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, Sept. 17, 2023

Today we celebrate the feast of the Exaltation of the Holy Cross, even though according to the calendar it actually is:

Sunday after the Exaltation of the Cross. Octoechos Tone 7; Holy Martyr Sophia, and Her Three Daughters Faith, Hope and Love

Today is our Parish's Feast Day.
In Ukrainian a parish's feast is called

"Praznyk"

We welcome Bishop David and all parishioners and guests as we celebrate the feast of the Exaltation of the Holy Cross.

A lunch will be served after the Liturgy. Hopefully you have bought your tickets in advance…

Elevation of the Cross

The Elevation of the Cross, celebrated on the fourteenth of September, commemorates the finding of Christ's Cross by Saint Helen, the mother of the Emperor Constantine in the fourth century; and, after it was taken by the Persians, of its recovery by the Emperor Heraclius in the seventh century at which time it was "elevated" in the Church of the Resurrection in Jerusalem. From this latter event the "universal elevation" of the Cross was celebrated annually in all of the churches of the Christian Empire.

The day of the Elevation of the Cross became, as it were, the national holiday of the Eastern Christian Empire similar to the Fourth of July in the United States. The Cross, the official emblem of the Empire which was placed on all public buildings and uniforms, was officially elevated on this day by the bishops and priests. They blessed the four directions of the universe with the Cross, while the faithful repeated the chanting of "Lord have mercy." This ritual is still done in the churches today…

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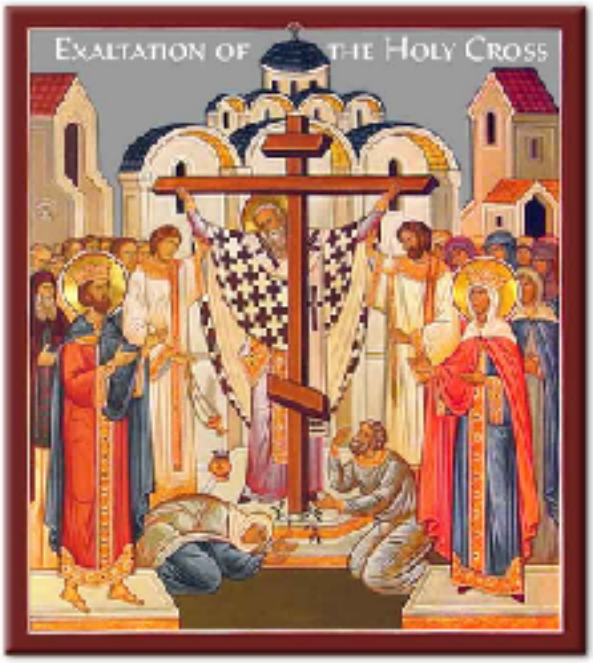

Hall Rentals:
call Lisa at: 780-222-9155
or email: hallrental@ehcucp

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 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.

Elevation of the Cross

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…after the solemn presentation and elevation of the Cross at the end of the Vigil service of the holy day following the Great Doxology of Matins.

The troparion of the feast which was, one might say, the "national anthem" sung on all public occasions in the Christian Empires of Byzantium and Russia, originally petitioned God to save the people, to grant victory in war and to preserve the empire "by the virtue of the Cross." Today the troparion, and all the hymns of the day, are "spiritualized" as the "adversaries" become the spiritually wicked and sinful including the devil and his armies, and "Orthodox Christians" replace the names of ruling officials of the Empire.

O Lord, save Thy people and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by the virtue of Thy Cross, preserve Thy habitation (Troparion).

As Thou was mercifully crucified for our sake, grant mercy to those who are called by Thy name; make all Orthodox Christians glad by Thy power, granting them victories over their adversaries, by bestowing on them the invincible trophy, Thy weapon of peace (Kontakion).

The holy day of the Elevation of the Cross, although it has an obviously "political" origin, has a place of great significance in the Church today. It remains with us as a day of fasting and prayer, a day when we recall that the Cross is the only sign worthy of our total allegiance, and that our salvation comes not by "victories" of any earthly sort but by the only true and lasting victory of the crucifixion of Christ and our co-crucifixion with him.

When we elevate the Cross and bow down before it in veneration and worship to God, we proclaim that we belong to the Kingdom "not of this world," and that our only true and enduring citizenship is with the saints in the "city of God" (Eph 2.19; Heb 11.10; Rev 21–22).

The first Old Testamental reading of the Vespers of the day tells of the "tree" which changes the bitter waters into sweetness—the symbol of the Tree of the Cross (Ex 15.22–16.1). The second reading reminds us that the Lord chastens and corrects those whom He loves and that Divine Wisdom is "a Tree of life to those who lay hold upon her and trust in her, as in the Lord" (Prov 3.11–18). Again the reference is to the Cross which is, as the epistle reading of the day proclaims, "to those who are called . . . the power of God and the wisdom of God" (1 Cor 1.24).

The third Old Testament reading is from the Prophecy of Isaiah which tells of the "city of the Lord" where both Jews and Gentiles will live together and "shall bow themselves down" at the place of God's feet and "shall know that I the Lord am Thy Saviour and Thy Redeemer, the mighty One of Israel" (Is 60.11–16). Here we have the direct reference to God's city where men shall worship at His feet; and together with the psalm line repeated constantly during the services which calls us to "bow before His footstool," we have once again the reference to the Holy Cross (Ps 99.5, 110.1, et al.).

Before Thy Cross, we bow down in worship, O Master, and Thy holy resurrection, we glorify (Hymn of Veneration before the Cross).

This central hymn of the Elevation of the Cross which lasts for eight days in the Church is sung many times. It replaces the Thrice-Holy of the Divine Liturgy. The normal antiphons are also replaced by special verses from the psalms which have direct reference to Christ's crucifixion on the Cross (Ps 22, 74, 99). At the Matins, in the gospel reading from Saint John, Christ says that when He is elevated on the Cross He will draw all men to Himself (Jn 12.28–36). The long gospel reading at the Divine Liturgy is the passion account from this same gospel.

Thus, at the Elevation of the Cross the Christians make their official rededication to the crucified Lord and pledge their undivided allegiance to Him by the adoration of His holy feet nailed to the life-creating Cross. This is the meaning of this holy day of fasting and repentance in the Church today.

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 Theolgy, 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!

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.

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

All Men!

You are invited to attend the 8th annual

"Called to be Holy"

Men's Conference & Retreat

Oct 27 & 28, 2023

"The Liturgy of Life; From Table to Mission"

Join other men of faith to learn, laugh, and pray as you grow in faith. We are excited to welcome Fr. Matthew Hysell as our keynote speaker in the prayerful surroundings of Holy Spirit seminary!

In the Divine Liturgy we are nourished first by the Word of God and then ultimately in the Eucharist. From there we are sent out to the world. We will look closely at how our partaking in the Eucharist – being at the Table of Our Lord, prepares us to approach life with an attitude of thankfulness, evangelization, discipleship, and mission, whatever our place in the world may be.

DATES & TIMES:

- Oct 27, 6:30 pm - 8:15 pm, and
- Oct 28, 8:30 am - 4:30 pm.

LOCATION:

- Holy Spirit Seminary, 12909 - 113 Avenue NW., Edmonton.

COST:

- Before Oct 1 - $85.00 - commute, or $145.00 - live in.
- After Oct 1 - $95.00 - commute, or $155.00 - live in.

Price includes Saturday breakfast, lunch and snacks.
Optional Friday supper available for $20.00.

CONTACT: Bernadette: 780-424-5496 or email: education@edmontoneparchy.com

REGISTRATION: Deadline to register is Oct 21. No late registrations will be accepted. Online: https://tinyurl.com/Calledtobeholy2023

or find the link on the Edmonton Eparchy website https://eeparchy.com/

A limited number of rooms are available for overnight stays. Register early if you want to stay at the seminary on Friday night.

The "Hail Mary" in Byzantine Churches

Recently in our parish I ended a meeting by singing the "Hail Mary", but some people were not familiar with it according to our Byzantine words.

Here is the common way Latin (Roman) Catholics say it:

Hail Mary full of Grace, the Lord is with thee. Blessed are thou amongst women and blessed is the fruit of thy womb Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death. Amen.

This is the traditional way we Ukrainian Catholics say it:

Rejoice, Mother of God, Virgin Mary, full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, for you have borne Christ, the Saviour and Redeemer of our souls.

If you understand Ukrainian the traditional english words match:

Богородице дівo, Радуйся, благодатна Маріє, Господь з тобою. Благословенна ти між жінками і благословенний плід лона твого, Бо ти породила Христа Спаса, Ізбавителя душ наших.

Icon of Our Lady of Vyshhorod (Vladimir) painted long ago by Fr. Bo

Iconography and Intercession:

The Role of the Mother of God in Ukrainian Catholic Church

In the rich tapestry of Christian faith, devotion to the Most Holy Mother of God holds a special place. In the Kyivan tradition, this devotion runs deep, with a history that spans centuries. "Devotion" in simple terms means a deep and strong feeling of love, loyalty, and commitment towards something or someone, often shown through prayer, respect, and dedicated actions. Let's delve into the profound significance of this devotion and its enduring impact on the Ukrainian Catholic Church.

The Church's Unified Belief

In a unified and conciliar manner, the Church professes Mary, the Mother of our Lord Jesus Christ, as the God-bearing One, or "Bohorodytsia" in Ukrainian. She is revered as the Mother of God and Ever-Virgin. The Church commemorates her life events in various feasts throughout the liturgical year, including her Conception, Nativity, Entrance into the Temple, Annunciation, Encounter in the Temple, and Dormition. Mary is seen as the perfect model for our journey towards holiness.

The Power of Iconography

Iconography plays a vital role in expressing this devotion. Icons such as the Icon of the Sign, Hodegetria, Tenderness, and Mother of God of Perpetual Help convey the intimate connection between Mother and Son, emphasizing the profound relationship between Mary and Jesus. The Oranta icon, portraying Mary in prayer, reminds us of her role as an intercessor for humanity before the heavenly Father.

Addressing Mary with Boldness

The Church addresses the Mother of God with boldness, acknowledging her as the first to be divinized by grace. The prayer, "Most holy Mother of God, save us," reflects the Church's understanding that it is through God's grace that salvation is achieved. Mary's peaceful and grace-filled Dormition, often referred to as Falling-Asleep, signifies her transition from earth to heaven. She was the first among humans to be glorified in both body and soul, serving as an image of our own future resurrection.

A Constant Intercessor

Mary's unwavering intercession on behalf of humanity is celebrated in the feast of the Protection of the Most Holy Mother of God. In this feast, the Church recognizes her role as an ever-present advocate who stands before God, praying for us alongside the choirs of saints.

The Kyivan Tradition

Devotion to the Mother of God has deep historical roots in the Kyivan tradition. Grand Prince Yaroslav the Wise consecrated Rus-Ukraine to her protection, leading to the construction of numerous churches and the creation of iconic works of art. Notable icons from this period include the Vyshhorod Icon (now known as the Vladimir Icon) and the Belz Icon (Częstochowa Icon). These icons exemplify Ukrainian iconography, characterized by the kind and gentle facial features of the Mother of God.

Miracles and Pilgrimage

The devotion to the Mother of God gained further momentum after the miraculous lifting of the Turkish siege of the Pochaiv monastery, attributed to an icon of the Mother of God. This event led to the establishment of additional pilgrimage sites, including Zarvanytsya, Univ, Hoshiv, Stradch, Zhyrovytsi, Yaroslav, Kholm, Mariapoch, and more. The Ukrainian people have developed a strong tradition of relying on the Mother of God's protection and assistance.

Devotion to the Most Holy Mother of God is a central aspect of the Kyivan tradition, deeply ingrained in the spiritual and cultural heritage of Ukraine. Through iconography, prayer, and pilgrimage, the Ukrainian Catholic Church continues to honor and seek the intercession of the Mother of God, finding solace and strength in her unwavering presence throughout the centuries.

Congratulations to Lisa Podolsky and Danny Cassivi who received the Sacrament of Crowning (Marriage) on September 9th here in our parish of Holy Cross. May God grant you both many happy years of holiness. Mnohaya Lita.

On Friday, September 15, in the evening, the handmaid of God **Nellie Sajiw-Bogda** passed away. The funeral is anticipated on Wednesday September 27th at 10 am, here at Holy Cross. Nellie was a long time parishioner of Holy Cross Parish. May God grant her rest among the saints, Vichnaya Pamyat.

HORIZON OF HOPE:
A TOOKIT FOR CATHOLIC PARISHES ON PALLIATIVE CARE

How does our faith in Christ help us to understand the human experience of dying and death?

You are invited to join this 4-part program **OCT. 16, 23, 30 Nov. 6, 7:00 - 9:00 pm** focusing on Catholic teaching regarding end of life care. We will share and discuss the importance of palliative care and learn more about how we can respond to our Christian call to provide compassionate care for our loved ones at the end of life.

Parishes and church groups across Alberta will connect virtually and in person. There will be two "in person" centres: St. Stephen Protomartyr parish hall, 4903 – 45 St., SW, Calgary **AND** St. Josaphat's Cathedral basement, 10825 97th Street N.W. Edmonton.

WHO SHOULD ATTEND? Those seeking to learn about palliative care in the Catholic Church, caregivers, persons diagnosed with a terminal illness, family members who need guidance, parishioners & pastoral care teams.

REGISTER AT: https://tinyurl.com/Eparchyhorizonofhope2023 or find the link on the Edmonton Eparchy website. If you cannot attend in person, you are welcome to join virtually. You will receive the Zoom link when you register online.

CONTACT: socialjustice@eeparchy.com

Praying for and Visiting the Sick and Shut-In

There are many people in our community who are sick and shut-in. Thankfully there are many beautiful people in our parish who visit and pray with these people. In particular there are dedicated people (who I have just learned about in the Ladies' Club) who check in on people on a regular basis.

If you would like to have us pray for someone during a Sunday Liturgy, please fill in their name on the sheet at the entrance of the Church (ask a usher and they will point it out to you).

If you would like to add a name to our "permanent" list (…which is not really permanent, but more… long term.) You can send me (or the office, or Deacon François) an email, drop us a text, or even slip us a piece of paper, and we will add them to the list of people that sits on the Altar. These people are prayed for at every liturgy in our parish, till someone tells us that they have either recovered or passed away.

If you know of a parishioner who is not able to come to church, and is in need of a visit, or who could use a phone call, we would also like to know about them. We can't visit everyone all the time, but we can try visit some people some of the time. Please send us their name, phone number (if they have one), and address. We will add them to the list and visit when possible.

If you would like to volunteer in visiting and praying with people we would also like to know about you. We will have you participate in our "Safer Environments" program (which is described on the next page of this bulletin) and hopefully attend a course like the one advertised above. Then you would be teamed up with someone who can "show you the ropes" in this profound ministry.

Finally, I would like to let everyone know that you can request me to come out to anyone who is sick, injured, disturbed or otherwise not in good health, and I can do the **Sacrament of the Anointing of the Sick**. This is NOT only for those who are dying, but for anyone who needs God's healing power. I (Fr. Bo) can always be reached on my cell phone: 780-340-3726.

Our Safer Environments Policy

This is an Eparchial Policy that we as a parish are happy to comply with. We want to keep EVERYONE and EVERYTHING as safe as possible. In the upcoming weeks and months we will be approaching all parish volunteers to update their paperwork, including (if necessary) their training and possibly even Police Reference Checks. Below is a description and overview of our "Safer Environments" Policy.

The policy for "*Safe Environments and the Protection of Children, Youth and Vulnerable Adults"* acknowledges the need to provide safe pastoral environments and protect those most vulnerable in our parish communities.

It establishes best practices not only to protect those to whom we minister, especially children, youth and vulnerable adults, but also to ensure the integrity, safety and reputation of those who minister, namely, clergy, religious, staff and church volunteers, and the ministries they provide.

Together, we can better promote wholeness, accountability, trust and care within the Church by fulfilling our spiritual, ethical, moral, and legal responsibilities.

Overview

Intent of Safe Environments Policy

- To provide clear directives in order to establish and maintain a safe pastoral environment which is free from abuse.
- To provide clear directives to respond to any and all allegations of abuse within the Eparchy of Edmonton.

Responsible Ministry

All parish and eparchial individuals providing ministry, including all clergy, religious, seminarians, laity, employees and volunteers, will:

- undergo Volunteer and Employee Screening according to eparchial procedures to determine their suitability for ministry and/or employment
- sign a Covenant of Care, thereby committing to follow all safe environment procedures, including adherence to the Code of Pastoral Conduct.

Safe Environments Training

Safe Environments Training teaches us how to identify abuse, not only in our Church, but also in our families and communities. Safe Environment Training sets standards of appropriate behaviour so that non-appropriate behaviour is easily noticeable and can be addressed immediately. It teaches us when and how to report abuse to church and civil authorities.

Safe Environment Training is mandatory for:

- all priests, deacons, sub-deacons, lectors, women and men religious, and monastics
- all parish and eparchial employees and keyholders
- all volunteers in a high-risk ministry involving youth and children, as well as pastoral care ministries to hospitals, care centres, nursing homes, private homes, etc.
- all volunteers in a leadership role or those responsible for any parish or eparchial organization or committee, including all parish and eparchial Pastoral/Finance Council members, Volunteer Screening Coordinators and all presidents of parish and eparchial organizations such as UCBC, UCWLC, UCY, K of C, Centralia

Reporting Abuse

The Church takes seriously its responsibility to provide a safe pastoral environment within its parishes and ministries. When an allegation arises, the Eparchy of Edmonton is committed to responding with compassion and in a timely manner, providing assistance to those in need of healing and reconciliation, and will take any and all means to prevent a future occurrence of abuse.

For all matters of abuse involving vulnerable persons, seniors, minors, church, properties/finances, bullying, etc. by anyone within the Church, please contact our Eparchial Safe Environment Coordinator:

Confidential phone: (780) 426 4176

Confidential email:
safe@eeparchy.com

The Eparchy of Edmonton is committed to responding to reports of abuse by any of our clergy, staff or lay volunteers promptly, openly and in full co-operation with child welfare authorities and/or police.

Care and Healing

The Eparchy of Edmonton is committed to spiritual care and healing by ensuring that:

- those who bring forth allegations of abuse are treated with dignity and respect
- spiritual care, counselling and support are made available to victims of abuse
- the good reputation and the privacy of all persons involved are protected

Kid's Bulletin Page

Kids: you are important, and we love you. This page is for you.

Adults: try not to do this during Bishop's homily.

Help Saint Helen, who was the mom of Saint Constantine the Great, the Emperor, to get from Constantinople to Jerusalem to find Jesus' Cross.

This is Jerusalem. Look! Someone has buried Jesus' Cross.

But Saint Helen kept looking until she found it.

Parish, Eparchial & this time even Global News:

- Our Parish's **Sunday School** has resumed. All kids up to First Solemn Communion are welcome. You will get the blessing to go from Fr. Bo at the start of the Liturgy.
- Boys and Girls who have already done their First Solemn Communion: Come be an **Altar Server!** Just say hi to Fr. Bo before Liturgy and we will train you on the job. In the future we will also have sessions for you… but we are still figuring this out.
- **If you still haven't filled in a "Get to know you" form for Fr. Bo please do. It's never too late.** You can do it online (see the parish website), or you can use pen and paper.
- 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.
- Please also note that this Wednesday there will be **NO Divine Liturgy** due to the clergy being at the Study Days.
- Please send any **information that you want in the bulletin** by Thursday if possible.
- **Next Food Making Bee:** is not yet known to Fr. Bo. But you can always ask Lasha. Thank you to all who helped with this past week's Cabbage Roll Bee. See Picture at the bottom of this page.
- For those who are interested there will be an **Accordion Concert** here in our parish on Sunday, September 24th. The proceeds of this concert, preformed by the members of the Edmonton Accordion Society, will be given to support Ukrainian newcomers.
- **Next PPC Meeting:** Monday, September 25, at 7 pm.
- **Funeral for + Nellie Sajiw-Bogda** will take place on September 27, at 10 am.
- On Sunday, October 1, at 2:30 the Ukrainian Canadian Civil Liberties Foundation will be hosting the unveiling of a new monument to commemorate and educate Albertans about the **Internment Operation Camps** which operated in Canada during 1914-1920.
- Next **Ladies' Group Meeting:** Monday, October 2, at 7 pm. New members are welcome. Come join us.
- Next **Men's Club Meeting:** will be on Tuesday, October 3 at 7pm. Please attend the meeting. New members are always welcome. Starting in January our meetings will be on the third Monday of the Months of Jan, Feb, March & May.
- Next **Knights of Columbus Meeting:** Monday, October 9, at 7 pm. If you are interested in joining us speak to any Knight.
- **Next Choir Practice:** Is unknown at this time. But the last few were lovely and fun. We have a bunch of new choir members, and you are welcome to join us too. Come sing with us! If you are interested just show up in the choir loft on any Sunday and introduce yourself.
- Holy Cross scheduled **casino dates** are February 14 & 15, 2024 (Wednesday & Thursday) at Century Casino (Fort Road). We need volunteers for both dates. Shifts run from 9:00am to 3:30am. We need to fill positions for Chip Runners, Bankers, Cashiers, and also Count room staff. If you can help on those dates see Terry Yackimec to fill out the Casino Volunteer Worker Application form.
- I (Fr. Bo) have been thinking how to accommodate **"Panachydas"** (prayers for the deceased) requests on Sundays without making the Sunday morning Liturgy go on too long. Normally the church would have Panachyda's on Saturdays or other days of the week (but not Sundays). However I also understand that people want to do it with the parish while everyone is there on a Sunday. So, here is my plan: We will announce that the Panachyda will be celebrated during the "announcements" at the end of Liturgy, and that the Panachyda will start about five minutes after the conclusion of the closing hymn. This way those who wish to go can do so, and those who wish to stay for the prayers can do so. Let me know what you think.
- Soon 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 awesome volunteers. Read about it on page 6 of this bulletin.

Picture: Here are some of our awesome volunteers at our Cabbage Roll Bee this past Wednesday. Thank you.

Yet More Announcements:

- We are calling everyone to renew (or start) their **parish membership**. If you haven't updated your membership yet, 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, so we have decided to just record the audio. Hopefully soon our internet provider will get their services in order.
- 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 are able.
- 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.
- Please join us on Sunday, October 15th for the "Bishop's Name Day Celebration". This year's event will be held at Exaltation of the Holy Cross Parish. Divine Liturgy will be held at 10:30 a.m. (bilingual). Following liturgy, all are invited to a luncheon. Doors will open at noon, meal at 12:30 p.m. Donations will be accepted for food packages for the people of Ukraine affected by the war. Charitable tax receipts will be issued for all donations over $20. Please RSVP using the sign-up sheet at your parish (which is located just beside Fr. Bo's office), or email Patty Zakordonski to RSVP: pzakordonski@gmail.com

The Eparchy of Edmonton is pleased to announce our

Lay Leadership and Diaconate Formation Program

presented in both English and Ukrainian starting mid-September 2023. The Program is intended to provide opportunities for individuals to be formed for ministry in their parish and learn about their faith.

The **English** program is taught in conjunction with Newman Theological College in Edmonton and the **Ukrainian** program will be taught in conjunction with the Ukrainian Catholic University in Lviv.

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

To register and for more information for the **Ukrainian** program, visit http://surl.li/kdppf or contact Fr. Yuriy Sakvuk at sakvuk@gmail.com or call 778 789 9639.

Please join us if you have experienced the loss of a Loved one

Grief as a Journey is an 10 week grief recovery support group for those searching for support in their grief over the loss of a loved one. Using video presentations and group discussion, we will build community with others who have experienced loss, gain a better understanding of what we are experiencing, and give and receive support and encouragement while journeying through mourning.

DATES & TIMES: Tuesdays Sept 26 – Nov. 28. Time will be determined according to the group preference.

LOCATION: Edmonton Eparchy Pastoral Centre, 9645 – 108 Ave

COST: $20.00 to cover materials

REGISTER: 780-424-5496 or Bernadette.mandrusiak@eeparchy.com

Next Couple of Weeks at Holy Cross Parish

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 **Our Praznyk** We are celebrating the **Exaltation of the Holy Cross** even though the calendar reads: Sunday after the Exaltation of the Cross. Octoechos Tone 7; Holy Martyr Sophia, and Her Three Daughters Faith, Hope and Love Galatians 2:16-20; Mark 8:34-9:1. **9:30 am Rosary** (LC) **10 am Divine Liturgy (English) with Bishop David** **Sunday School** **Coffee Hour** * group "C" **"Praznyk"** 2 pm Liturgy at St. Michael's Extended Care Centre with Fr. Julian	**18** Post-feast of the Exaltation of the Cross; Our Venerable Father Eumenes, Bishop of Gortyna Ephesians 1:22-2:3; Mark 10:46-52. **10 am Bible Study** **10 am Diaconal Formation** *Monday Evenings are are often used for Parish Meetings*	**19** Post-feast of the Exaltation of the Cross; Holy Martyrs Trophimus, Sabbatius and Dorymedontus (276-82) Ephesians 2:19-3:7; Mark 11:11-23. *Tuesday Morning are often used for Nursing Home Liturgies* *Tuesday Evenings are anticipated for youth ministries within the parish*	**20** Post-feast of the Exaltation of the Cross; Holy Great-Martyr Eustathius and those with him (276-82); Holy Martyrs and Confessors for the Faith, the Grand Prince Michael, and His Nobleman Theodore, Wonderworkers of Chernihiv (1245) Ephesians 3:8-21; Mark 11:23-26. **NO Divine Liturgy due to Clergy Study Days** Church office is open in the morning *Wednesday Evenings are anticipated for future Adult Faith Formation*	**21** The Leave-taking of the Feast of the Exaltation of the Cross; Holy Apostle Codratus of Magnesia (249-52) Ephesians 4:14-19; Mark 11:27-33. *Thursday Morning are often used for Ministry within the Catholic Schools* 5:30 pm Fr. Bo has an appointment ***Thursdays afternoon till Friday morning is Fr. Bo's day off***	**22** Holy Priest-Martyr Phocas, Bishop of Sinope (98-117); Holy Prophet Jonah (786-46 BC); Venerable Jonah the Presbyter, Father of Theophanes, Composer of Canons, and Theodore the Branded Abstention from meat and foods that contain meat. Ephesians 4:17-25; Mark 12:1-12. **5 pm Church Tour** (time to be confirmed) **7 pm Marriage Rehearsal**	**23** The Conception of the Honourable and Glorious Prophet, Forerunner and Baptist John Galatians 4:22-31; Luke 1:5-25. 10:30 am Fr. Bo has an appointment **3 pm Wedding** **Saturday Night Bulletin Photo-copying/ Liturgy set up**
24 Seventeenth Sunday after Pentecost. Octoechos Tone 8; Holy First-Martyr and Equal-to-the-Apostles Thekla 2 Corinthians 6:16-7:1; Matthew 15:21-28. **9:30 am Rosary** (MC) **10 am Divine Liturgy (Bilingual)** **Sunday School** **Coffee Hour** * group "D" **2 pm Liturgy at St. Michael's Extended Care Centre** **2 - 4:15 pm Accordion Concert in Parish Hall**	**25** Our Venerable Mother Euphrosyne Ephesians 4:25-32; Luke 3:19-22. **10 am Bible Study** **10 am Diaconal Formation** **2:45 pm Meeting at St. Matthew's Catholic School** **7 pm PPC Meeting** *Monday Evenings are are often used for Parish Meetings*	**26** The Passing of the Holy Apostle and Evangelist John the Theologian 1 John 4:12-19; John 19:25-27; 21:24-25. *Tuesday Morning are often used for Nursing Home Liturgies* *Tuesday Evenings are anticipated for youth ministries within the parish*	**27** Holy Martyr Callistratus and His Companions; Our Venerable Father Nilus, Founder and Hegumen of the Grottaferrata Monastery Ephesians 5:25-33; Luke 4:1-15. **NO Divine Liturgy because of the funeral** **10 am Funeral Liturgy for Nellie Sajiw-Bogda** *Wednesday Evenings are anticipated for future Adult Faith Programming*	**28** Our Venerable Father and Confessor Chariton (350); Holy Viacheslav, Czech Prince; Synaxis of the Venerable Fathers of the Monastery of the Caves Passing into eternal life of **Blessed Nykyta Budka (1949), First Bishop of Canada and Confessor of Karaganda** Polyeleos Feast. 2 Corinthians 4:6-15; Luke 6:17-23. **Thursday morning School Visitations** 5:30 pm Fr. Bo has an appointment ***Thursdays afternoon till Friday morning is Fr. Bo's day off***	**29** Our Venerable Father Cyriacus the Anchorite (c. 448-556) Abstention from meat and foods that contain meat. Ephesians 6:18-24; Luke 4:22-30. **Bulletin Writing day** ***Please have all bulletin requests in by Thursday if possible.***	**30** The Priest-Martyr Gregory, Bishop of Great Armenia (284-305) 1 Corinthians 15:39-45; Luke 4:31-36. **National Day for Truth and Reconciliation** 10:30 am Appointment **Saturday Night Bulletin Photo-copying/ Liturgy set up**

Clergy Study Days

PPC = Parish Pastoral Council LC = Ladies' Club MC = Men's Club KC = Knights of Columbus

Changeable Parts for September 17th

Today we celebrate the feast of the Exaltation of the Holy Cross.

Even though according to the calendar it actually is the Sunday after the Exaltation of the Cross. Octoechos Tone 7; Holy Martyr Sophia, and Her Three Daughters Faith, Hope and Love

After "Blessed is the Kingdom…"

Children of the parish who have not yet received their First Solemn Communion (about grade 2-3) are called forward to receive a blessing and go to Sunday School.

Antiphon I

O God, my God, hear me; why have You forsaken me? The words of my transgressions put salvation far from me.

Through the prayers of the Mother of God, O Saviour, save us.

O God, I will call to You by day but You will not listen; and by night, yet it will not be foolish of me.

Through the prayers of the Mother of God, O Saviour, save us.

But You, the praise of Israel, dwell in the holy place.

Through the prayers of the Mother of God, O Saviour, save us.

Glory… Now… Only-begotten Son…

Antiphon 3

The Lord reigns, let the peoples tremble;* He is enthroned upon the cherubim, let the earth quake.

Troparion, Tone I: Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross.

Great is the Lord in Sion* and supreme above all peoples.

Troparion, Tone I: Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross.

Let them profess Your great name* for it is awesome and holy.

Troparion, Tone I: Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross.

At the Entrance

Exalt the Lord our God and bow in worship at the footstool of His feet for it is holy.

Troparion, Tone I: Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross.

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Kontakion, Tone 4: By Your own choice, O Christ our God,* You were lifted on the cross.* Grant Your mercies to Your new community* that bears Your Name.* By Your power gladden the faithful people,* and grant them victory against enemies.* May they have the help of Your instrument of peace,* the invincible sign of victory.

Instead of Holy God, we sing:

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. **(3)**

Glory… Now… and we glorify Your holy Resurrection.

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

Prokeimenon, Tone 7

Exalt the Lord our God,* and bow in worship at the footstool of his feet, for it is holy.

verse: The Lord reigns, let the people tremble.

Epistle I Corinthians 1:18-24 (NRSV)

Brothers and Sisters, for the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God.

Alleluia verses, Tone I

Remember Your congregation which You acquired from the beginning.

But God is our king before the ages; He has wrought salvation in the midst of the earth.

Gospel John 19:6-11, 13-20, 25-28, 30-35 (NRSV)

At that time, the chief priests and the police saw him, they shouted, "Crucify him! Crucify him!" Pilate said to them, "Take him yourselves and crucify him; I find no case against him." The Jews answered him, "We have a law, and according to that law he ought to die because he has claimed to be the Son of God." Now when Pilate heard this, he was more afraid than ever. He entered his headquarters again and asked Jesus, "Where are you from?" But Jesus gave him no answer. Pilate therefore said to him, "Do you refuse to speak to me? Do you not know that I have power to release you, and power to crucify you?" Jesus answered him, "You would have no power over me unless it had been given you from above; therefore the one who handed me over to you is guilty of a greater sin." When Pilate heard these words, he brought Jesus outside and sat on the judge's bench at a place called The Stone Pavement, or in Hebrew Gabbatha. Now it was the day of Preparation for the Passover; and it was about noon. He said to the Jews, "Here is your King!" They cried out, "Away with him! Away with him! Crucify him!" Pilate asked them, "Shall I crucify your King?" The chief priests answered, "We have no king but the emperor." Then he handed him over to them to be crucified. So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha. There they crucified him, and with him two others, one on either side, with Jesus between them. Pilate also had an inscription written and put on the cross. It read, "Jesus of Nazareth, the King of the Jews." Many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, in Latin, and in Greek. And that is what the soldiers did. Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home. After this, when Jesus knew that all was now finished, he said (in order to fulfill the scripture), "I am thirsty." When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit. Since it was the day of Preparation, the Jews did not want the bodies left on the cross during the sabbath, especially because that sabbath was a day of great solemnity. So they asked Pilate to have the legs of the crucified men broken and the bodies removed. Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. But when they came to Jesus and saw that he was already dead, they did not break his legs. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out. (He who saw this has testified so that you also may believe. His testimony is true, and he knows that he tells the truth.)

Hymn to the Mother of God And Irmos, Tone 8:

O my soul, magnify the most precious cross of the Lord.

You are a mystical Paradise, O Mother of God, who though untilled, have brought forth Christ. He has planted upon earth the life- giving Tree of the Cross. Therefore today as we raise it on high we bow low and we magnify you.

Communion Hymn

Let the light of Your countenance, O Lord,* shine upon us.* Alleluia, alleluia,* alleluia.

At the end of Liturgy we sing:

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. **(3)**