



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 27, 2023

Thirteenth Sunday after Pentecost. Octoechos Tone 4;
Our Venerable Father Pimen

The Church Year (also known as the Liturgical Year)

By Fr. Bo



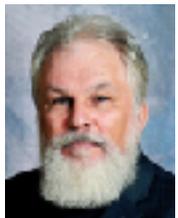
Happy New Year! (as of this coming Friday)

On September 1 the Church, most schools, and the ancient Romans all start their new calendar year.

In the Church's case, about half of the prayers and feasts are figured out by the date. These are known as the "Fixed Cycle." The first Gospel of the year is from Luke 4:16-22 where Jesus proclaims His mission to the world: continued on next page.

The Vatican Announced a New Ukrainian Catholic Bishop for the Eparchy of New Westminster

Very Rev. Michael Kwiatkowski, who is the current Chancellor of the Archeparchy of Winnipeg, will be elevated to the Holy Order of Bishop and will serve the Church in British Columbia.



Read all about it on page 4

Get Your Praznyk Tickets Today!

Enjoy a lovely meal with Bishop David on Sunday, September 17th after the 10 am Divine Liturgy as we officially welcome of Fr. Bo & family to our parish.

Tickets are on sale after Sunday Divine Liturgies. Adult tickets are \$20 (but after Sept 10 they will be \$25), Children 6-12 years old are only \$8 and those under 6 are free. Please note: there are 'No Refunds'



Many of you have struggled with the online "Get to Know You" form, so I checked into it, found the problem and have fixed it.

My apologies for having a "bug" in the system that prevented people from being able to submit their answers. It is fixed now, so please, pretty please, try again. I really do want to meet you all, to get to know who you are and to get to know the needs of our parish.

Please (again) go to **ehcucp.ca** and click the "get to know you" button.

If you are not a computer or smart phone fan, you also have the option to use a pen and paper. Paper forms can be found at the entrance of the Church near the bulletins.

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 – Maryika Bodnar
Fundraising – Edd Horyn
Hall Rental – Lisa Borosuik &
Gladys Waitas
Ladies' Club – Heather Gauthier
Knights of Columbus – Darrell Uchach
Men's Club President – Marc Chiasson
Youth Coordinator – Emmette Lysak
Maintenance – Larry Waye
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 Church Year

By Fr. Bo Continued

At that time, Jesus went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written: *"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favour."* Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him. He began by saying to them, *"Today this scripture is fulfilled in your hearing."* All spoke well of him and were amazed at the gracious words that came from his lips.

The "year of the Lord's favour" has come upon us, and so we recount all of salvation history, not just remembering it but entering into, or sacramentally reliving it, in a logical if not quite chronological way.

Each day we remember various saints, events in our history with God, and even sacred actions and objects (sacraments, icons, relics like the Life Giving Cross which our parish is named after.) This is where we get things like the Saint of the Day from.

To keep track of these days and their prayers we use a book called the "Festal Menaion."

The other half of the Church year's feasts and prayers are figured out by the "**Movable Cycle**". These are all centred around the Feast of Feasts: Pascha!

Pascha is of course the traditional day where we celebrate Christ's Resurrection and the conquering of Death. The date of Easter is always celebrated on the first Sunday after the first full moon after the Spring Equinox.

Yes, our Liturgical Calendar even considers the phase of the moon in it's calculations. From the date of Easter we go back 40 days plus holy week, plus an extra 4 weeks of Pre-Lent and one Sunday before that. Then

in the other direction (going forward) we add to the date of Pascha; 40 days to the feast of the Ascension; another 10 till the feast of Pentecost; and then we calculate all the following weeks of the year from that day till we collide with the following year's movable cycle. So the week after the 50th day after Easter (Pentecost: also known as the Feast of the Descent of the Holy Spirit) would be known as the "First week after Pentecost." Each of these weeks starts on a Sunday, and then concludes on the 8th day which is the following Sunday, which simultaneously is the beginning of the next week.

During this cycle we commemorate everything past, present and even future, like the Second Coming of our Lord, which from our perspective has not happened yet.

To keep track of these days, their particular prayers, and which of the 8 tones that we sing in, we use 3 different books called the "Lenten Triodion", the "Flowery Triodion" and the "Pentecostarion". (There are many sets of these 8 tones too that are used at different times and places.)

Confused yet? No?!?

In addition to the moon, the date, and the period of time from easter there is also the **days of the week** to consider. On Sundays we always celebrate the Resurrection. Mondays we commemorate the Angels. Tuesdays we remember St. John the Forerunner (aka Baptist). Wednesdays and Fridays we honour Christ's passion on the Cross. Thursdays are reserved for the Apostles and also St. Nicholas, and finally Saturdays we pray for all the Saints and the deceased.

Then there are also **the fasts**. In order to get ready for various important days, we have 4 major fasting periods during the year, and a weekly fast on Fridays (and optionally Wednesdays) with the exceptions of Fridays that follow major feasts of Christ.

Most people are familiar with 2 of these bigger fasts; namely the Great Fast (Lent) together with Holy Week; and also the Pre-Christmas Fast (aka the Nativity Fast or St. Philip's Fast). But please don't confuse this with the Roman Catholic season of Advent.

more on the next page...

The Church Year Continued...

The 2 lesser known fasts are the Apostle's fast which starts the Monday after All Saints day (which is itself on the first Sunday after Pentecost) and ends on the feast of Sts. Peter and Paul. (Since this fast starts on the "Movable Cycle" and ends on the "Fixed Cycle" it can be as short as 8 days or as long as 30.) The other Fast is the Dormition fast which, thankfully, always begins on August 1 and ends after 14 days with the feast of the Dormition.

Then there are the hours of the day, which we do various prayers, some publicly and others privately.

Exhausted yet? I am.

I assume you are too, so I will not get into the difference between the Julian Calendar, the Revised Julian Calendar, and the Gregorian Calendar. Nor will I talk about the Lukian Jump. Unless maybe in a future bulletin.

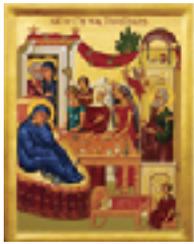
This is frankly quite overwhelming. Thank God we all do not need to keep track of each detail of each day. There are books that tell us how to combine the "Movable" and "Fixed" feasts, with the day of the week and any other commemorations or fasts that may come up. These are lovingly calculated for us and put on a Church Calendar which we give out every year around Christmas (thanks to Park Memorial who sponsor these).

You will notice on the calendar little fishies on days when we should fast, and Red numbers and backgrounds on the more significant days of the year.

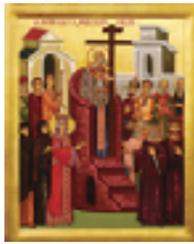
If you can however be aware that the church has 12 Major Feasts, as well as the Feast of Feasts: Pascha (together with all of Holy & Bright weeks). I have put these very important Feast Days together with their icons and dates below. On every Sunday and all these big Feasts all the faithful people are strongly encouraged (even obliged) to attend Divine Liturgy.

Oh, and the feast of Sts. Peter & Paul too.

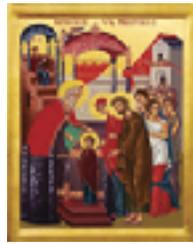
The 12 Major Feasts:



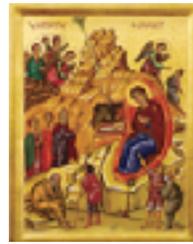
September 8
Nativity of the Mother of God



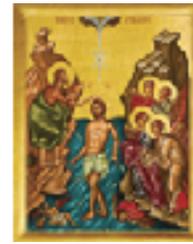
September 14
The Exaltation of the Holy Cross



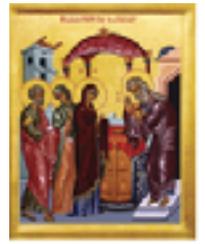
November 21
Presentation of the Mother of God to the Temple



December 25
The Nativity of Christ



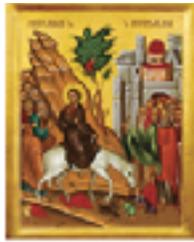
January 6
Theophany: The Baptism of Christ



February 2
The Encounter of Our Lord in the Temple



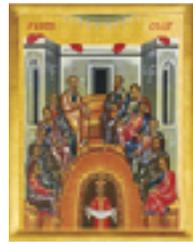
March 25
The Annunciation



Sunday before Pascha
The Entry into Jerusalem aka Palm / Flowery Sunday (also technically part of Holy Week)



40 days after Pascha
The Ascension



50 days after Pascha
Pentecost



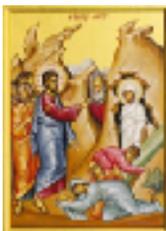
August 6
Transfiguration



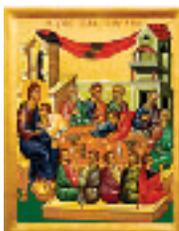
August 15
The Dormition of the Mother of God

Holy Week, Pascha & Bright Week

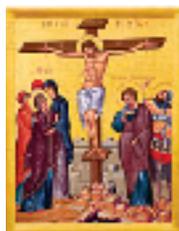
Also "obligatory"



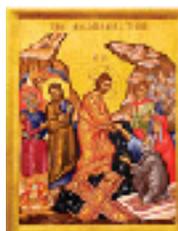
Saturday before Palm Sunday
Raising of Lazarus (not Obligatory)



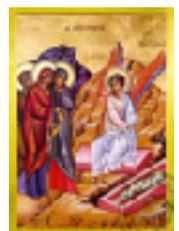
Holy Thursday
The Last Supper (not Obligatory)



Good Friday
The Crucifixion



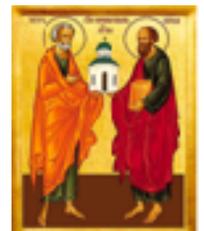
Holy Saturday
Descent into Hades (not Obligatory)



GLORIOUS PASCHA



Sunday after Pascha
Thomas Sunday



June 29
Sts. Peter & Paul



Very Rev. Michael Kwiatkowski Appointed Bishop of the Eparchy of New Westminster

The Vatican announced on Thursday, 24 August 2023, that the Holy Father, Pope Francis, has appointed Very Rev. Michael Kwiatkowski, Eparchial Bishop of the Ukrainian Catholic Eparchy of New Westminster (Canada). Father Michael Kwiatkowski, until now the Chancellor of the Ukrainian Catholic Archeparchy of Winnipeg, becomes the 4th Bishop for Ukrainian Catholics in the Province of British Columbia and the Yukon since the Eparchy was created in 1974.

Fr. Michael was born 21 November 1961 in Hamiota MB. The son of Edward Kwiatkowski and Phyllis Zemliak, he is the 3rd of 7 children. He attended elementary and secondary schools in Brandon MB, completing his high school at St. Vladimir's College and Minor Seminary in Roblin MB. After initial University studies and some work experience, Michael began his seminary formation on 7 September 1980. He resided at St. Josaphat Seminary in Rome, attending courses at the Angelicum, where he earned a BA in Philosophy (1980-1982) and a BA in Theology (1982-1985).

He made his Profession of Faith on 13 September 1985, and was ordained to the Diaconate on 14 September 1985 in Roblin MB by Metropolitan Maxim Hermaniuk CSSR. He was ordained a priest on 28 July 1986 in Brandon MB, also by Metropolitan Hermaniuk. After serving as assistant pastor at Protection of the BVM Church (Boyd) in Winnipeg, he returned to Rome to undertake studies in Canon Law. He completed these studies, earning a Doctorate in Canon Law from the Pontifical Oriental Institute in Rome (JCD).

Fr. Michael lived in Ukraine from 1996-2006, while the Church was reestablishing itself after years of underground existence. There he became chancellor of the Archeparchy of Lviv, and served as Judge and head of the Major Archbishopric Tribunal. He served as Vice-Rector of the Ukrainian Catholic University in Lviv, taught courses in Canon Law and directed the University's department of pastoral life for six years.

He returned to Canada to serve as Spiritual Director at Holy Spirit Ukrainian Catholic Seminary in Ottawa from 2006 – 2010. From 1 August 2010 – 2021, he undertook parish ministry at Holy Eucharist Parish in Winnipeg, and from 2021 until the present has been parish priest at Protection of the BVM Parish in Winnipeg. He serves on the Winnipeg Tri-Diocesan Pro-Life Committee as well as the Tri-Diocesan Prison Ministry Committee. He was State Chaplain for the Manitoba Knights of Columbus from 2016-2019.

Fr. Michael has served as the Chancellor of the Archeparchy of Winnipeg from 1 August 2014, also representing the Archeparchy on the Patriarchal Ukrainian Greek Pastoral Council since its establishment in 2019 in Ukraine.

Metropolitan Lawrence, Bishop Andriy, the clergy, religious sisters and lay faithful of the Archeparchy of Winnipeg extend prayerful best wishes to Bishop-Elect Michael Kwiatkowski as he begins this new ministry to the People of God in the New Westminster Eparchy. We wish to assure him of our solidarity and support, through the prayers of Blessed Bishop Nykyta Budka, Bishop and Martyr.

Plans for his episcopal ordination and installation are yet to be finalized.



Thank you for the fabulous turnout of 35 volunteers on Tuesday! Your commitment to the parish is awesome.

More bees on a later date. However we will chop and fry onions on Tuesday Aug 29 at 9 AM and blanch cabbage and sour some on Thursday August 31. Please phone Lasha if you can come help.





We Are People of the Eucharist: Towards a renewed love for Holy Communion

Reflections on the Eucharist by Bishop David Motiuk, Eparchy of Edmonton

September 2023

The Quest for the Cup!

Having enjoyed the summer, as we begin a new school year and a new church-liturgical year, our thoughts naturally turn to the Eucharist and hockey. Right?

The Eucharist and hockey. We don't often put them together but they do have much in common. Let me explain.

Hockey is a quest, a quest for the Stanley Cup. Youngsters in Canada are born with skates on their feet and hockey sticks in their hands. They dream of one day making it big and playing for the big teams and the chance to win the much sought-after Stanley Cup.



Through the years, youngsters and their parents sacrifice much in pursuit of their quest.

We mustn't forget about the sacrifice we fans make in following our favourite teams season after season.

And when a team makes it big and wins the Cup, each player traditionally gets twenty-four hours to claim the Cup for himself.

For example, Mike Keane once presented the Cup at his one-hundred-year-old grandmother's nursing home. Joe Nieuwendyk presented the Cup to his blind former professor. Dennis Potvin presented the Cup to his father who was dying from cancer. The younger players of our day tell similar stories.

The Eucharist and hockey.

As Christians, there's another cup we quest after. The Eucharist. The Cup of Salvation. Jesus' Body. His Blood.

The quest for the Stanley Cup is beyond the dreams of most of the players that lace up their skates. It is a fleeting moment, here today, gone tomorrow.

The quest for the Eucharist is within our reach each and every Sunday. And it brings with the forgiveness of sins, eternal life, salvation.

What are you willing to sacrifice in your personal quest for the Cup of Salvation? For Jesus' part, he sacrificed everything including his life. What about you? What does your sacrifice look like so that you and your family may receive Holy Communion each and every Sunday?

We are people of the Eucharist.



During the month of September, the Eparchy of Edmonton conducts its annual Vocations and Seminary Collection.

"It takes a whole village to raise a child." It likewise takes the support of the whole Church to form a deacon, priest, religious, monastic and lay member for ministry in the Church. It also takes our support to offer on-going education and formation for those already in sacred orders or involved in lay ministry.

The faithful can acknowledge the role they play in nurturing vocations by offering their financial support to help defray such expenses as formation programs, retreats, conferences, seminars, tuition, books, and room and board.

Studying for the priesthood and the diaconate this year, on behalf of the Eparchy Edmonton are:

- **Volodymyr Babiak** (Bachelor of Theology, Master of Theology, Neman Theological College, Edmonton);
- **Jacob Kociuba** (Bachelor of Arts in Catholic Studies, Newman Theological College, Edmonton);
- **John Lukey** (Diaconate Formation, Exaltation of the Holy Cross Parish, Edmonton);
- **Brian O'Neill** (Diaconate Formation, Saint Stephen Parish, Calgary);
- **Orion Wiebe** (Pastoral Internship, Saint Stephen Parish, Calgary);
- **John Vizza** (Pastoral Internship, Saint Sophia Parish, Sherwood Park); and
- **Adam Yurkow** (Master of Divinity, Newman Theological College, Edmonton).

The suggested donation amount is \$30.00 per family.

Thank you for your generosity! May God bless you and your families!

Saint of the Day: Venerable Pimen the Great

Commemorated on [August 27](#)

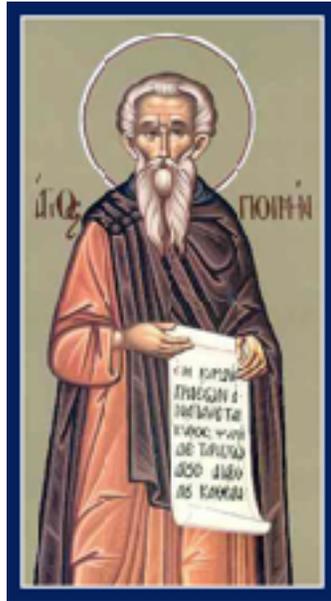
Saint Pimen the Great was born about the year 340 in Egypt. He went to one of the Egyptian monasteries with his two brothers, Anoub and Paisius, and all three received monastic tonsure. The brothers were such strict ascetics that when their mother came to the monastery to see her children, they did not come out to her from their cells. The mother stood there for a long time and wept. Then Saint Pimen said to her through the closed door of the cell, "Do you wish to see us now, or in the future life?" Saint Pimen promised that if she would endure the sorrow of not seeing her children in this life, then surely she would see them in the next. The mother was humbled and returned home.

Fame of Saint Pimen's deeds and virtues spread throughout the land. Once, the governor of the district wanted to see him. Saint Pimen, shunning fame, thought to himself, "If dignitaries start coming to me and show me respect, then many other people will also start coming to me and disturb my quiet, and I shall be deprived of the grace of humility, which I have acquired only with the help of God." So he refused to see the governor, asking him not to come.

For many of the monks, Saint Pimen was a spiritual guide and instructor. They wrote down his answers to serve for the edification of others besides themselves. A certain monk asked, "If I see my brother sinning, should I conceal his fault?" The Elder answered, "If we reproach the sins of brothers, then God will reproach our sins. If you see a brother sinning, do not believe your eyes. Know that your own sin is like a beam of wood, but the sin of your brother is like a splinter (Mt. 7:3-5), and then you will not enter into distress or temptation."

Another monk said to the saint, "I have sinned grievously and I want to spend three years at repentance. Is that enough time?" The Elder replied, "That is a long time." The monk continued to ask how long the saint wished him to repent. Perhaps only a year? Saint Pimen said, "That is a long time." The other brethren asked, "Should he repent for forty days?" The Elder answered, "I think that if a man repents from the depths of his heart and has a firm intention not to return to the sin, then God will accept three days of repentance."

When asked how to get rid of persistent evil thoughts, the saint replied, "This is like a man who has fire on his left side, and a vessel full of water on his right side. If he starts burning from the



fire, he takes water from the vessel and extinguishes the fire. The fire represents the evil thoughts placed in the heart of man by the Enemy of our salvation, which can enkindle sinful desires within man like a spark in a hut. The water is the force of prayer which impels a man toward God."

Saint Pimen was strict in his fasting and sometimes would not partake of food for a week or more. He advised others to eat every day, but without eating their fill. Abba Pimen heard of a certain monk who went for a week without eating, but had lost his temper. The saint lamented that the monk was able to fast for an entire week, but was unable to abstain from anger for even a single day.

To the question of whether it is better to speak or be silent, the Elder said, "Whoever speaks on account of God, does well, and whoever is silent on account of God, that one also does well."

He also said, "If man seems to be silent, but his heart condemns others, then he is always speaking. There may be a man who talks all day long, but he is actually silent, because he says nothing unprofitable."

The saint said, "It is useful to observe three things: to fear God, to pray often, and to do good for one's neighbour."

"Wickedness never eradicates wickedness. If someone does evil to you, do good to them, and your goodness will conquer their wickedness."

Once, after Saint Pimen and his disciples arrived at the monastery of Scetis, he learned that the Elder living there was annoyed at his arrival and was also jealous of him, because monks were leaving the Elder to see Abba Pimen.

In order to console the hermit, the saint went to him with his brethren, taking food with them as a present. The Elder refused to receive them, however. Then Saint Pimen said, "We shall not depart from here until we are permitted to see the holy Elder." He remained standing at the door of the cell in the heat. Seeing Saint Pimen's humility and patience, the Elder received him graciously and said, "Not only is what I have heard about you true, but I see that your works are a hundred times greater."

He possessed such great humility that he often sighed and said, "I shall be cast down to that place where Satan was cast down!"

Once, a monk from another country came to the saint to receive his guidance. He began to speak about sublime matters difficult to grasp. The saint turned away from him and was silent. They explained to the bewildered monk that the saint did not like to speak of lofty matters. Then the monk began to ask him about the struggle with passions of soul. The saint turned to him with a joyful face, "Now you have spoken well, and I will answer." For a long while he provided instruction on how one ought to struggle with the passions and conquer them.

Saint Pimen died at age 110, about the year 450. Soon after his death, he was acknowledged as a saint pleasing to God. He was called "the Great" as a sign of his great humility, uprightness, ascetic struggles, and self-denying service to God.

The people of Ukraine need our help

Our Eparchy has been raising funds for Ukraine through the CNEWA. On the ground receiving these funds is the local Eastern Catholic Churches, including the Ukrainian Catholic Church in Ukraine who know first hand the needs of their people. If you wish to help you can donate through our parish, which will pass the donation to the Eparchy. Funds raised will not be used to further the fight, but only for the needs of the people.

Catholic Near East Welfare Association (CNEWA) was founded by Pope Pius XI in 1926 as an instrument of love and a sign of hope for those in need scattered throughout the historic but unstable lands of the ancient Eastern churches — [the Middle East](#), [Northeast Africa](#), [India](#) and [Eastern Europe](#).



Ukrainian refugees arrive at the Medyka border crossing in Poland on 13 March 2022. (photo: Rosabel Crean)

The War in Ukraine

Well over a year since the invasion of Ukraine, the war has cost thousands of lives, left millions shattered and devastated the “breadbasket of Europe.” Yet, the spirit of the Ukrainian people remains indomitable.

The Russian invasion of Ukraine has displaced a third of the nation’s 41 million people, physically, emotionally or mentally scarred and wounded its soldiers and much of its population and has destroyed much of the country’s infrastructure and economy. The horrific assault on the Ukrainian people — their way of life, their identity, their God-given rights and freedoms — is more than a conventional war; it’s an attempt to eradicate a nation and a people.

“But God is working there among this tragedy. ... Ukraine is uniting people of good will everywhere, and people are beginning to believe again, as Ukrainians face death with courage, defending human life.”

*Metropolitan Borys Gudziak
of the Ukrainian Greek Catholic Church*

How We’re Helping

CNEWA has long worked in Ukraine, helping the local churches to [educate and form the next generation](#) of church and civic leaders, meet the needs of the marginalized — especially their rehabilitation initiatives and [social services for the elderly](#) and those with special needs — and now, in time of war, respond to [the needs of the displaced](#).

Ukraine’s churches are on the front lines of this war, tending to the needs of all those in harm’s way, regardless of their faith. Over the past year, CNEWA has rushed \$5.8 million in emergency funds to church-led relief efforts in Ukraine and in neighbouring countries receiving those fleeing the missiles.

We’ve sent emergency food packages and supported hot food distribution centers in areas under siege. We’ve provided care for displaced pensioners near Odesa, shelter for people with special needs in Sambir-Drohobych, and spiritual and psychological counseling for those displaced to Ternopil. In Zaporizhzhia, we’ve helped displaced families from Mariupol locate temporary housing. And we’ve provided medicines and other aid to nine medical facilities, including Sheptytsky Hospital in Lviv.

The needs of the Ukrainian people are only growing, and CNEWA will need additional resources to meet them.



Caritas Ukraine runs more than 30 centers for the displaced, providing emergency items such as food, medicines and hygienic supplies. Ivano-Frankivsk, 27 February. (photo: courtesy Caritas Ukraine)

Will you stand with us as we stand with them?

Your prayers and gifts will care for our brothers and sisters whose lives have been upended by this senseless onslaught of violence and hatred. As well, please join the Holy Father as we continue to pray for peace, invoking Our Lady’s protection of all human life:

“May the Queen of Peace preserve the world from the madness of war.”

May God bless you.

Kid's Page

Lots of Saints gave all that they had to the poor. Here are a few of them.

What would you look like if you were a Saint who gave everything?

Remember, if you wish, you can hang your picture for all to see on our parish's bulletin board.



**Saint Theresa
of Calcutta**



**Saint Nicholas the
Wonderworker**

Draw yourself here



**Saints Cosmos &
Damian the
Unmercenaries**



**Saint Francis
of Assisi**

Saint _____
put your name here

Parish, Eparchial & this time even Global News:

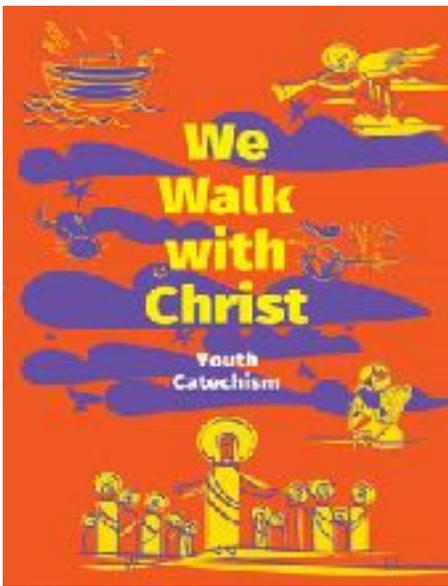
- **Get your Praznyk tickets today!** The longer you wait, the more we will worry. And please invite your friends, family and neighbours. It would be great to pack the place.
- **Please fill in a “Get to know you” form for Fr. Bo.** You can do it online, or you can use pen and paper. (Note: the online “Summit” button has been fixed.) With this information he will be able to serve you and the parish better.
- **Thank you** to all those who were helping make Cabbage Rolls this past week. You all are wonderful.
- **Next Food Making Bee:** will be announced in the near future.
- **Next PPC Meeting:** Monday, September 25th at 7 pm.
- **Next Choir Practices:** Come sing with us! (Tomorrow) August 28, September 4 & 11, all at 6-7 pm. Meet at the back door of the church.
- Check out the updated and revised **parish website EHCUCP.ca**
- Last week I made a mistake in the bulletin about the language of today’s liturgy (stated in the calendar). Like with Fr. Janko, we are alternating between English and Bilingual. **Today’s liturgy is Bilingual**, next week’s will be English, then Bilingual, English, Bilingual, and so forth.
- I want to make this bulletin good for you all. Thank you to all who have made **suggestions**. For example, I was using small type in the calendar to keep it from being too big, but people were not able to read it easily. So now it’s bigger. If you notice something else that can be improved, let me know.
- In September we will be updating our **Safer Environments** Volunteer paperwork. The information that we will update will help us safeguard the most vulnerable in our parish, including children and the elderly, and all of our volunteers. For more information feel free to talk to Deacon François.
- In September we will also be calling everyone to renew (or start) their **parish membership**. If you would like to have a head start on this you can contact J’lyn at: jjramsankar@gmail.com
- 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.
- Also please note that the **recorded Liturgies** are not intended to be an option for those who simply want to stay at home. Come in person if you can.
- The Eparchy of Edmonton launched a **new liturgical app called iPraises**, available in Android and Apple platforms. The app is free and hosts the liturgical propers in English for the Divine Liturgy each day during the year, including the troparion, kondak, Epistle, Gospel, and everything else you need to follow

along during the Divine Liturgy. The app can also be used at home, school, or work to take a few moments in prayer with the Lord each day. Bishop David introduces the app in an iPraises short video. Watch for the website version soon to be launched.

- It’s time for the clergy to study up again. The **Annual Clergy Study Days** will take place on September 19-21, 2023 at Providence Renewal Centre. Deacon Daniel Galadza will be presenting on Special Topics in Liturgy and the Ukrainian Catholic Church. During this time the clergy will not be available unless there is a pastoral emergency.
- Say a prayer for our bishops as they will be attending the **annual Synod of Bishops** of the Ukrainian Catholic Church from September 3-13 in Rome.
- Patriarch Sviatoslav in a Pastoral Letter entitled [The time is fulfilled, and the kingdom of God has come near \(Mark 1:15\)](#), has decreed that the Ukrainian Catholic Church in Ukraine will move to the **modified Julian Calendar as of September 1, 2023**, whereby immovable feasts (for example, Christmas and Theophany, will be celebrated according to the Gregorian Calendar, while retaining the Julian Calendar for Easter and other movable feasts. This does not affect us much, but I thought you’d like to know.
- Looking for a Pilgrimage to join? consider this one:

ASK QUESTIONS AND GET THE TOUR! CALL 1-778-739-9633
SAKIVUK@GMAIL.COM
EDMONTON@UCCMELD.CA

DECEMBER 4-15, 2023 FROM 4000 CAD



In a digital age where faith and technology intersect, the Eparchy of Edmonton takes a significant stride by introducing its first eBook listing, starting with the youth catechism. This youth catechism is more than just a collection of teachings; it's an invitation for young Christians to explore how Gospel values can be lived in the 21st century. In a world where relevance matters, the Eparchy's embrace of this eBook reflects their commitment to nurturing youthful spirituality.

A Journey of Discovery

"We Walk With Christ" isn't just a book; it's a journey. With over 200 vibrant pages, it's a visual and textual feast divided into three sections: We Believe, We Hope, and We Love. The eBook follows Fr Andriy and a group of international youth on their "Emmaus Walk," a faith-filled pilgrimage to significant Ukrainian shrines. This journey isn't just physical; it's a quest to understand core beliefs, find hope, and embody love.

Unpacking Faith, Hope, and Love

The eBook dives deep into faith's core aspects, from God and Creation to Sacred Scripture and the life of Jesus. It explores how hope is intertwined with prayer, the role of family and Church, sacraments, fasting, feasts, and charity. And it addresses how to embody love for God, ourselves, and our neighbours through the Commandments, Beatitudes, and a pursuit of joy and justice.

Christ Alive in Modern Times

Pope Francis' message in "Christus Vivit" resonates with "We Walk With Christ." The eBook bridges ancient wisdom with contemporary life, offering a relevant, relatable path to faith. It's a reminder that Christ isn't confined to history but lives within us, impacting our lives here and now.

Accessing the eBook

You can view a sample of "We Walk With Christ" [here](#). (or if you are reading this in print format, you will need to go to the Eparchial Website: <https://eeparchy.com/store/>)

For those seeking a tangible connection, **physical copies are also available** for purchase at St. Macrina Store. This approach ensures that the transformative message of faith is accessible to everyone, regardless of their preferred reading style.

St. Macrina's Book and Gift Store



Our mission: We work to assist people in their journey to grow closer to Jesus Christ by providing high quality Eastern Christian materials.

9645 - 108 Ave, Edm.

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, eeparchy.com/?s=Lay+Leadership or contact Andrea Leader andrea.leader@eeparchy.com or Bernie Mandrusiak 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)

A Parishioner:

“Fr. Bo, could you please make the typing in the calendar bigger?”

Me:

“Yep. I hope this is better for you. Thanks for letting me know about something that needed adjusting.”

Next Couple of Weeks at Holy Cross Parish

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>27</p> <p>Thirteenth Sunday after Pentecost. Octoechos Tone 4; Our Venerable Father Pimen 1 Corinthians 16:13-24; Matthew 21:33-42.</p> <p>9:30 am Rosary (M.C.)</p> <p>10 am Divine Liturgy (Bilingual) *coffee group “F”</p> <p>Deacon François Preaches</p> <p>Panachyda for + George C. (40 days)</p> <p>2 pm Liturgy at St. Michael's Extended Care Centre</p>	<p>28</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>10 am Bible Study</p> <p>10 am Deaconal Formation</p> <p>5:30 pm Meeting with Children's Ministry People</p> <p>6 pm Choir Practice</p>	<p>29 </p> <p>The Beheading of the Honourable and Glorious Prophet, Forerunner and Baptist John 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>30</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>9 am Divine Liturgy</p> <p>11 am Vocation's Meeting</p> <p>Church office is open in the morning</p>	<p>31</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>9 am Divine Liturgy for ECSD at Cathedral</p> <p>Church candles are normally looked after on Thursdays</p> <p>5:30 pm Fr. Bo has an appointment</p> <p>Please send any information that you want in the bulletin by Thursday if possible.</p>	<p>1 </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>5 pm Marriage Prep (G&K)</p>	<p>2</p> <p>Holy Martyrs Mamas; Venerable Father John the Faster, Patriarch of Constantinople 1 Corinthians 4:1-5; Matthew 23:1-12.</p> <p>10:30 am Fr. Bo has an appointment</p>
<p>3</p> <p>Holy Priest-Martyr Babylas, Bishop of Antioch (250); Holy Prophet Moses Who Saw God Galatians 2:11-16; Mark 5:24-34.</p> <p>9:30 am Rosary (KofC)</p> <p>10 am Divine Liturgy (English) *coffee group “A”</p> <p>2 pm Liturgy at St. Michael's Extended Care Centre</p>	<p>4</p> <p>Holy Priest-Martyr Babylas, Bishop of Antioch (250); Holy Prophet Moses Who Saw God Galatians 2:11-16; Mark 5:24-34.</p> <p>Labour Day</p> <p>10 am Bible Study</p> <p>10 am Deaconal Formation</p> <p>If I understand things correctly, normally the Ladies' Club meets on the first Monday of the Month... but this is a long weekend, so... I'm not sure.</p> <p>6 pm Choir Practice</p>	<p>5</p> <p>Holy Prophet Zachariah and Elisabeth, Parents of John the Baptist Galatians 2:21-3:7; Mark 6:1-7.</p> <p>First Day of School for ECSD</p> <p>10:30 am Divine Liturgy at Venta Care Centre</p>	<p>6</p> <p>Commemoration of the Miracle Performed at Colossus in Chone by the Archangel Michael; Holy Martyr Eudoxius and His Companions (284-305); Our Venerable Father Archipus Galatians 3:15-22; Mark 6:7-13.</p> <p>9 am Divine Liturgy</p> <p>Church office is open in the morning</p>	<p>7</p> <p>Forefeast of the Nativity of the Most Holy Mother of God; Holy Martyr Sozon the Shepherd (304). Zhyrovytsi Icon of the Mother of God Ephesians 6:10-17; John 15:17-16:2.</p> <p>Probable Nursing Home Liturgy</p> <p>Church candles are normally looked after on Thursdays</p> <p>5:30 pm Fr. Bo has an appointment</p> <p>Please send any information that you want in the bulletin by Thursday if possible.</p>	<p>8</p> <p>Major Feast: The Nativity of Our Most Holy Lady, the Mother of God and Ever-Virgin Mary. Holy Day of Obligation. Philippians 2:5-11; Luke 10:38-42; 11:27-28.</p> <p>10 am Festal Divine Liturgy</p>	<p>9</p> <p>Saturday before the Exaltation of the Cross; Post-feast of the Nativity of the Mother of God; Holy and Righteous Forebears of God Joachim and Anna; the Holy Martyr Severian (321-23); 1 Corinthians 2:6-9; Matthew 10:37-11:1.</p> <p>10:30 am Fr. Bo has an appointment</p>

* coffee hour groups do not have coffee during July & August, but they are still responsible for Ushering and Collection duties.

PPC = Parish Pastoral Council

L.C. = Ladies' Club

M.C. = Men's Club

KofC = Knights of Columbus

Changeable Parts for Aug 27th

Thirteenth Sunday after Pentecost. Octoechos Tone 4; Our Venerable Father Pimen

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.”

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

Kontakion, Tone 4: My Saviour and Deliverer from the grave* as God raised out of bondage the children of the earth* and shattered the gates of Hades;* and as Master, He rose on the third day.

Now and for ever and ever. Amen.

Theotokion, Tone 4: By your birth, O immaculate one,* Joachim and Anna were freed from the reproach of childlessness,* and Adam and Eve* from the corruption of death.* And your people, redeemed from the guilt of their sins,* celebrate as they cry out to you:* “The barren one gives birth to the Mother of God* and nourisher of our life.”

Prokeimenon, Tone 4

How great are Your works, O Lord* You have made all things in wisdom.

verse: Bless the Lord, O my soul: O Lord my God, You are exceedingly great. (*Psalms 103:24,1*)

Epistle: I Corinthians 16:13-24 (NRSV)

Brothers and Sisters, keep alert, stand firm in your faith, be courageous, be strong. Let all that you do be done in love. Now, brothers and sisters, you know that members of the household of Stephanas were the first converts in Achaia, and they have devoted themselves to the service of the saints; I urge you to put yourselves at the service of such people, and of everyone who works and toils with them. I rejoice at the coming of Stephanas and Fortunatus and Achaicus, because they have made up for your absence; for they refreshed my spirit as well as yours. So give recognition to such persons. The churches of Asia send greetings. Aquila and Prisca, together with the church in their house, greet you warmly in the Lord. All the brothers and sisters send greetings. Greet one another with a holy kiss. I, Paul, write this greeting with my own hand. Let anyone be accursed who has no love for the Lord. Our Lord, come! The grace of the Lord Jesus be with you. My love be with all of you in Christ Jesus.

Alleluia verses, Tone 4

Poise yourself and advance in triumph and reign in the cause of truth, and meekness, and justice.

You have loved justice and hated iniquity. (*Psalms 44:5,8*)

Gospel: Matthew 21:33-42 (NRSV)

The Lord told this parable: There was a landowner who planted a vineyard, put a fence around it, dug a wine press in it, and built a watchtower. Then he leased it to tenants and went to another country. When the harvest time had come, he sent his slaves to the tenants to collect his produce. But the tenants seized his slaves and beat one, killed another, and stoned another. Again he sent other slaves, more than the first; and they treated them in the same way. Finally he sent his son to them, saying, ‘They will respect my son.’ But when the tenants saw the son, they said to themselves, ‘This is the heir; come, let us kill him and get his inheritance.’ So they seized him, threw him out of the vineyard, and killed him. Now when the owner of the vineyard comes, what will he do to those tenants?’ They said to him, “He will put those wretches to a miserable death, and lease the vineyard to other tenants who will give him the produce at the harvest time.” Jesus said to them, “Have you never read in the scriptures: ‘The stone that the builders rejected has become the cornerstone; this was the Lord’s doing, and it is amazing in our eyes’?”

Communion Hymn

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



Today, shortly after the Divine Liturgy we will have a **Panachyda** for the servant of God + **George Corkis** who has passed away 40 days ago. George is John & Debbie Lukey's Brother. Those who wish are very welcome to stay and pray with us.

On Sunday, September the 10th we will be **blessing Students and Teachers** immediately after the Divine Liturgy on the occasion of the new school year. Consider bringing your family and friends.