



# Exaltation of the Holy Cross

## Ukrainian Catholic Parish

Українська Католицька Парафія Воздвиження Чесного Хреста

### Sundays:

- 9:30 am Rosary
- 10 am Divine Liturgy

### Wednesdays:

- 9 am Divine Liturgy

### Most Major Feasts\*:

- 10 am Divine Liturgy

(\* It's always best to check the calendar in this bulletin for upcoming special events & feasts.)

**Pastor:** Fr. Bo Nahachewsky

**Deacon:** Dcn. François Provencal

**Fr. Bo's Cell:** 780-340-3726  
(call or text)

**Fr. Bo's Email:**  
fr.nahachewsky@eeparchy.com

### Church Website:

**EHCUCP.CA**

**Facebook:** facebook.com/ehcucp

**Church Email:** office@ehcucp.ca

### Pastoral

Emergencies: 780-340-3726

Church: 780-478-5260

Hall: 780-478-4275

Fax: 780-476-6485

Eparchy: 780-424-5496

### Church Address:

9003 - 153 Avenue NW  
Edmonton, AB

### Church Mailing Address:

Londonderry P.O. Box 70029  
Edmonton, AB T5C 3R6

More info on the next page.

# Sunday, August 20, 2023

Twelfth Sunday after Pentecost. Octoechos Tone 3;  
Post-feast of the Dormition; the Holy Prophet Samuel (11th c. BC)



## How Many Bibles Can Be Found in One Parish Office? & What to do with them all?

As many of you have noticed, I have been trying to make a little space in the Pastoral Office here in the church. There are a few shorter bookcases that were loaded with an assortment of books that the parish has collected over the years. Fr. Janko told me that a very big percentage of them were simply donated by people as they were helping clean out their elderly parent's homes, and these books and other items have sat on those shelves ever since.

Some of the items are truly interesting and good, such the spiritual writing of some fantastic holy saints. But many items were less interesting and need be disposed of. For example old Divine Liturgy Books. In our shelves there must have been a dozen copies of the Divine Liturgy Books with the old translation (pre-1988) and probably another dozen with the current translation that were all missing pages or written upon. Together with at least three dozen photocopied liturgy books it was a big pile. And Bibles! There are two stacks of bibles!

What do you do with so many? Well... what is still in good shape, and is current, we can give to people who would use them.

But how do we get rid of old and tattered "holy things" respectfully? Let me tell you on page 3

## Get Your Tickets for Praznyk

which is being held on September 17<sup>th</sup>.

### They are on sale after Sunday Divine Liturgies.

Get yours today! And buy some for your friends and neighbours too.

**Adults (\$20), after Sept 10 (\$25), Children 6-12 (\$8), Children under 6 (free)**

Please note: there are 'No Refunds'

## Please let Fr. Bo know who you are.

I cant begin to look after the spiritual needs of my parishioners if I don't know who they are. Please tell me who you are by filling out the form on the website (computer, phone, or tablet friendly), or take a **PAPER COPY** and fill it out the old fashion way.

The photo would be nice, but I'd rather get something about you than nothing, so don't worry if you don't have a picture of yourself.



**Hall Rentals:**

call Lisa at: 780-222-9155  
 or email: hallrental@ehcucp

**Membership:**

email: membership@ehcucp

**Perohy Off Sales:** 780-478-4275

**Funeral Dinners:**

Call Cheryl: 780-456-2828

**Parish Pastoral Council:**

Parish Priest – Fr. Bo Nahachewsky  
 Deacon - Dcn. François Provencal  
 President – Mark Helmak  
 Past President – Peter Fedorak  
 1st Vice-President – Mark Ramsankar  
 2nd Vice-President – John Lukey  
 Secretary – Gwen Uchach  
 Treasurer – Peter Fedorak  
 Archivist – Diana Horyn  
 Cultural – Mariyka Bodnar  
 Fundraising – Edd Horyn  
 Hall Rental – Lisa Borosuik &  
 Gladys Woitas  
 Ladies' Club – Heather Gauthier  
 Knights of Columbus – Darrell Uchach  
 Men's Club President – Marc Chiasson  
 Youth Coordinator – *Emmette Lysak*  
 Maintenance – Larry Wayne  
 Membership – J'lyn Ramsankar  
 Social – *Vacant*  
 Spiritual – Elizabeth Podloski

**Baptism, Chrismation & Eucharist:**

- Contact Fr. Bo, at least a month in advance if possible

**Weddings:**

- Contact Fr. Bo, at least a year in advance if possible

**Funerals:**

- Contact Fr. Bo, as soon as you are able.

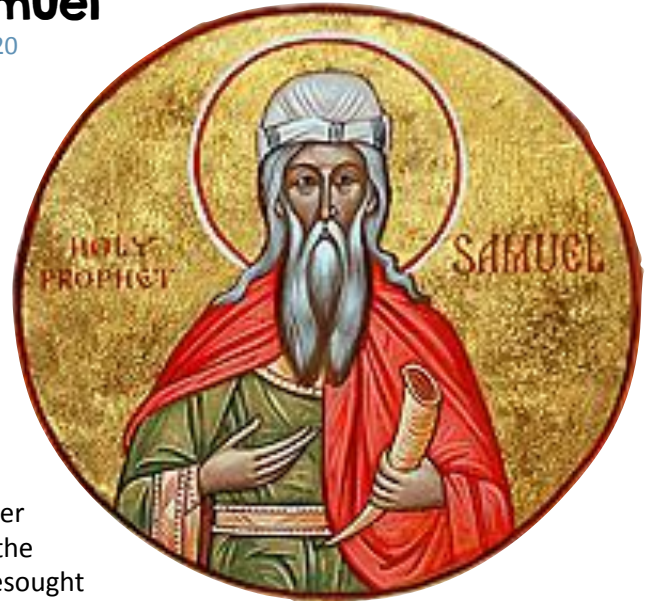
**Confessions:**

- Sundays from 9 till 9:30
- or anytime, just call Fr. Bo to arrange it.

# The Prophet Samuel

Commemorated on [August 20](#)

This has been taken from the  
 "Lives of the Saints" on oca.org



The Prophet Samuel was the fifteenth and last of the Judges of Israel, living more than 1146 years before the Birth of Christ. He was descended from the Tribe of Levi, and was the son of Elkanah from Ramathaim-Zophim of Mount Ephraim. He was born, having been besought from the Lord through the prayers of his mother Hannah (therefore he received the name Samuel, which means "besought from God"). Even before birth, he was dedicated to God. Her song, "My heart exults in the Lord," is the third Old Testament ode of the Canon (1 Sam/1 Kings 2:1-10).

When the boy reached the age of three, his mother went with him to Shiloh and in accord with her vow dedicated him to the worship of God. She gave him into the care of the High Priest Eli, who at this time was a judge over Israel. The prophet grew in the fear of God, and at twelve years of age he had a revelation that God would punish the house of the High Priest Eli, because he did not restrain the impiety of his sons. Eli's whole family was wiped out in a single day.

The prophecy was fulfilled when the Philistines, having slain in battle 30,000 Israelites (among them Hophni and Phinees, the sons of Eli the High Priest), gained victory and captured the Ark of the Covenant. Hearing this, the High Priest Eli fell backwards from his seat at the gate, and breaking his back, he died. The wife of Phinees, upon hearing what had happened in this very hour, gave birth to a son (Ichabod) and died with the words: "The glory has departed from Israel, for the Ark of God is taken away" (1 Sam/1 Kgs 4: 22).

Upon the death of Eli, Samuel became the judge of the nation of Israel. The Ark of God was returned by the Philistines on their own initiative. After returning to God, the Israelites returned to all the cities that the Philistines had taken. In his old age, the Prophet Samuel made his sons Joel and Abiah judges over Israel, but they did not follow the integrity and righteous judgment of their father, since they were motivated by greed.

Then the elders of Israel, wanting the nation of God to be "like other nations" (1 Sam/1 Kgs 8: 20), demanded of the Prophet Samuel that they have a king. The Prophet Samuel anointed Saul as king, but saw in this a downfall of the people, whom God Himself had governed until this time, announcing His will through "judges," His chosen saints. Resigning the position of judge, the Prophet Samuel asked the people if they consented to his continued governance, but no one stepped forward for him.

After denouncing the first king, Saul, for his disobedience to God, the Prophet Samuel anointed David as king. He had offered David asylum, saving him from the pursuit of King Saul. The Prophet Samuel died in extreme old age. His life is recorded in the Bible (1 Sam/1 Kgs; Sirach 46:13-20).

In the year 406 A.D. the relics of the Prophet Samuel were transferred from Judea to Constantinople.

## How to properly and respectfully dispose of “Holy” stuff.

When I was little my mother taught us to treat all things with respect because they were from God. But things that were somehow associated with God were extra special and therefore could not be disposed of in a normal way.

My mom would even collect the plastic wrap that was covering the cheese in our Easter Baskets, the peels from the fruit, and the wrappers from the chocolate, and treat them all as precious, because “our baskets and all that was in them was blessed”. She would get me to dig a deep hole in her garden and then we would deposit these things, and say a prayer of thanks to God for the use of them.

Plastic wrap?... is that too far? I don't think we should be that scrupulous, but I suppose that it is better to err on the respectful side of things. This is why nowadays, as a priest, when I bless Easter Baskets I ask God to bless the foods and good stuff, but to ignore the Saran Wrap.

Things that have been blessed, or are blessed because of their very nature are indeed best disposed of in a special way.

To properly dispose of Holy Things we

- burn them,
- burying them,
- pour liquid holy things onto sacred ground or plants (or at least where people don't walk), and/or
- we drop them into the depths of the sea.

Since we don't have any oceans near us I will focus on the first three.

Where to start: I separate things that are meant to be sacred from things that were never meant to be blessed. For example,

Church bulletins or calendars are different from bibles, prayer books and crosses.

Church bulletins often have prayers printed in them, icons, and even the Gospel passage of the day. So... you could take them and burn them... but... these were never intended to be items that we venerate God through. (I wouldn't put my bulletin up on my wall and pray before it.) However I recognize that it probably does have some little bit of “holy value” so I try to always at least recycle or at least shred it, so that it would not be put with ordinary garbage.

Church calendars from previous years often have an icon printed on it. These are intended for us to look at and remember the presence of God (IE. I would and do pin them to my wall, and pray when I see them). Therefore I rip off the icon from the rest of the calendar, throw the non-holy part into the regular recycling, then I add the sacred image to the “burn pile”.

When my pile(s) is big enough for it to be worth while, I take it out to the countryside and deal with it.

Simply burn the burnable things with a prayer to God in a different place from where normal garbage is burnt. Then bury the ashes or spread them on the ground where people don't walk. This is what we do with all the wooden spoons that are used to distribute the Eucharist.

Things that don't burn I typically bury. When burring things dig deep enough that the neighbours cat or dog do not disturb them, or the rototiller does not hit them in the spring.

For last year's holy water (or baptismal water), I typically pour it onto a plant. Blessed oils (if I can't burn them) are poured on the ground near the church building.

The main goal is to thank God for the use of the item(s) and to treat them respectfully, not like normal trash.

**If you have holy things but you can't burn or bury them, you can bring them to the church and I will put them into my burn pile for you.**

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## Fr. Bo, what will you do with all the Bibles you found?

When things can be reused they should be. If you need a bible for your house, please come see me. If the bibles I find are in very rough shape however I will burn them.

It's also good for me to note that many of the bibles that were found in the office are “short” of being “full bibles” in our tradition.

Did you know that different churches have different books in their bibles? All Christian traditions have the same New Testament. Most protestant bibles have only 66 books in them. Roman Catholic Bibles have 73 books in them. And in our tradition we have 81. We have 81, but that is because most of

our extra books are still contained in the Roman Catholic Bible, however the numbering or labeling is done differently causing ours too look like it has many more books. In reality there are not many pages more. The few texts Roman Catholic Bibles don't have that Eastern ones do include: 3 & 4 Maccabees, psalm 151, the “Prayer of Manasseh” in the book of Chronicles and 1 Esdras. These you will only find in Bibles based on the Septuagint.

On the next page I have a chart that tells the differences between Orthodox East (to which we also belong), the Roman Catholic West and the Protestant Old Testaments.

So to answer the question, I will give the Protestant Bibles to our brothers and sisters in the Protestant traditions, and I will keep or give away the “Catholic” ones to our parishioners, while telling them that these bibles are almost complete.

## Why would different traditions have different numbers of books?

Well... most of it has to do with when the people who did the translating did their translating. For the Greeks (which most Eastern Churches come from) the "Old Testament" books were translated before Christ by Jewish scholars. Therefore the Septuagint (which Jesus would have been familiar with) is still our version of the Old Testament.

Latin Christians (such as the Roman Catholics) translated their Bibles into the Latin language from the Hebrew language after Jesus rose from the dead. During this time the Hebrew speaking Jews already had less books in their canons than the earlier Greek Septuagint.

The Protestants translated their Bibles from the Hebrew language after the Jewish people revised the number of books in their scripture (which did not happen till well after Christ). Since the new Jewish canon was smaller, Protestant Bibles were smaller.

## Where should you get your bible from?

If you are in need of a bible, ask me for one. They may have once been used, but many of them are still in great shape.

If you want to buy one for yourself (or someone else), make sure that it contains at least the 73 books of the Latin - Catholic tradition. These are often labeled as having the Apocrypha, or as being a Catholic Bibles. Only a handful of pages would be missing or different from a Septuagint bible.

The only English translation of the Septuagint that I am aware of and is easily purchasable is the "Orthodox Study Bible". It is a fairly good text with good commentary and I often use that one myself.

Now if you are asking about translations... that is a whole other can of worms to open. There are ones that are translated to be easy to read, and others that are translated as authentic to the original language as possible (and therefore are harder to read for most, but better to study from). They all have their merits and problems.

In our Ukrainian Catholic Eparchy of Edmonton, Bishop David has recommended that all parishes proclaim the readings in church (Epistle and Gospel) from the NRSV (New Revised Standard Version). It is a fairly easy to understand

ORTHODOX OLD TESTAMENT	ROMAN CATHOLIC OLD TESTAMENT	PROTESTANT OLD TESTAMENT
Genesis	Genesis	Genesis
Exodus	Exodus	Exodus
Leviticus	Leviticus	Leviticus
Numbers	Numbers	Numbers
Deuteronomy	Deuteronomy	Deuteronomy
Joshua	Joshua	Joshua
Judges	Judges	Judges
Ruth	Ruth	Ruth
1 Paralipomenon (= 1 Samuel)	1 Kings	1 Samuel
2 Kings (= 2 Samuel)	2 Kings	2 Samuel
3 Kings (= 1 Kings)	3 Kings	1 Kings
4 Kings (= 2 Kings)	4 Kings	2 Kings
1 Paralipomenon (= 1 Chronicles)	1 Paralipomenon (= 1 Chronicles)	1 Chronicles
2 Paralipomenon (= 2 Chronicles) <sup>1</sup>	2 Paralipomenon (= 2 Chronicles)	2 Chronicles
1 Esdras		
2 Esdras <sup>2</sup>	1 Esdras	Ezra
Nehemiah	2 Esdras	Nehemiah
Tobit	Tobit	
Judith	Judith	
Esther	Esther	Esther <sup>3</sup>
1 Maccabees	1 Maccabees	
2 Maccabees	2 Maccabees	
3 Maccabees		
Psalms <sup>4</sup>	Psalms	Psalms
Job	Job	Job
Proverbs of Solomon	Proverbs of Solomon	Proverbs of Solomon
Ecclesiastes	Ecclesiastes	Ecclesiastes
Song of Canticles	Canticle of Canticles	Song of Solomon
Wisdom of Solomon	Wisdom of Solomon	
Wisdom of Sirach	Ecclesiasticus (Sirach)	
Hosea	Hosea	Hosea
Amos	Amos	Amos
Micah	Micah	Micah
Joel	Joel	Joel
Obadiah	Obadiah	Obadiah
Jonah	Jonah	Jonah
Nahum	Nahum	Nahum
Habakkuk	Habakkuk	Habakkuk
Zephaniah	Zephaniah	Zephaniah
Haggai	Haggai	Haggai
Zachariah	Zachariah	Zachariah
Malachi	Malachi	Malachi
Isaiah	Isaiah	Isaiah
Jeremiah	Jeremiah	Jeremiah
Baruch	Baruch (incl. Epistle of Jeremiah)	
Epistle of Jeremiah		
Lamentations	Lamentations	Lamentations
Ezekiel	Ezekiel	Ezekiel
Daniel	Daniel	Daniel <sup>5</sup>
4 Maccabees <sup>6</sup>		

<sup>1</sup> Including the Prayer of Manasse.

<sup>2</sup> Sometimes 2 Esdras and Nehemiah are combined into one book as 2 Esdras.

<sup>3</sup> Esther here does not include those sections called "Additions to Esther."

<sup>4</sup> The numbering of the Psalms diverges after Psalm 8. The Septuagint also includes one additional Psalm.

<sup>5</sup> Daniel here does not include those sections separately labeled as "The Song of the Three Children," "Daniel and Susannah," or "Daniel, Bel and the Snake (Dragon)."

<sup>6</sup> 4 Maccabees is always in an appendix.

version, that still tries to stay as faithful as possible to the original texts.

## A message from J'lyn Ramsankar our Membership Director

At the end of September J'lyn will be calling for people to renew (or begin) their membership within the parish. If you would like to have a head start on this you can contact her at: [jjramsankar@gmail.com](mailto:jjramsankar@gmail.com)

## Another message from Deacon François our Safer Environments Director

In September we will be updating our S.E. volunteer lists. The information both collected and shared will help us safeguard the most vulnerable in our parish including children and the elderly, and each other.

## Next Couple of Weeks at Holy Cross Parish

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>20</b></p> <p>Twelfth Sunday after Pentecost. Octoechos Tone 3; Post-feast of the Dormition; the Holy Prophet Samuel (11th c. BC) 1 Corinthians 15:1-11; Matthew 19:16-26.</p> <p><b>9:30 am Rosary (L.C.)</b></p> <p><b>10 am Divine Liturgy (English)</b></p> <p><b>followed by Panachyda for + Walter Zaplitny</b></p> <p>* coffee hour group "E"</p> <p>Sunday School &amp; Coffee will resume in September</p> <p><b>2 pm Liturgy at St. Michael's Extended Care Centre</b></p>	<p><b>21</b></p> <p>Post-feast of the Dormition; Holy Apostle Thaddeus; Holy Martyr Bassa (c. 305) 2 Corinthians 8:7-15; Mark 3:6-12.</p> <p><b>10 am Bible Study?</b></p> <p><b>10 am Deaconal Formation</b></p> <p>5:30 pm Appointment</p>	<p><b>22</b></p> <p>Post-feast of the Dormition; Holy Martyr Agathonicus and those with him (286-305); Passing into Eternal Life (1964) of Bishop Symeon (Lukach) of Bishop Symeon (Lukach) Confessor of Krasnoyarsk and Pastor of the Stanyslaviv (Ivano-Frankivs'k) Region 2 Corinthians 8:16-9:5; Mark 3:13-19.</p> <p><b>9 am Cabbage Rolls Bee</b></p>	<p><b>23</b></p> <p>Leave-taking of the Feast of the Holy Dormition; Holy Martyr Luppis; Holy Priest-Martyr Irenaeus, Bishop of Lyons (193-211) 2 Corinthians 9:12-10:7; Mark 3:20-27.</p> <p><b>9 am Divine Liturgy</b></p> <p><b>10:30 am PPC Meeting about Praznyk (Sept 17)</b></p>	<p><b>24</b></p> <p>The Holy Priest-Martyr Eutyches; Pidhoret's Icon of the Mother of God (1772) 2 Corinthians 10:7-18; Mark 3:28-35.</p> <p>Church candles are normally looked after on Thursdays</p> <p>5:30 pm Appointment</p> <p>(Fr. Bo likely will take Thursdays off when possible)</p>	<p><b>25</b> 🐟</p> <p>The Return of the Relics of the Holy Apostle Bartholomew (829-42); Holy Apostle Titus Abontion from meat and foods that contain meat. 2 Corinthians 11:5-21; Mark 4:1-9.</p> <p>Typically Fr. Bo works on the Bulletin on Fridays... so send any info you want published in the bulletin before noon.</p>	<p><b>26</b></p> <p>The Holy Martyrs Adrian and Natalia (286-305); Vyshhorod Icon of the Mother of God (? Our Lady of Vladimir?) 1 Corinthians 2:6-9; Matthew 22:15-22.</p> <p><b>Wedding Reception in Hall</b></p>
<p><b>27</b></p> <p>Thirteenth Sunday after Pentecost. Octoechos Tone 4; Our Venerable Father Pimen 1 Corinthians 16:13-24; Matthew 21:33-42.</p> <p><b>9:30 am Rosary (M.C.)</b></p> <p><b>10 am Divine Liturgy (English)</b></p> <p>* coffee hour group "F"</p> <p>Sunday School &amp; Coffee will resume in September</p> <p><b>2 pm Liturgy at St. Michael's Extended Care Centre</b></p>	<p><b>28</b></p> <p>Our Venerable Father Moses the Black (c. 400); Our Holy Father Augustine, Bishop of Hippo (430); the Holy Martyr Gebre Michael, Illuminator of Ethiopia (1855) 2 Corinthians 12:10-19; Mark 4:10-23.</p> <p><b>10 am Bible Study?</b></p> <p><b>10 am Deaconal Formation</b></p> <p>Possible internment</p> <p>5:30 pm Appointment</p> <p><b>6 pm Choir Practice</b></p>	<p><b>29</b> 🐟</p> <p><b>The Beheading of the Honourable and Glorious Prophet, Forerunner and Baptist John</b> Day of fast. Traditionally, we do not eat anything in the shape of a head today. Acts 13:25-32; Mark 6:14-30.</p> <p>Possible internment</p>	<p><b>30</b></p> <p>Our Holy Fathers and Patriarchs of Constantinople Alexander (336), John (577), and Paul the Younger (784) 2 Corinthians 13:3-13; Mark 4:35-41.</p> <p><b>9 am Divine Liturgy</b></p>	<p><b>31</b></p> <p>The Placing of the Precious Sash of Our Most Holy Lady the Mother of God in Calcoprateia (942) Polyeleos Feast. Hebrews 9:1-7; Luke 10:38-42; 11:27-28.</p> <p><b>9 am Divine Liturgy for ECSD at Cathedral</b></p> <p>Church candles are normally looked after on Thursdays</p> <p>5:30 pm Appointment</p> <p>(Fr. Bo likely will take Thursdays off when possible)</p>	<p><b>1</b> 🐟</p> <p>Beginning of the Indiction, that is, the New Year; Our Holy Father Symeon the Stylite (459) and his mother Martha; Synaxis of the Most Holy Mother of God of Miasenes Polyeleos Feast. Abstinence from meat and foods that contain meat. 1 Timothy 2:1-7; Colossians 3:12-16; Luke 4:16-22; Matthew 11:27-30.</p> <p><b>5 pm Marriage Prep (G&amp;K)</b></p>	<p><b>2</b></p> <p>Holy Martyrs Mamas; Venerable Father John the Faster, Patriarch of Constantinople 1 Corinthians 4:1-5; Matthew 23:1-12.</p>
<p>* coffee hour groups do not have coffee during July &amp; August, but they are still responsible for Ushering and Collection duties.</p> <p>PPC = Parish Pastoral Council      L.C. = Ladies' Club      M.C. = Men's Club      KofC = Knights of Columbus</p>						

## I'm printing this again...

### Here are a few ways to contact Fr. Bo rated from best to worst:

- **Best:** Text him (780) 340-3726 He tends to reply to texts quickly unless he is driving or in a meeting.
- **2<sup>nd</sup> Best:** Call him: Same number as above. Also pretty quick. You can leave messages, but... just call again if he didn't answer. Also don't call during Liturgy like his wife sometimes does, because the phone vibrating distracts him from praying.
- **Okay:** Email him at [fr.nahachewsky@eeparchy.com](mailto:fr.nahachewsky@eeparchy.com) He checks his emails most days, sometimes more than once... well... almost most days.
- **Fun:** Send singing messenger apes with balloons, use smoke signals when he is outside and looking up, or pass him your message spelled out in chocolate. These are extra memorable.
- **Not too good:** Call him at the parish number. (780) 478-5260 You will probably need to leave a message and that message will be checked on Wednesdays by the staff, then they might remember to pass that message on to him on some paper, and he will probably lose the paper that they wrote the message upon. Instead use his cell which is given above.
- **Worse:** Use Facebook. Fr. Bo has an account but practically NEVER goes on it. Maybe once a year, and he does not even know how to check the messages.
- **Horrible:** Telepathy. Fr. Bo does not read minds, and can't help you if you only keep things to yourself. It's best to use one of the other methods of communication.

# Kid's Colouring Page

Keep this picture on your fridge, or give it to Fr. Bo and he will put it on a bulletin board at church!



## Did you know that both boys and girls can Altar-Serve during the Liturgy?

In September we will be inviting all children and youth in grade 3 and older (finished First Solemn Communion) to join in this fun and important ministry. Liturgy is **WAY MORE FUN** and meaningful if you know what is going on and you can participate in it.

Classes in which we will **Learn, Play, Pray, Snack and Grow** together will be held after the school year gets going.

## Interested in learning more about God, your faith, and the Church?

The Eparchy of Edmonton is pleased to announce Year I (of a two-year program) of our Lay Leadership and Diaconate Formation Program in collaboration with Newman Theological College starting September 18, 2023. The Lay Leadership and Diaconal Formation Program is intended to provide opportunities for individuals to be formed for ministry in their parish and learn about their faith.

Each course consists of 10 online sessions, spanning 5 weeks, requiring some 4 hours of work per week (2 hours per lesson). No exams. Cost of registration per course \$90.00 plus the cost of books.

Sign up for an online course (or two or three) or even work towards a Certificate in Eastern Christian Traditions at Newman Theological College (Edmonton).

To register and for more information, visit [Newman.edu/CCS](http://Newman.edu/CCS), [eeparchy.com/?s=Lay+Leadership](http://eeparchy.com/?s=Lay+Leadership) or contact Andrea Leader [andrea.leader@eeparchy.com](mailto:andrea.leader@eeparchy.com) or Bernie Mandrusiak [bernadette.mandrusiak@eeparchy.com](mailto:bernadette.mandrusiak@eeparchy.com) or call the Pastoral Centre (780) 424-5496.

### Year I - Certificate in Eastern Christian Traditions I

The Certificate in Eastern Christian Traditions I provides an introduction to the rich tradition of the Eastern Christian faith. Participants will explore their faith through the study of the Theology of Eastern Christianity, Worship and Spirituality of the Eastern Catholic Churches and the Holy Mysteries (Sacraments).

- CCS-002 Scripture (Cycle 1 Sept. 18 – Oct. 22, 2023)
- CCS-046 The Theology of Eastern Christianity Part I (Cycle 2 Oct. 30 – Dec. 3, 2023)
- CCS-047 The Theology of Eastern Christianity Part II (Cycle 3 Jan. 8 – Feb. 11, 2024)
- CCS-048 Worship and Spirituality of Eastern Catholic Churches Part I (Cycle 4 Feb. 19 – Mar. 24, 2024)
- CCS-090 Worship and Spirituality of Eastern Catholic Churches Part II (Cycle 5 Apr. 1 – May 5, 2024)
- CCS-050 The Holy Mysteries: An Introduction (Cycle 6 May 13 – June 16, 2024)

Additional courses of interest:

- CCS-049 Praying with Icons - Cycle 6 (May 13 – June 16, 2024)

## Parish News:

- **Thank you** to all those who were helping make parishke this past week. According to the pictures on page 8, everyone was smiley and happy and they made lots of yummy Parishke.
- **Next Bee:** Cabbage Roll Bee on Tuesday, August 22, at 9 am.
- **Next PPC Meeting:** 10:30 am (after Divine Liturgy) this Wednesday, August 23. The topic is primarily about our Praznyk.
- **Next Choir Practices:** Come sing with us! August 28, September 4 & 11, all at 6-7 pm. Meet at the back door of the church.
- Get your **Praznyk tickets** today! The longer you wait, the more we will worry. And please invite your friends, family and neighbours. It would be great to pack the place.
- Ministries such as Sunday School, Nursing home Liturgies, School Visits, and more will resume soon, in September.
- I have put the **Rosary leaders** in the parish calendar and website... but incase you missed it, today the rosary is being read by the Ladies' Club, and the week after (27<sup>th</sup>) it's the Men's Club. For the full schedule look at the bulletin board... I think... and you can also see it on the website. Thank you organizations for doing this beautiful ministry.
- **Coffee hour groups** even though there are no coffee hours during the summer, still are responsible for ushering and doing the collection. As it says on our calendar and website, today it's group "E" and then its group "F" on Sunday the 27<sup>th</sup>. For the full schedule look at the bulletin board... I think... and you can also see it on the website. Thank you groups for doing this important job.
- Our weekly **bulletins can be emailed** to you if you wish. If so, go to the website and fill out the request emails thingy on the bulletins page. The old list will be merged with the new list soon. And if you ever want to stop receiving them all you have to do is hit the "unsubscribe" thing at the bottom of any email.
- Check out the updated and revised **parish website EHCUCP.ca**
- We are **recording our Liturgies** for those who are not able to come in person to church. Unfortunately the quality of these videos will not be great until our internet is upgraded. In the mean time... please be patient with the best we can do. The sound seems to work okay, and its better than nothing.



## Photos from Thursday's Perishke Bee. Thanks again for all who came and helped.

If you are looking to have fun with other parishioners while making delicious Ukrainian Food, we would love to have you join us! The next bee will be for Cabbage Rolls on Tuesday the 22 at 9 am.

And if you are looking to eat delicious Ukrainian Food contact Lasha at the parish phone number. She would be happy to sell you some of the best and most delicious food on the earth.





# Changeable Parts for Aug 20<sup>th</sup>

## Twelfth Sunday after Pentecost. Octoechos Tone 3; Post-feast of the Dormition; the Holy Prophet Samuel (11th c. BC)

**Troparion, Tone 3:** Let the heavens be glad, let the earth rejoice,\* for the Lord has done a mighty deed with His arm.\* He trampled death by death. He became the first-born of the dead;\* He saved us from the abyss of Hades\* and granted great mercy to the world.

**Troparion, Tone 1:** In giving birth you retained your virginity,\* in falling asleep you did not abandon the world, O Mother of God.\* You passed into life, for you are the Mother of Life,\* and by your prayers\* you deliver our souls from death.

Glory be to the Father and to the Son and to the Holy Spirit.

**Kontakion, Tone 3:** You rose from the tomb, O compassionate Lord,\* and led us out from the gates of death.\* Today Adam exults and Eve rejoices,\* and the prophets together with the patriarchs\* unceasingly acclaim the divine might of Your power.

Now and for ever and ever. Amen.

**Kontakion, Tone 2:** The tomb and death could not hold the Mother of God,\* unceasing in her intercession and unfailing hope of patronage,\* for, as the Mother of Life, she was transferred to life\* by Him Who had dwelt in her ever-virgin womb.

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### Prokeimenon, Tone 3

Sing to our God, sing; sing to our King, sing.

**verse:** Clap your hands, all you nations; shout unto God with the voice of joy. (*Psalms 46:7,2*)

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### Epistle (I Corinthians 15:1-11) (NRSV)

*Brothers and Sister,* Now I would remind you, of the good news that I proclaimed to you, which you in turn received, in which also you stand, through which also you are being saved, if you hold firmly to the message that I proclaimed to you—unless you have come to believe in vain.

For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, and that he was buried, and that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace toward me has not been in vain. On the contrary, I worked harder than any of them—though it was not I, but the grace of

God that is with me. Whether then it was I or they, so we proclaim and so you have come to believe.

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### Alleluia versus, Tone 3

In You, O Lord, have I hoped that I may not be put to shame for ever.

Be a protector unto me, O God, and a house of refuge to save me. (*Psalms 30:2,3*)

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### Gospel Matthew 19:16-26 (NRSV)

At that time, a young man came and said to Jesus, “Teacher, what good deed must I do to have eternal life?” And he said to him, “Why do you ask me about what is good? There is only one who is good. If you wish to enter into life, keep the commandments.” He said to him, “Which ones?” And Jesus said, “You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; Honor your father and mother; also, You shall love your neighbor as yourself.” The young man said to him, “I have kept all these; what do I still lack?” Jesus said to him, “If you wish to be perfect, go, sell your possessions, and give the money to the poor, and you will have treasure in heaven; then come, follow me.” When the young man heard this word, he went away grieving, for he had many possessions.

Then Jesus said to his disciples, “Truly I tell you, it will be hard for a rich person to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.” When the disciples heard this, they were greatly astounded and said, “Then who can be saved?” But Jesus looked at them and said, “For mortals it is impossible, but for God all things are possible.”

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### Hymn to the Mother of God And the Imros:

Seeing the pure one’s falling asleep, angels marvelled in wonder how the Virgin could ascend from earth to heaven.

O pure Virgin, in you are conquered the bounds of nature,\* for childbirth remains virginal and death is betrothed to life.\* Virgin after childbearing and alive after death, O Mother of God,\* never cease to save your inheritance.

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### Communion Hymn

Praise the Lord from the heavens;\* praise Him in the highest. (*Psalms 148:1*)

I will take the chalice of salvation;\* and I will call upon the name of the Lord. (*Psalms 115:13*)

Alleluia, alleluia,\* alleluia.