



# 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

Cell: 780-340-3726  
(call or text)  
fr.nahachewsky@eeparchy.com

**Deacon:** Dcn. François Provençal  
fprovence23@outlook.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.

## Sundays, November 19, 2023

Twenty-fifth Sunday after Pentecost. Octoechos Tone 8; The Holy Prophet Obadiah (Abdias); the Holy Martyr Barlaam Nativity Fast

**The winner and “Durak” of yesterday’s Parish Durak Tournament are Diana Horyn and Dean Horyn. Congratulations Diana! Our sympathies to Dean for having to dawn the “lovely” yellow hat and jacket.**



**Special thank you to the Yakimets’ and to Emmette for getting this fun event going.**

Next one in February? If so... Dean, you may wish to practice a little.

## You are invited to a St. Nicholas Party!

Come get a free gift from St. Nicholas!

Join Fr. Bo and friends as we meet St. Nicholas in person on **December 3rd.**

Join us for Holy Cross' "St Nicholas Dinner."

If you want to come for the dinner you will need to buy a ticket in advance at the parish after any 10 am Sunday Divine Liturgy in November.

It's \$8 for kids and \$20 for adults. Kids under 6 eat free.



Or skip the Dinner. Just come meet the Saint.

St. Nicholas will make his appearance at about 12:30 pm, so you should come at about 12:15 pm. He will leave after he has greeted everyone. All kids and each family will get a free gift.

Fr. Bo will take care of the gifts for the families.

1- What is it??? It is a surprise!  
Guess you will need to come to find out.

### Hall Rentals:

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

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

### Membership:

email: membership@ehcucp

*Reminder: To receive member rates for funerals/memorials the deceased person must have been a fully paid up member of Holy Cross Parish for the past 22 consecutive months. Deceased children of fully paid up members are also entitled to member rates however child must be under the age of 18.*

### Funeral Dinners:

Call Cheryl: 780-456-2828

### Parish Pastoral Council:

Parish Priest – Fr. Bo Nahachewsky

Deacon - Dcn. François Provençal

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 – Maryka Bodnar

Fundraising – Edd Horyn

Hall Rental – Lisa Borosuk & 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 with Fr. Bo
- Sundays with Fr. Myron: See Calendar
- or anytime, just call Fr. Bo to arrange it.



**Are you between 18 and 35?**

Do you want to meet with friends and other Young Adults to talk about your faith?

**Let's Dialogue over a Blessed Brew.**

Come drink Coffee, Tea or Beer (or another beverage brewed or not) and let's ask all those questions we have wanted to of our parish's priest and other guests.

**November 29<sup>th</sup>, at 7 pm**

Here at Holy Cross.  
All Young Adults Welcome

This Month's Topic:  
**LGBTQ+ Topics**  
And The **Catholic Church**



### It is time to register your children for First Solemn Communion,

and we at Holy Cross Ukrainian Catholic Church would love to have them join us.

If your child is in grade 2 or 3 (or older) and has not yet participated in a First Solemn Communion program, please send us an email stating their name, age, grade, contact information, and any learning needs and/or medical conditions that they may have.

[office@ehcucp.ca](mailto:office@ehcucp.ca)

First Solemn Communion is a fun and important step in one's spiritual life. It is the first major opportunity for a child to learn about their faith and fully participate in the Mysteries (Sacraments) of Reconciliation and Eucharist on their own. In one sense this is a spiritual graduation from being a child who passively receives the faith from their parents, to a young person who actively participates in their own spiritual development.

**Our orientation begins after the St. Nicholas event (about 1-1:30 pm) at Holy Cross on December 3.**

### It's time to renew your parish membership!

If you have not yet done so, please see J'lyn in the Anex after liturgy to update and renew your membership.

**RENEWAL REMINDER**

### Tickets for our Malanka are on Sale Now!

See Rose Marie at the table in the entrance of the Hall after Liturgy, or give her a call at 780-217-8217.

**Saturday, January 13th**

Adults \$75, Youth 16 and under are \$35.

Music by the "Sparkling Tones"





## Saint of the Day: Prophet Obadiah (Abdia)

Commemorated on November 19 - From oca.org

The holy Prophet Obadiah [or Abdia] is the fourth of the Twelve Minor Prophets, and he lived during the ninth century B.C. He was from the village of Betharam, near Sichem, and he served as steward of the impious Israelite King Ahab. In those days the whole of Israel had turned away from the true God and had begun to offer sacrifice to Baal, but Obadiah faithfully served the God of Abraham, Isaac and Jacob in secret.

When Ahab's wife, the impious and dissolute Jezebel, hunted down all the prophets of the Lord (because of her quarrel with the Prophet Elias), Obadiah gave them shelter and food (3/1 Kgs 18:3 ff). Ahab's successor King Okhoziah [Ahaziah] sent three detachments of soldiers to arrest the holy Prophet Elias (July 20). One of these detachments was headed by

the holy Prophet Obadiah. Through the prayer of the Prophet Elias, two of the detachments were consumed by heavenly fire, but Obadiah and his detachment were spared by the Lord (4/2 Kgs 1).

From that moment Obadiah resigned from military service and became a follower of the Prophet Elias. Afterward, he himself received the gift of prophecy. The God-inspired work of the Prophet Obadiah is the fourth of the Books of the Twelve Minor Prophets in the Bible, and contains predictions about the future salvation of the Gentiles (Vs. 15) and that the Savior would come forth from Sion (Vs. 17). The holy Prophet Obadiah, whose name means servant (or worshipper) of the Lord, was buried in Samaria.

In iconography, the Prophet Obadiah is depicted as a grey-haired old man with a rounded beard. His scroll reads: "In that day, saith the Lord, I shall destroy the wise men out of Idumea." (Obadiah 8).

---

## A New Ukrainian Catholic Bishop in Canada

On a significant day of November 7, 2023, in the heart of Winnipeg, Reverend Michael Kwiatkowski, a native of Manitoba, was ordained as the fourth bishop of the Eparchy of New Westminster for the Ukrainian Catholic Church. The solemn ceremony took place at 6 p.m. at the magnificent Sts. Volodymyr and Olha Ukrainian Catholic Metropolitan Cathedral, where the newly ordained bishop donned imported silver and white vestments.

What makes this event particularly special is that Bishop Kwiatkowski is soon to embark on a new chapter of his service on the West Coast in British Columbia. Despite his impending relocation to British Columbia, he chose Winnipeg as the venue for his ordination, surrounded by colleagues, parishioners, and family who came to support him on this momentous occasion.

As he reflected on the choice of location, the humble farmer's son from Elphinstone expressed his joy, saying, "I'm so glad the ordination is here, so a lot of family and friends can attend." This heartfelt sentiment highlighted the importance of community and family in his life and ministry.

The bilingual English-Ukrainian service was graced by the presence of Winnipeg's two Roman Catholic bishops. Metropolitan Lawrence Huculak of the Ukrainian Catholic Archeparchy of Winnipeg presided over the...

continued on next page



Photography is kindly provided by Severyn Shved.

## New bishop...

...ceremony, adding to the significance of the event.

Bishop Kwiatkowski's journey to becoming a bishop is a testament to his dedicated service to the Ukrainian Catholic Church. After his ordination to the priesthood in 1986, he served in various roles, including as a parish priest, vice-rector at a Ukrainian university, director of spiritual formation at a seminary in Ottawa, and earning a doctorate in Eastern Canon Law in 2000 from the Pontifical Oriental Institute in Rome. This extensive experience and deep commitment to his faith have paved the way for his new role as bishop.

The Eparchy of New Westminster, located in British Columbia, encompasses a vast region, including Vancouver Island, the Lower Mainland, the Okanagan, and parts of northern British Columbia, as well as the Yukon. Although it is the smallest of the five Ukrainian Catholic eparchies in Canada in terms of registered members, it covers a significant geographical area.

The journey of Reverend Michael Kwiatkowski, from his roots in Manitoba to becoming the fourth bishop of the Eparchy of New Westminster, is a testament to his faith and dedication to his calling. As he embarks on this new chapter of his life and ministry in British



Photography is kindly provided by Severyn Shved.

Columbia, the Ukrainian Catholic Church in Canada welcomes him with open arms and high hopes for the spiritual leadership he will provide in his new role. On November 18, Bishop Kwiatkowski will be officially installed in Vancouver, and the next day, he will lead his first divine liturgy as bishop of New Westminster, marking the beginning of a new era for the Eparchy.

## The Nativity Fast: Philip's Fast

from the website of St. Michael's Byzantine Catholic Church

<https://stmichaelsbyzantine.com/our-traditions/the-nativity-fast-philips-fast/>

One of the lesser known fasting cycles occurs in Eastern Catholic churches and **begins on November 15 and ends Christmas Eve.**

Many people recognize Advent as the approach of Christmas. Advent is the title given to the four weeks prior to Christmas in the Latin rite of the Catholic church. But there is another tradition called the Nativity Fast. Nativity Fast is a spiritual practice followed in Eastern Christian churches.

- It is a time set aside to spiritually prepare for the birth of our Lord Jesus Christ.
- The emphasis is reflecting on the mystery of the Incarnation of Jesus Christ.
- The Nativity Fast starts earlier than Advent. It begins the day after the feast of St. Philip on the Eastern Catholic liturgical calendar on November 15. This is how the fast became known by another title: Philip's fast. Either title is used.
- The fast period is a full 40 days corresponding to the full 40 days of the Great Lent fast.

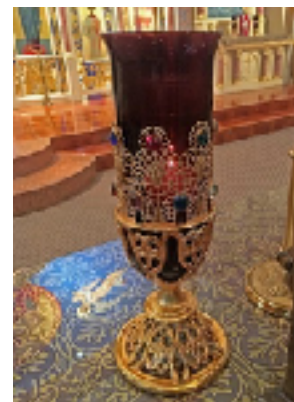
There is a bit of a difference between the Nativity Fast and Lenten Fast, though both are considered a fasting period. The Lenten fast is a very solemn, mandatory fasting period with specific practices in abstinence from food and participation in Lenten services. During Lent the dominant theme is penitential and sorrowful as a reminder of Christ's death for our sins.

The Nativity Fast anticipates a joyful event. It may be described as an expectant fast in the wonder and mystery of the coming of Our Savior. Yet, it is a time of reserved joy in which practices of fasting and almsgiving are still...

Continued on next page

encouraged. Abstinence or fasting is suggested as a spiritual discipline, as an invitation and a response. It is our "yes" to being open to welcoming Christ.

continued on next page...



A BLESSED CANDLE SOFTLY GLIMMERS ON THE TETRAPOD FOR NATIVITY FAST. THE ANGEL IMAGE VISIBLE NEXT TO THE CANDLE IS AN INVERTED REFLECTION OF AN ICON FROM ABOVE THE ALTAR. <sup>1</sup> THE REFLECTION IS CAPTURED ON THE GLASS COVER OF THE TETRAPOD. DURING NATIVITY FAST, WE CAN REFLECT ON THE ANNOUNCEMENT BY THE ANGEL GABRIEL TO OUR BLESSED VIRGIN MARY. PHOTO TAKEN IN ST. MICHAEL CHURCH, PITTSBURGH, PENNSYLVANIA

## The Nativity Fast: Philip's Fast...

- During the Nativity fast, the faithful may choose to abstain beyond what is normally required in the Byzantine Catholic church. Abstaining from meat every Friday the entire year is mandatory for Byzantine Catholics. There are occasional exceptions during some feast day periods.
- The practice of *almsgiving* (providing and helping the poor) is advocated as equally important as the discipline of fasting.

Philip's Fast may be observed *voluntarily, partially, or in its entirety*. Entirety would mean strict abstinence on Mondays, Wednesdays, and Fridays; lesser abstinence on Tuesdays and Thursdays, but more strictly from Dec. 10th or Dec. 20th depending on local tradition. There would be mitigated abstinence (wine and oil) on Saturday and Sunday.

The faithful may voluntarily choose to abstain less strictly. For example, in addition to Friday, they may abstain from meat on Mondays and/or Wednesdays or perhaps abstain from other foods in addition to meat. It is voluntary in terms of level of fasting determined by each person.

What is important is that we not become anxious and focused on rules of fasting. Our fast should be meaningful. We should not equate the formalities of practice for what may really matter to God, what is in our hearts. We must guard against practices for the act of practices alone taken up superficially for the wrong intent, least we develop pride in doing so. We turn to Scripture for the wisdom that God teaches and values. The four Gospels and Epistles have much to offer for reflection during this time.

As with any fast, a God-directed focus is the virtue behind the discipline. Fasting or abstaining is a powerful deliberate act when "supercharged" with other formative practices. The renewal of our minds and opening of our hearts can lead us to a closer personal relationship with God. During the Nativity fast, we can be both other-directed (in service) and inner-directed (contemplative). Examples are almsgiving, acts of charity, going to confession (the Sacrament of Reconciliation), engaging in Bible or religious groups, replacing time spent passively in secular pursuits with reading Scripture or religious books and articles, watching Catholic homilies and lectures readily available online, journaling, and of course prayer.

Any practice that brings us closer in relationship to God is a good thing. When we abstain or fast (from food or activities) God knows our hearts and recognizes our efforts. God loves us no matter how weak in our failings we are when we seek His mercy.

The Nativity fast calls us to be quietly joyful and reservedly expectant as well. It is a perfect time for

contemplation. A time to prepare, not in an overwhelmingly secular manner. Our frame of reference should be as Christians and Catholics.

This is a time for us to ponder and give a little more thought to events unfolding: the role of Mary's obedience to the will of God and the anticipation of the birth of Jesus. We can contemplate the great love God has for us in humbly assuming human nature – the greater plan through which each of us is offered a share in eternal life.

The Nativity Fast is about the mystery of the Incarnation of Our Lord and Savior Jesus Christ, and its relevance to our personal redemption and salvation. It is a plan of God that began long ago as we read in Old Testament Scripture the hopes and promises of a Messiah as foretold by the prophets.

In the New Testament, we see again, many examples of waiting and hopeful expectation, of disciplined patience expressed by Jesus himself, even exasperation over human misunderstanding of his message to others. Jesus emphatically reminds his own apostles and disciples of the importance of prayer and fasting. He teaches that these are the means to affect change, whether in self or others.

Jesus is very patient. And in waiting we must also be patient. Hopeful expectation requires slowing down and acceptance of the wait. Keeping the intent of the Nativity fast can help us stay on track as Christians during a time when everything is moving in a frenzy. We can use our time and resources in ways different than what the culture wants us to do.

The paradoxical challenge during the Nativity fast is really a balance between two worlds, heaven and earth. God became human so we could become more like God (attributes of all Jesus calls us to be). The Nativity Fast is a purposeful and disciplined time to advance our personal assimilation of the plan of salvation in our own life. We can look to the role models of Mary and Joseph in abiding to the will of God.

Yet, an ever growing and modern day dilemma for all Christians is reserving time amid the busyness of shopping, decorating, and gathering with others, to reflect on what God wants for us. And that is a call to holiness. Often though, we find ourselves tempted and sidetracked towards more of what we want that is apart from God. Noise and distractions pull us in these other directions. This is the background static we habitually turn towards to avoid what we fear – changes in being open to all that a personal relationship with God may require. What God offers and asks from us in return is very different than what the culture we live in wants us to believe and offers. During this time of the Nativity fast, we can...

continued on next page...



## The Nativity Fast: Philip's Fast...

... see how our Blessed Virgin Mary and Joseph responded in total faith to accept their call, to stay the course, a journey they had no knowledge of in advance.

It is necessary to make a conscious choice to see beyond what the world identifies as worthy and important, and instead see with spiritual eyes.

The world may glorify a manufactured joy at this time of year, a joy without substance, but we can hold to our Christian beliefs in the midst of the secular disparity. We can follow tradition. We can celebrate

the Glory of Our Lord at the exact time for celebration, beginning with our Christmas Vigil.

Our joy becomes the "joy of the Gospel" — the kind expressed by the early disciples of Christ — a joy that is continued in our present age, in our discipleship as Christians now. In doing so, we affirmatively acknowledge that Christ's birth celebrated on Christmas Day is just the beginning. The Nativity of Jesus Christ is not merely a one day event forgotten and thrown away with all the wrappings the day after, but a revelation leading to the greatest gift of all. One that God gifts to all who accept his Truth.



### + Deacon John Doll

On Nov. 7<sup>th</sup>, the Servant of God, + Deacon John Doll passed away in Calgary. Deacon John was one of our Eparchy's 5 deacons. May God grant him rest among the saints. Vichnaya Pamyat.

(In case you are curious, the other four deacons in our Eparchy are Deacon Ed Lemko of Lloydminster, Deacon Richard Nibogie of Calgary, Deacon Cyril Kennedy of Edmonton (Cathedral) and our own Deacon François Provinçal here at Holy Cross.)

**Last Sunday's Collection was \$2570. (Nov 12)**  
**The previous Sunday's collection was \$2284. (Nov 3)**

Thank you to all who contribute generously and regularly.

## 14th Annual Bishop's Gala

**IMAGE TO  
LIKENESS**  
*"Our Life in Christ"*

*Supporting the  
Ukrainian Catholic  
Religious Education  
Curriculum K-12*

*Honourary Chair*  
Fr. Stephen Wojcichowsky

Thursday, December 7, 2023

Chateau Louis Conference Centre | Edmonton

Cocktails 6:00 pm | Dinner 7:00 pm

## Fourteenth Annual Bishop's Gala Thursday, December 7, 2023 supporting the new "Image to Likeness: Our Life in Christ" Ukrainian Catholic Religious Education Curriculum/Program

for use in Ukrainian Bilingual Schools, parishes, the home and beyond! Chateau Louis Hotel and Conference Centre, cocktail reception and silent auction at 6:00 pm, dinner at 7:00 pm, followed by an exciting live auction. Tickets \$200 each (\$1600 per table of eight) with tax receipt for \$100 per ticket. Contact the Pastoral Centre for tickets or to make a monetary or auction donation: 780 424 5496 or [chancery@edmontoneparchy.com](mailto:chancery@edmontoneparchy.com). Go to [www.eeparthy.com/gala](http://www.eeparthy.com/gala) for more information and to view on-line auction. All proceeds of the Gala will support the development of *Image to Likeness: Our Life in Christ, Ukrainian Catholic Religious Education Program*.

# Upcoming Events

- **Major Feast** of the Entrance of the Mother of God into the Temple: November 21<sup>st</sup>. Liturgy will take place on Wednesday at the usual 9 am. This is due to the fact that Fr. Bo will be celebrating a Liturgy on Tuesday morning at the Lumen Christi Centre for the Catholic Schools.
- **Cabbage Roll Bee** on Nov. 21 at 9 am.
- Tuesday, November 21, 12:00 - 12:30. Alberta Legislature Building, **90th commemoration of the Holodomor Genocide in Ukraine** in 1932 - 1933
- Saturday, November 25, 2023, at 12:30 pm **National Holodomor Memorial Day** at Edmonton City Hall,
- **Knight's EECKC Christmas Event** at St. Sophia Church: Nov 25.
- Next Sunday, Nov 26<sup>th</sup>, we will pray a **Panachyda** after the Liturgy for victims of the Holodomor as well as for those who have lost their lives in the current war in Ukraine.
- Tuesday Nov 28, **Bee for Perishky and Nalysnyky**
- **Men's Club Meeting** will take place on Tuesday November the 28 at 7 pm.
- **Blessed Brew:** An event for Young Adults to talk about their Church and Faith will take place November 29<sup>th</sup> at 7-9 pm
- **St. Nicholas Event:** Sunday, December the 3<sup>rd</sup> after Liturgy.
- December 3, 2023: **International Day of Persons with Disabilities**
- **First Solemn Communion Orientation**, Sunday Dec. 3<sup>rd</sup> after the St. Nicholas Event.
- December 6: **St. Nicholas Day.** Regular Wednesday Liturgy at 9 am.
- Dec. 6<sup>th</sup>: Knights of Columbus and Men's Club **Christmas Event.**
- **Bishop's Gala:** Dec. 7<sup>th</sup>
- Dec. 9<sup>th</sup>: **Medium sized Feast:** Conception by Anne of the Theotokos.
- Dec. 11-15: Fr. Bo leads the annual **Icon Workshop for St. Joseph's Seminary's** Propaedeutic Students.
- Sunday Dec. 24 & 25: **Major Feast:** The Nativity of our Lord. Times to be determined, but likely similar to last year.
- Dec. 27 & 28: **Funeral**
- January 1: **Medium sized Feast:** St. Basil's & Circumcision of our Lord
- January 5 & 6: **Major Feast:** Theophany
- **Parish Malanka:** January 13
- January 21, St Josaphat Cathedral, 2:00, **Ukrainian Carol Concert.** Donations to Bridge of Hope orphanages in Ukraine.

Fr. Bo is **not** the most organized person. If I am missing or have something wrong in this list of events... or the calendar... or anywhere in this bulletin... please do drop me a line. And if you did send something and I didn't get it in, send it to me again. If so.... forgive me please.

---

## Our Parish News:

- **Coffee Hour** after Sunday Liturgy every Sunday... unless we are having a special meal. Come join us. (Today's Coffee Hour Group is Group "D" if you are reading this on the 5<sup>th</sup>, or "E" if you are reading this for the 12<sup>th</sup>.)
- Join us as we pray the **Rosary** before Divine Liturgy on Sundays. The Schedule is on the Bulletin Board as before.
- **Any 50<sup>th</sup> Anniversaries?** Let us know so that we can congratulate you and give you a plaque. (and put you in the bulletin). Call Diana Horyn at 780-455-9926 if it's your anniversary or if you know if a parishioner here is having one.
- Our **Sunday School** is awesome! 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. Don't be shy, join us!
- Boys and Girls who have already done their First Solemn Communion are invited to become an **Altar Server!** Just say hi to Fr. Bo before Liturgy and we will train you on the job.
- Please give generously to our "**Kid's Cottage Toy Drive**". Kid's Cottage is Edmonton's only crisis prevention and intervention shelter for infants and children. See the display in the entrance of the church for more details.
- **Food Bank Collection:** Let us not forget those who are hungry! We are always called to think about those who are less fortunate. A box for nonperishable food donations is always in the entrance of the Church.
- Our Eparchy is continuing to raise **funds for people in Ukraine** through CNEWA. If you wish to help you can donate through our parish, which will pass the donation to the Eparchy.

## More Parish News:

- We are **recording our Liturgies** for those who are not able to come in person to church. Please note that the **recorded Liturgies** are not intended to be an option for those who simply want to stay at home.
- **Thank you to Pat Waye** for making the beautiful crochet scarves and toques for students in need, as well as **Judy Miskew** for donating colourful toques. God bless you both.
- **Thank you** to the 38 wonderful volunteers who made Cabbage Rolls and Nalysnyky on Nov 9<sup>th</sup>. We made 184 dozen Cabbage Rolls, and 76 dozen Nalysnyky! Sincere thank you to all volunteers who helped in ANY way with the huge success.

- **Thank you** also to the 56 wonderful volunteers who made Pyroghy on Nov 14. We made 746 dozen (that's 9168 pyrogies!). Sincere thank you to all volunteers who helped in ANY way with the huge success.
- **Our parish has the best volunteers** who wish to get together in laughter and fun all for the love of our God. Great job. God bless you all.
- Our **Ladies' Club** is looking for new executive members and seriously need volunteers to step up. If you need any further information please do not hesitate to contact Heather Gauthier. If we do not get anyone to step up for our executive positions our Ladies' Club's existence will be in jeopardy. That means we might no longer have a Ladies' Club.
- Want some **Perogy Dough**??? Talk to Lasha. We have some for sale.

---

### 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 in September 2023.

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

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

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

### 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, the terminology for what the West calls the Sacraments.

#### Courses

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

Additional courses of interest:

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

---

A few of you have been inquiring...

### “Fr. Bo: When is your next icon workshop?”

Normally I put one on just before or at the beginning of Lent. A typical icon workshop is about 30 hours of instruction, prayer, and painting. This can be done over a week during the days, or over a long weekend. This is a fairly intense process, but anyone who wants to can do it.

Please give me your input. Which would you prefer?

Currently I am thinking about putting on a public one on the week of **February 4-9 +/- a day**, or the **Long Weekend of February 16-19** (Family Day Weekend), or both.

If neither of these works for you, also let me know when would it work.





# Kid's Bulletin Page

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

In today's Gospel Jesus tells the story of a man who was beat up by some robbers. They stole his stuff, hurt him, and left him alone on the road. Then a priest saw the man, but he did not help. Next a religious guy saw the man, but he too walked away without helping. Finally a nice man from a place called Samaria came and saw the man. This Samaritan took pity on the guy who was robbed. He gave his own wine and oil to help the man, and even took him to a place where the man would be taken care of.

**Which of these three helped the man who was robbed?**

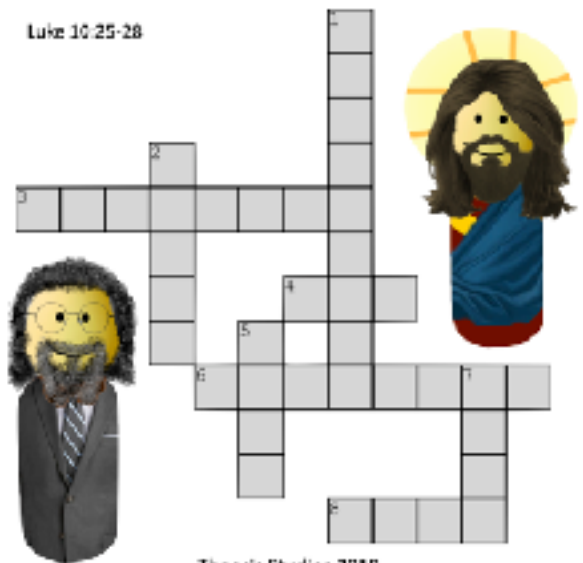


The lawyer told Jesus that this is what the bible tells us to do.

**“You shall love the -7- your -4- with all your -2- and with all your -5- and with all your -3- and with all your -8-, and your -1- as -6-.”**

Jesus told him, he was right.

Luke 10:25-28



Theosis Studios 2018

## Next Couple of Weeks at Holy Cross Parish

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>19</b></p> <p>Twenty-fifth Sunday after Pentecost. Octoechos Tone 8; The Holy Prophet Obadiah (Abdias); the Holy Martyr Barlaam Nativity Fast. Ephesians 4:1-6; Luke 10:25-37.</p> <p><b>9:30 am Rosary MC</b></p> <p><b>10 am Divine Liturgy (Bilingual)</b> * group "A"</p> <p>Since Fr. Peter did an all English Liturgy while Fr. Bo was away, today we will flip the order to Bilingual. Sorry if this causes any confusion for people.</p> <p><b>Sunday School &amp; Coffee Hour</b></p> <p><b>Free Items Give Away in Hall. Today only!</b></p> <p><b>2 pm Divine Liturgy at St. Michael's Extended Care.</b></p>	<p><b>20</b></p> <p>Forefeast of the Entrance of the Most Holy Mother of God into the Temple; <b>Blessed Josaphata Hordashevskia, First Superior of the Sisters Servants of Mary Immaculate</b> (+1919); Our Venerable Father Gregory of Decapolis (842); Our Holy Father Proclus, Archbishop of Constantinople (446) Nativity Fast. Galatians 2:16-20; Matthew 26:6-13.</p> <p><b>10 am Bible Study</b></p> <p>11 am Appointment</p>	<p><b>21</b></p> <p><b>The Entrance into the Temple of our Most Holy Lady, the Mother of God and Ever-Virgin Mary Feast of the Mother of God.</b> Nativity Fast. Holy Day of Obligation. Hebrews 9:1-7; Luke 10:38-42, 11:27-28.</p> <p><b>8:30 am Divine Liturgy at ECSD's Lumen Christi Centre</b></p> <p><b>9 am Cabbage Roll Bee</b></p> <p>Festal Liturgy will be moved to Wednesday</p> <p>12 pm Holodomor Commemoration at Legislature</p> <p><b>12:30 pm Ann F. School Visitation</b></p> <p>5 pm Appointment</p> <p>Eparchial Grief as Journey Program</p>	<p><b>22</b></p> <p>Post-feast of the Entrance of the Mother of God; The Holy Apostle Philemon and those with him Nativity Fast. Abstinence from meat and foods that contain meat. 1 Timothy 1:18-20; 2:8-15; Luke 15:1-10.</p> <p><b>9 am Festal Divine Liturgy for the Feast of the Entrance of the Mother of God into the Temple</b></p> <p><b>10 am Parish Clergy Meeting and Deaconal Training</b></p>	<p><b>23</b></p> <p>Post-feast of the Entrance of the Mother of God; Our Holy Fathers Amphilochius, Bishop of Iconium (4th c.) and Gregory, Bishop of Agrigentum (7th c.) Nativity Fast. 1 Timothy 3:1-13; Luke 16:1-9.</p> <p><b>10:30 am St. Matt's School Visitation</b></p> <p>Thursday afternoon till Friday morning is typically Fr. Bo's day off</p> <p>5:30 pm Appointment</p>	<p><b>24</b></p> <p>Post-feast of the Entrance of the Mother of God; The Holy Great-Martyr Catherine (310-13); the Holy Great-Martyr Mercurius (249-51) Nativity Fast. Abstinence from meat and foods that contain meat. 1 Timothy 4:4-8,16; Luke 16:15-18; 17:1-4.</p> <p>Bulletin Writing</p>	<p><b>25</b></p> <p>Leave-taking of the Feast of the Entrance of the Most Holy Mother of God into the Temple; Our Holy Father and Priest-Martyr Clement, Pope of Rome (101); Peter, Bishop of Alexandria (312) Nativity Fast. Galatians 3:8-12; Luke 9:57-62.</p> <p>10:30 Appointment</p> <p>12:30 pm Holodomor Commemoration at City Hall</p> <p><b>1 pm Private Funeral Lunch here at Holy Cross</b> (no church service)</p> <p><b>Knight's EECKC Christmas Event at St. Sophia's Parish</b></p>
<p><b>26</b></p> <p>Twenty-sixth Sunday after Pentecost. Octoechos Tone 1; Our Venerable Father Alypius the Stylite (610-41); James the Hermit (457); The Blessing of the Church of the Holy Great-Martyr George which is in Kiev, before the Gates of Holy Wisdom Cathedral (1019-54) Nativity Fast. Ephesians 5:9-19; Luke 12:16-21.</p> <p><b>9:30 am Rosary KofC</b></p> <p><b>10 am Divine Liturgy (English)</b> * group "B"</p> <p><b>Sunday School &amp; Coffee Hour</b></p> <p><b>Panachyda 5 min after the Divine Liturgy for the victims of Holodymor &amp; Current War.</b></p> <p><b>2 pm Divine Liturgy at St. Michael's Extended Care.</b></p>	<p><b>27</b></p> <p>The Holy Martyr James of Persia (422); Our Venerable Father Palladius Nativity Fast. 1 Timothy 5:1-10; Luke 17:20-25.</p> <p><b>10 am Bible Study</b></p>	<p><b>28</b></p> <p>The Venerable-Martyr Stephen the New (c. 764); The Holy Martyr Irenarchus (284-305) Nativity Fast. 1 Timothy 5:11-21; Luke 17:26-37.</p> <p><b>12:30 pm Ann F. School Visitation</b></p> <p><b>7 pm Men's Club Meeting</b></p>	<p><b>29</b></p> <p>The Holy Martyr Paramon (249-51), the Holy Martyr Philomenus (270-75); Our Father Acacius, of Whom Testimony is Found in the Ladder of Divine Ascent Nativity Fast. Abstinence from meat and foods that contain meat. 1 Timothy 5:22-6:11; Luke 18:15-17, 26-30.</p> <p><b>9 am Divine Liturgy</b></p> <p><b>10 am Parish Clergy Meeting and Deaconal Training</b></p>	<p><b>30</b></p> <p>The Holy and All-Praiseworthy Apostle Andrew the First-Called Nativity Fast. 1 Corinthians 4:9-16; John 1:35-51.</p> <p><b>10:30 am St. Matt's School Visitation</b></p> <p>Thursday afternoon till Friday morning is typically Fr. Bo's day off</p> <p>5:30 pm Appointment</p>	<p><b>1</b></p> <p>The Holy Prophet Nahum (7th century BC) Nativity Fast. Abstinence from meat and foods that contain meat. 2 Timothy 1:1-2, 8-18; Luke 19:12-28.</p> <p>Bulletin Writing</p>	<p><b>2</b></p> <p>The Holy Prophet Habakkuk (Avvakum); Athanasius the Recluse (1176); Passing into Eternal Life (1973) of Blessed Ivan Slezniuk, Catacomb Bishop of Ivano-Frankivsk and Confessor Nativity Fast. Galatians 5:22-6:2; Luke 10:19-21.</p> <p>10:30 Appointment</p> <p>Bulletin Writing</p>
						
			<p><b>7 pm Blessed Brew for Young Adults 18-35</b></p>			

# Changeable Parts for November 19

Twenty-fifth Sunday after Pentecost. Octoechos Tone 8; The Holy Prophet Obadiah (Abdias); the Holy Martyr Barlaam Nativity Fast

**After “Blessed is the Kingdom”** Sunday School children are blessed to go to the Sunday School room with their teachers.

**Troparion, Tone 8:** You came down from on high, O Merciful One,\* and accepted three days of burial\* to free us from our sufferings.\* O Lord, our life and our resurrection,\* glory be to You.

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

**Kontakion, Tone 8:** When You rose from the tomb,\* You also raised the dead and resurrected Adam.\* Eve exults in Your resurrection,\* and the ends of the world celebrate Your rising from the dead,\* O most merciful One.

Now and for ever and ever. Amen.

**Theotokion, Tone 8:** To you, O Mother of God,\* the invincible leader,\* we, your servants, ascribe these victory hymns\* in thanksgiving for our deliverance from evil.\* With your invincible power free us from all dangers\* that we may cry out to you:\* “Hail, O bride, and pure Virgin!”

---

## Prokeimenon, Tone 8

Pray and give thanks to the Lord our God.

**verse:** In Judea God is known; His name is great in Israel.

---

## Epistle: Ephesians 4:1-6 (NRSV)

*Brothers and Sisters,* I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

---

## Alleluia verses, Tone 8:

Come, let us rejoice in the Lord; let us acclaim God our Saviour.

Let us come before His countenance with praise and acclaim Him with psalms.

---

## Gospel: Luke 10:25-37 (NRSV)

*At that time,* a lawyer stood up to test Jesus. “Teacher,” he said, “what must I do to inherit eternal life?” He said to him, “What is written in the law? What do you read there?” He answered, “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbour as yourself.” And he said to him, “You have given the right answer; do this, and you will live.”

But wanting to justify himself, he asked Jesus, “And who is my neighbour?” Jesus replied, “A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. Now by chance a priest was going down that road; and when he saw him, he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan while traveling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, ‘Take care of him; and when I come back, I will repay you whatever more you spend.’ Which of these three, do you think, was a neighbour to the man who fell into the hands of the robbers?” He said, “The one who showed him mercy.” Jesus said to him, “Go and do likewise.”

---

## Communion Hymn

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

