great light; those who dwelt in the land of the shadow of death, upon them a light has shined*" (Is 9:2). This passage is quoted in Mt 4:16 as fulfilled when the Lord Jesus began His ministry. And, of course, Jesus is, in His own words, the Light of the world.

Surrounded as we are with artificial light all day and night, we find it difficult to fathom the importance of daylight to people living before the twentieth century. Throughout most of human history productive life all but stopped at the setting of the sun. As the Lord Himself said, "*I must work the works of Him who sent Me while it is day; the night is coming when no one can work*" (Jn 9:4). Immoral or treasonous activity is hidden under cover of night unless the "time is redeemed," to use St Paul's image. From its earliest days Christians devoted the night to prayer rather than to "revelry and drunken-ness" (see Acts 20:7-9). All-Night Vigils are still observed on some occasions, generally, but not exclusively, in monasteries.

### **Casting Off and Putting On**

The final pair of contrasts St Paul uses here is that of old and new garments. We are to "*cast off the works of darkness, and let us put on the armor of light*" (Rom 13:12). Armor, of course, suggests a soldier dressed for combat and St Paul develops that aspect of the image in

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Eph 6:11-18. “*Put on the whole armor of God that you may be able to stand against the wiles of the devil*” (v.11).

Putting-on and taking-off becomes an important rite in the mystery of baptism where the removal of one’s ordinary garments represents the catechumen’s willingness to die to sin. The new life in Christ is, of course, represented by the white baptismal garment, the “robe of light” which the newly baptized puts on.

During this Great Fast, then, we who have put on the robe of light at our baptism are called to put aside any form of physical or emotional self-gratification (what St Paul calls “*revelry and drunkenness ... lewdness and lust... strife and envy*”) through fasting, almsgiving and forgiveness. Similarly by increased prayer and worship during these days we “put on the Lord Jesus Christ.”

Each person’s circumstances in life are different, but the Lord’s call to prayer, fasting and almsgiving is meant for everyone. If you have not already done so, discuss your Lenten program with your spiritual father. He can help you discern whether your plans are too little or too much, depending on your spiritual strength.

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