



# 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

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

## Deacon François Provençal

fprovence23@outlook.com

## Deacon John Lukey

johndebbielukey@yahoo.ca

## 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, February 18, 2024

First Sunday of the Great Fast: Sunday of Orthodoxy. Octoechos Tone 5. Our Holy Father Leo, Pope of Rome (461). Great Fast Day 7.



Join us for coffee after today's Liturgy!



This past Tuesday a brilliant conversation was had by Fr. Bo and 16 of our parishioners about **what our purpose is as a parish** during our Mission Statement Night.

Find out what was discussed on page 3.



On Tuesday, February 20 at 10 am we will be having a

## Parastas for our departed Brother + Leonard Stepanick.

May God grant the family much peace, and the Servant of God + Leonard eternal rest with the saints.  
Vichnaya Pamyat.



**ONCE AGAIN:** - Under the "N" for "NEED". Yes, we desperately **need** some more volunteers for Tuesday's bingo (Tuesday, Feb 20). You are encouraged to join the bingo volunteers to help with this monthly parish fundraiser. Each month our bingo profits go to help pay for utility expenses. Please contact Darlene Sledz (780-476-8797) for more details and questions of how you can become involved.

**Hall Rentals:**

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

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

**Membership:**

email: membership@ehcucp

**Funeral Dinners:**

Call Cheryl: 780-456-2828

*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 a dependant or under the age of 18.*

**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 – 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 with Fr. Bo
- Sundays with Fr. Myron: See Calendar
- or anytime, just call Fr. Bo to arrange it.

# 1st Sunday of Great Lent: Sunday of Orthodoxy



The first Sunday of Great Lent is called the Sunday of Orthodoxy because it commemorates the restoration of the Holy Icons and the triumph of the Orthodox Faith against the terrible heresy of the Iconoclasts, i.e. those heretics who refused to honor the Holy Icons. For more than a hundred years the Church was disturbed by the evil doctrine of iconoclasm.

The first Emperor to persecute the Church was Leo the Isaurian, and the last was Theophilos, the spouse of Saint Theodora (February 11), who reigned after her husband's death and re-established Orthodoxy in the time of Patriarch Methodios (June 14). Empress Theodora proclaimed publicly that we do not kiss the Icons as a sign of worship, nor do we honor them as "gods," but as images of their prototypes.

In the year 843, on the first Sunday of the Fast, Saint Theodora and her son, Emperor Michael, venerated the Holy Icons together with the clergy and the people. Since that time this event has been commemorated every year, because it was definitively determined that we do not worship the Icons, but we honor and glorify all the Saints who are depicted on them. We worship only the Triune God: the Father, the Son and the Holy Spirit, and no one else, neither a Saint, nor an Angel.

Originally, the Holy Prophets Moses, Aaron, and Samuel were commemorated on this Sunday. The Alleluia verses appointed for today's Liturgy reflect this older usage.

# Last Tuesday's Parish Mission Statement Night:

## So what exactly is the purpose of our parish?

On February 13 at 7 pm, 16 very active parishioners and Fr. Bo gathered to discuss what our parish mission statement should say. Currently we have no mission statement and without one it is harder for us to decide what projects are a priority for us and which ones are not.

We have a lovely statement that we have come up with, and we hope to present it to the whole parish at this year's Annual General Meeting. Before we "unveil" it we want to run it by Bishop David to see if he has any suggestions for us.

The night was filled with brainstorming, small group conversations, reporting to new small groups and then refining the proposed statement so that everyone was satisfied.

We can't wait to unveil it to you for official approval... on either March 17<sup>th</sup> or April 14<sup>th</sup> (the date of the meeting is dependant on a couple factors... we will let you know asap).



## Saint of the day: Saint Leo the Great, Pope of Rome

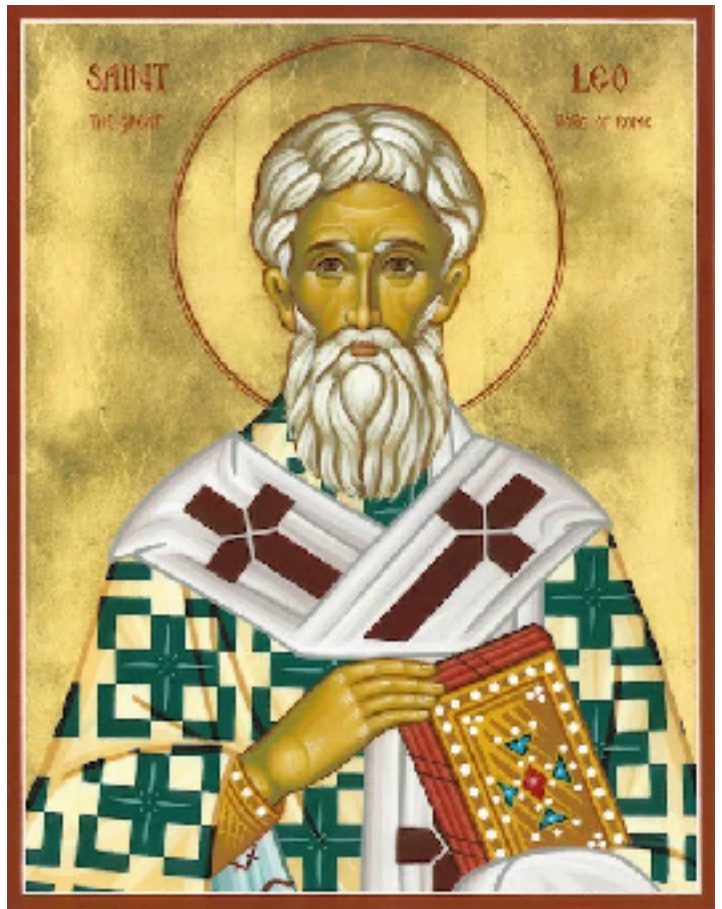
Commemorated on [February 18](#) - taken from [oca.org](#)

Saint Leo I the Great, Pope of Rome (440-461), received a fine and diverse education, which opened for him the possibility of an excellent worldly career. He yearned for the spiritual life, however, and so he chose the path of becoming an archdeacon under holy Pope Sixtus III (432-440), after whose death Saint Leo was chosen as Bishop of Rome in September 440.

These were difficult times for the Church, when heretics assaulted Orthodoxy with their false teachings. Saint Leo combined pastoral solicitude and goodness with an unshakable firmness in the confession of the Faith. He was in particular one of the basic defenders of Orthodoxy against the heresies of Eutyches and Dioscorus, who taught that there was only one nature in the Lord Jesus Christ. He was also a defender against the heresy of Nestorius.

He exerted all his influence to put an end to the unrest by the heretics in the Church, and by his letters to the holy emperors Theodosius II (408-450) and Marcian (450-457), he actively promoted the convening of the Fourth Ecumenical Council, at Chalcedon in 451, to condemn the heresy of the Monophysites.

At the Council at Chalcedon, at which 630 bishops were present, a letter of Saint Leo to the deceased Saint Flavian, Patriarch of Constantinople (447-449) was read. Saint Flavian had suffered for Orthodoxy under the "Robber Council" of Ephesus in the year 449. In the letter of Saint Leo the Orthodox teaching about the two natures [the divine and the human] in the Lord Jesus Christ was set forth. All the bishops present at the Council were in agreement with this teaching, and so the heretics Eutyches and Dioscorus were excommunicated from the Church.



Saint Leo was also a defender of his country against the incursions of barbarians. In 452, by the persuasive power of his words, he stopped Attila the Hun from pillaging Italy. Again in the year 455, when the leader of the Vandals [a Germanic tribe], Henzerich, turned towards Rome, he persuaded him not to pillage the city, burn buildings, nor to spill blood.

He knew the time of his death beforehand, and he prepared himself, with forty days of fasting and prayer, to pass from this world into eternity.

He died in the year 461 and was buried at Rome. His literary and theological legacy is comprised of 96 sermons and 143 letters, of which the best known is his Epistle to Saint Flavian.



**We find your lack of  
faith disturbing.**

If you don't get this reference....

.... perhaps you don't watch enough Star Wars.

February 16 - February 19

## Icon Writing Workshop is going well so far.



This weekend's Icon Workshop is going well. Four lovely participants are being taught by Fr. Bo to write/paint traditional Egg Tempra Icons with 24K gilding. Except for Bernie who has been working for a while with Fr. Bo, we are writing the Icon called "Not Made By Human Hands" (see the image to the left). So far we all finished the gold work, some of us using Pastiglia and two types of gilding (both oil and instacoll).

God willing we will have completed icons by Monday evening. Say a prayer for us as this is an intense (but joyful) process.

Our next workshop on March 8-11 is already mostly filled up with 7 participants (and 2 more maybes). If anyone would like to join us please email Fr. Bo soon at [fr.nahachewsky@eeparchy.com](mailto:fr.nahachewsky@eeparchy.com)



We will be resuming our work today after the Divine Liturgy once Fr. Bo is finished up in the Church. If you do come to check things out please be kind by keeping interruptions to a minimum, PLEASE do not touch anything, and please don't eat our lunches.

Thanks.

# We ♥ Choir!

To the right is a picture taken at our latest choir practice on Monday last week. What a great group of people lead by a great choir directress.

Keep up the great work.

If you want to join the choir, just go upstairs and introduce yourself.

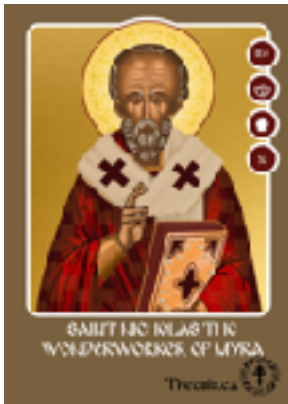
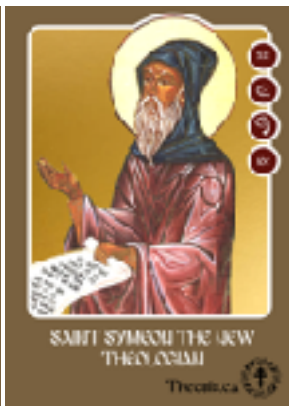


## School Visits

...are going well. Fr. Bo has been going weekly to several schools to engage the students, teachers and their families in discussions about their faith. The schools are also keeping Fr. Bo busy by asking him to give retreats, workshops, and opportunities to go for the Sacrament of Confessions.

The "Saint of the Week" trading cards that Fr. Bo has been making and giving out seem to be quite popular. They are a great way to break the ice with many of the kids.

## Saint Trading Cards



**Holy Cross**  
Ukrainian Catholic Parish's

# Lenten Mission

**with Fr. Rendy Yakimec,  
February 26 & 27, 2024.**

Confessions at 6 pm (with 3 priests)  
Service and Mission at 7 pm



## THE THREE TEMPTATIONS OF CHRIST EPARCHIAL LENTEN SERIES

In Scripture we read the account of Jesus retreating to the desert to pray and to fast. There he is tempted by Satan three times and three times he refuses to accept what Satan has to offer. In our sessions, we will examine each of these three temptations to discover their meaning and how we may see ourselves in moments of temptation throughout our lives. We will also explore what spiritual strength we may gain from the example of Jesus. Sessions will consist of a presentation and will conclude with prayer.

**Join us on Thursdays 7:00 - 8:30 pm.**

**March 7** - Physical Temptations - **Presenter:** Fr. Mark Bayrock

**March 14** - Testing God - **Presenter:** Fr. Jim Nakonechny

**March 21** - Pride and Power - **Presenter:** Fr. Mike Bombak

LOCATION: **HERE at Exaltation of  
the Holy Cross** parish. You are encouraged to

attend in person and are welcome to attend any or all of the sessions. No registration is necessary. If you cannot be there in person you may attend on Zoom: <https://us02web.zoom.us/j/86407190277?pwd=czc4c2w4ZWdIVEU0RkNSZTY2Vi9VZz09>

You can also find the Zoom link on the Eparchy of Edmonton website: [www.eeparchy.com](http://www.eeparchy.com)



# Our Lenten Services and Events Schedule:

**Sundays:** No Change - 10 am Liturgy as usual.

**Wednesdays:** at 7 pm Presanctified Liturgy (no 9 am service)

**Fridays:** at 10 am Akathist Service with Soroko-oosteh (on days before an All Souls Saturday).

**Lenten Mission with Fr. Rendy Yakimec**, February 26 & 27. Confessions at 6 pm, Service and Mission at 7 pm

**Pysanka Workshop** - All Welcome on Sunday, February 25 at 1 pm.

**Eparchial Lenten Series** - Thursdays, March 7, 14 and 21.

**Confessions with Fr. Myron:** Sunday, March 3 (First Sunday) and maybe another day too.

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## (Not Regularly Scheduled) Upcoming Events

- **Feb 16 - 19** - Icon Workshop
- **Monday, February 19** - Men's Club Meeting at 7 pm
- **Tuesday, Feb. 20<sup>th</sup>** - Bingo
- **Sunday, Feb. 25<sup>th</sup>** - Pysanka Workshop at 1 pm
- **Monday and Tuesday, Feb. 26<sup>th</sup> & 27<sup>th</sup>** - Parish Mission with Fr. Rendy. 6pm Confessions, 7 pm Mission
- **Thursday, February 29<sup>th</sup>** - PPC Meeting at 7 pm
- **Monday, March 4** - Ladies' Club AGM
- **Thursday, March 7** - Eparchial Lenten Series - Part 1 with Fr. Mark Bayrock at 7 pm
- **March 8 - 11** - Icon Workshop
- **Thursday, March 14** - Camp Oselia AGM at 7pm at Cathedral Hall
- **Thursday, March 14** - Eparchial Lenten Series - Part 2 with Fr. Jim Nakonechny at 7 pm

- **Thursday, March 21** - Eparchial Lenten Series - Part 3 with Fr. Michael Bombak at 7 pm
- **Sunday, March 17<sup>th</sup> or April 14<sup>th</sup>** - Parish Annual General Meeting after Liturgy
- **Saturday, March 23** - Easter Bake Sale
- **Saturday, March 23 till Saturday, March 30** - Holy Week
- **Sunday, March 31<sup>st</sup>** - Easter Sunday
- **Sunday, March 17<sup>th</sup> or April 14<sup>th</sup>** - Parish Annual General Meeting after Liturgy
- **Sunday, April 7<sup>th</sup>** - Parish's Easter "Blessed Breakfast"
- **Saturday, April 20<sup>th</sup>** - Eparchial Fundraiser for Camp Oselia.
- **May 4 & 5** - Possibly our First Solemn Communion Weekend

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, please don't be mad, just send it to me again.

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## Keep Praying for our awesome First Solemn Communicants

who are all studying hard each Saturday at 2pm, and at home with their families too.

Also keep praying for our lovely teachers too.

Keep up the good work everyone.





# Parish News & Beyond:

- **There will be a funeral for the Servant of God + Leonard Stepanick, on Tuesday, February the 20<sup>th</sup> at 10 am.** May God grant him rest among the saints, Vichnaya Pamyat.
- **Next Sunday is our first “Children’s Liturgy”.** This means that kids will play an important part in this service and will have the homily spoken to them directly. But don’t worry, even though kids are highlighted, this Liturgy is still for everyone. So... invite your children, grandchildren, neighbours and friends for this extra special family friendly prayer service
- **Lenten Mission with Fr. Rendy,** Monday & Tuesday Feb, 26 & 27 here at our parish. Confessions at 6pm. Mission starts at 7pm.
- Holy Cross needs **volunteers to be part of the executive** for the upcoming 2024/2025 council year. There are a number of active openings on Council based on retirements and we really need your expertise to help us out. Please contact Mark Helmak ASAP 780 473 2972 as the Annual General meeting is slated for Sunday March 17th . The Agenda and meeting booklet is slated to be handed out on March 10th or earlier. We need to fill the following positions:
  - Archivist
  - Cultural Director
  - Fundraising Director
  - Maintenance
  - Spiritual
  - Social
  - President
  - Vice-President
  - Secretary
  - And of course Treasurer.

if you need more information, please see Edd Horyn after Liturgy as he has further details about the position descriptions. You can make a difference in the future of Holy Cross as we move towards the 50th anniversary of the Parish!

- The next **Men’s Club meeting** will be on February 19 @ 7 PM. New members are always welcome to join just attend a meeting.
- 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.
- Join us as we pray the **Rosary** before Divine Liturgy on Sundays. The Schedule is on the Bulletin Board as usual.

- **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.
- 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.
- **Eparchial Children’s Daycamp** at Holy Eucharist Parish during Spring Break: for grades 1 - 6 (Grades 7-12 please volunteer as counsellors, no charge) **DESCRIPTION:** We will pray, sing, make crafts, make new friends and spend time with old friends. The theme for the week will focus on Holy Week and Pascha (Easter). **DATES & TIMES:** March 25, 26, and 27 9:00 am – 3:00 pm. **LOCATION:** Holy Eucharist parish, 6425-120 Ave , Edmonton **COST:** \$35 per child. Cost covers snacks and all other materials. **CONTACT:** [youth@eeparchy.com](mailto:youth@eeparchy.com) to register, or for more information.
- **BINGO !! BINGO !!** Here is some important information that should be of interest to ALL parishioners. Through the funds generated by our monthly bingos, our parish was able to pay our church insurance for the current year. That insurance bill was approximately \$29,000 dollars!! No, this not a misprint. How fortunate we were that the funds needed for this expenditure came from the bingo account. Now, that was the good news.

The team of volunteers needed to host our monthly bingos is in dire need of new volunteers willing to step up and support this reliable fundraiser. We need a team of at least fifteen reliable volunteers to meet our twice- a- month schedule. Currently, we have eleven committed volunteers on a steady basis. For the past several months, we have had to bring in non-members of the parish to fulfill our positions. These positions have to be filled in order avoid a bingo club penalty. This requires our volunteer chairperson to make extra phone calls to meet the required number of workers needed. One is never sure of the results and this can become very stressful.

So, what is required? The bingo shift is only about five hours long and the bonus is a free lunch and you can win a door prize !! We are encouraging parishioners who can join the bingo team to please call our volunteer chairperson, Darlene @ 780-478-8797.

The purpose of this bulletin article is to make all parishioners aware of how important it is to support a successful fundraiser that contributes to the overall financial health of our parish. God Bless our volunteers.

Edd ( Fundraising Chair)

# Kid's Bulletin Page

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

**COME  
FOLLOW  
ME**



**What are some  
ways you can  
follow Jesus?**

**On the Last Sunday of Each Month\* we will have a special**

## **“Children’s Liturgy”**















**just for you guys.**

**\* Last Sunday unless otherwise noted in this bulletin.**

**It’s still a Divine Liturgy with all the usual  
stuff but we will have some special things  
for kids and families including a homily  
with me: Marilyn the Catechetical Puppet!**



## Next Couple of Weeks at Holy Cross Parish

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>18</b> </p> <p>First Sunday of the Great Fast:  <b>Sunday of Orthodoxy</b>. Octoechos Tone 5. Our Holy Father Leo, Pope of Rome (461). Great Fast Day 7. The Divine Liturgy of St. Basil the Great is celebrated today. Hebrews 11:24-26,32-40. 12:1-2. John 1:43-51.</p> <p><b>9:30 am Rosary</b></p> <p><b>10 am Divine Liturgy</b></p> <p>Sunday School &amp; Coffee Hour</p> <p><b>2 pm Divine Liturgy at St. Michael's Extended Care with Fr. Slavko</b></p> <p><b>11:30 pm - 10 pm Iconography Workshop</b></p>	<p><b>19</b> </p> <p>Holy Apostle Archippus. Great Fast Day 8. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 4:2-5:6. Vespers - Genesis 3:21-4:7. Proverbs 3:34-4:22.</p> <p>Family Day</p> <p><b>9 am - 7 pm Iconography Workshop</b></p> <p><b>7 pm Men's Club Meeting</b></p>	<p><b>20</b> </p> <p>Our Venerable Father Leo, Bishop of Catania. Great Fast Day 9. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 5:7-16. Vespers - Genesis 4:8-15. Proverbs 5:1-15.</p> <p><b>Easter Baking</b></p> <p><b>10 am Bylaw committee Meeting</b></p> <p>12:30 Ann F. School Visit.</p>	<p><b>21</b> </p> <p>Our Venerable Father Timothy of Symbola (8th c.). Our Holy Father Eustathius, Archbishop of Great Antioch (338). Great Fast Day 10. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 5:16-26. Presanctified - Genesis 4:16-26. Proverbs 5:15-6:3.</p> <p>In the morning our Parish Office is open</p> <p>No 9 am Liturgy - see lenten schedule.</p> <p><b>Presanctified Liturgy at 7 pm</b></p>	<p><b>22</b> </p> <p>The Discovery of the Relics of the Holy Martyrs at Eugenius (345-408). Great Fast Day 11. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 6:1-12. Vespers - Genesis 5:1-24. Proverbs 6:3-20.</p> <p><b>8:30 am St. Matthew School Visit</b></p> <p>Please try to have all information for the bulletin in by this day</p> <p>5:30 pm Fr. Bo has an appointment</p> <p>Thursdays afternoon till Friday morning is Fr. Bo's day off</p>	<p><b>23</b> </p> <p>Holy Priest-Martyr Polycarp, Bishop of Smyrna (155-56). Great Fast Day 12. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 7:1-14. Presanctified - Genesis 5:32-6:8. Proverbs 6:20-7:1.</p> <p><b>Easter Baking</b></p> <p><b>10 am Akathist with prayers for the deceased</b></p> <p>5:30 pm Fr. Bo has an appointment</p>	<p><b>24</b> </p> <p><b>All Souls Saturday.</b> The First and Second Finding of the Precious Head of the Holy, Glorious Prophet and Forerunner John the Baptist. Great Fast Day 13. All-Night Vigil Feast. 2 Corinthians 4:6-15. Matthew 11:2-15.</p> <p>Retreat at St. Basil's parish (see poster)</p> <p><b>2 pm First Solemn Communion Class</b></p>
<p><b>25</b> </p> <p><b>Second Sunday of the Great Fast: St. Gregory Palamas.</b></p> <p>Octoechos Tone 6. Our Holy Father Tarasius, Archbishop of Constantinople (806). Great Fast Day 14. The Divine Liturgy of St. Basil the Great is celebrated today. Hebrews 1:10-2:3. Mark 2:1-12.</p> <p><b>10 am Divine Liturgy "Children's Liturgy"</b></p> <p>Sunday School &amp; Coffee Hour</p> <p><b>2 pm Divine Liturgy at St. Michael's Extended Care</b></p>	<p><b>26</b> </p> <p>Our Holy Father Porphyrius, Bishop of Gaza (420). Blessed Edigna. Great Fast Day 15. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 8:13-9:7. Vespers - Genesis 6:9-22. Proverbs 8:1-21.</p> <p><b>Easter Baking</b></p> <p><b>6 pm Confessions</b></p> <p><b>7 pm Parish Mission with Fr. Rendy</b></p>	<p><b>27</b> </p> <p>Our Venerable Father and Confessor Procopius the Decapolitan (716-40). Great Fast Day 16. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 9:9-10:4. Vespers - Genesis 7:1-5. Proverbs 8:32-9:11.</p> <p>12:30 Ann F. School Visit.</p> <p><b>6 pm Confessions</b></p> <p><b>7 pm Parish Mission with Fr. Rendy</b></p>	<p><b>28</b> </p> <p>Our Venerable Father and Confessor Basil, Ascetical Companion of Procopius (716-40). Great Fast Day 17. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 10:12-20. Presanctified - Genesis 7:6-9. Proverbs 9:12-18.</p> <p>No 9 am Liturgy - see lenten schedule.</p> <p>2pm Appointment</p> <p><b>Presanctified Liturgy at 7 pm</b></p>	<p><b>29</b> </p> <p>Our Venerable Father Cassian (430-35). Great Fast Day 18. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 11:10-12:2. Vespers - Genesis 7:11-8:3. Proverbs 10:1-22.</p> <p><b>Easter Baking</b></p> <p><b>8:30 am St. Matthew School Visit</b></p> <p><b>7 pm PPC Meeting</b></p> <p>Please try to have all information for the bulletin in by this day</p> <p>Thursdays afternoon till Friday morning is Fr. Bo's day off</p>	<p><b>1</b> </p> <p>Holy Venerable-Martyr Eudocia (98-117). Great Fast Day 19. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 13:2-13. Presanctified - Genesis 8:4-21. Proverbs 10:31-11:12.</p> <p><b>10 am Akathist with prayers for the deceased</b></p> <p>5:30 pm Fr. Bo has an appointment</p>	<p><b>2</b> </p> <p><b>All Souls Saturday.</b> Holy Priest-Martyr Theodotus, Bishop of Cyrenia (c. 321). Great Fast Day 20. Hebrews 10:32-38. 1 Thessalonians 4:13-17. Mark 2:14-17. John 5:24-30.</p> <p><b>2 pm First Solemn Communion Class</b></p>

## Prayer of St. Ephrem

- ☉ O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power, and idle chatter. (prostration)
- ☉ Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love. (prostration)
- ☉ O Lord and King, grant me the grace to be aware of my sins and not to judge my brothers and sisters; for You are blessed, now and ever and forever. Amen. (prostration)

# Sunday, February 18, 2024

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

**Troparion, Tone 5:** Let us the faithful acclaim and worship the Word,\* co-eternal with the Father and the Spirit,\* and born of the Virgin for our salvation.\* For He willed to be lifted up on the cross in the flesh, to suffer death\* and to raise the dead by His glorious resurrection.

**Troparion, Tone 2:** We bow before Your most pure image, O kind Lord,\* and beg pardon for our sins, O Christ our God.\* Of Your own will You consented to ascend the Cross in the flesh to free Your handiwork from enslavement to the enemy.\* In thanksgiving we cry aloud to You:\* by coming to save the world, our Saviour, You filled all things with joy.

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

**Kontakion, Tone 8:** The uncircumscribed Word of the Father\* became circumscribed when He took flesh of you, O Mother of God,\* and when He restored the divine image to its ancient glory,\* He suffused it with the beauty of God.\* Therefore, confessing our salvation in deed and word,\* we portray it in images.

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## Prokeimenon, Tone 4

Blessed are You, Lord God of our fathers,\* and praised and glorified is Your Name for ever.

**verse:** For You are righteous in everything You have done to us.

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## Epistle Hebrews II:24-26,32-40; I2:I-2 (NRSV)

*Brothers and Sisters*, by faith Moses, when he was grown up, refused to be called a son of Pharaoh’s daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ to be greater wealth than the treasures of Egypt, for he was looking ahead to the reward. And what more should I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets— who through faith conquered kingdoms, administered justice, obtained promises, shut the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Others were tortured, refusing to accept release, in order to obtain a better resurrection. Others suffered mocking and flogging, and even chains and imprisonment. They were stoned to death, they were sawn in two, they were killed by the sword; they went about in skins of sheep and goats, destitute, persecuted, tormented— of whom the world was not worthy. They wandered in deserts and mountains, and in caves and holes in the ground. Yet all these, though they were

commended for their faith, did not receive what was promised, since God had provided something better so that they would not, apart from us, be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

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## Alleluia verses: Tone 4

Moses and Aaron are among His priests and Samuel among those who call upon His name.

They called on the Lord, and He heard them.

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## Gospel John I:43-51 (NRSV)

At that time Jesus decided to go to Galilee. He found Philip and said to him, “Follow me.” Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, “We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth.” Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.” When Jesus saw Nathanael coming toward him, he said of him, “Here is truly an Israelite in whom there is no deceit!” Nathanael asked him, “Where did you get to know me?” Jesus answered, “I saw you under the fig tree before Philip called you.” Nathanael replied, “Rabbi, you are the Son of God! You are the King of Israel!” Jesus answered, “Do you believe because I told you that I saw you under the fig tree? You will see greater things than these.” And he said to him, “Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man.”

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## Hymn to the Mother of God

In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins’ pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

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## Communion Hymn

Praise the Lord from the heavens;\* praise Him in the highest.

Rejoice in the Lord, O you just;\* praise befits the righteous.

Alleluia, alleluia,\* alleluia.