



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 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 25, 2024

Second Sunday of the Great Fast: St. Gregory Palamas. Tone 6. Our Holy Father Tarasius, Archbishop of Constantinople (806). Great Fast



Join us for coffee after today's Liturgy!

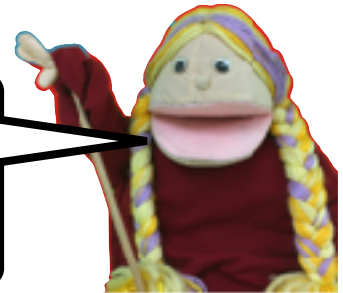


On the Last Sunday of each month we will have a

“Children’s Liturgy”

and today is our first one.

It's still a regular Sunday Divine Liturgy meant for all, but we will have some special parts done by and for our children, so that they can more actively participate. This includes a homily with me: Marilyn the Catechetical Puppet!



Join us Tomorrow and Tuesday for our

Lenten Mission

with Fr. Rendy Yakimec.

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

“Two years of ceaseless miracle - God is present among his people”

On February 24, 2024, His Beatitude Sviatoslav presided over a Moleben at the Patriarchal Cathedral of the Resurrection of Christ in Kyiv, marking the commencement of the Ukrainian Greek Catholic Church's prayer vigil for Ukraine's victory and a just peace on the second anniversary of the full-scale war.

The Primate emphasized that this prayer unites Ukrainians in different parts of the world. “Today, I especially want to remember...

continued on next page.

Today after our Liturgy, we will be praying a “Panachyda”

(Prayers for the deceased) for those who have died over the past 2 years in this war, and thought the past 10 years of violence in Eastern Ukraine, and also the “Heavenly 100” who died during the Orange Revolution.

Hall Rentals:

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

Perochy 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 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.

“Two years of ceaseless miracle” continued

...our brothers and sisters in the occupied territories, for whom online prayer is the only way to connect with their Church,” said His Beatitude Sviatoslav. He underscored that this prayer is also a vigil and noted that some parishes and dioceses of the UGCC are initiating continuous prayer until Ukraine achieves victory.

“Today, with our prayerful gaze, we look back over all two years of this terrible war and see the living God present with us,” said the Patriarch. “Two years of ceaseless miracle — God is present among his people.

For two years, we have been asking, “Where is God when we are in trouble?” However, to feel God’s presence close to us, we must love. The bishop urged everyone on this day to offer prayers of gratitude for the resilience that has impressed the world, and for the gifts we have received by being alive.

“Today we want to offer a prayer of petition,” added His Beatitude Sviatoslav. “We beg you, God, to inspire us, protect us, let us believe in You, who is present among us, in the One who calls us to freedom.” Finally, the Primate remembered the prisoners, in particular two Redemptorist fathers from Berdiansk, Fr. Bohdan Geleta and Fr. Ivan Levytsky, who are still in Russian captivity, and urged to pray for them.

We are also encouraged to join the world in prayer and fasting for peace in Ukraine from March 1 to March 3.



Aid to the Church in Ukraine (Great Lent)

Each year during Great Lent, the Eparchy of Edmonton takes a collection for the Church in Ukraine.

The people of Ukraine need your help. As the war continues in Ukraine, millions of the country’s inhabitants are in dire straits often lacking the basic necessities of life. As part of your personal sacrifice, kindly consider making a donation towards providing emergency services and humanitarian and pastoral support to Ukrainians by offering care, medical supplies, food, clothing and shelter to displaced persons, the elderly and the sick, as well as educational programs and support to local priests.

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

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

Confessions with Fr. Myron: Sunday, March 3 (First Sunday).

The “Hail Mary” in Byzantine Churches

Many people are familiar with the Latin Catholic Church’s version of the Hail Mary prayer which goes like this:

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.

But did you know that as Ukrainian Catholics we typically say it like this?

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.

In Ukrainian:

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

Confessions Available Today, During our Lenten Mission, and Monthly

Confessions are available today both before and during the Divine Liturgy as Fr. Myron Pyszcz is with us.

Also Tomorrow and Tuesday we have our parish mission, which means that we will have 3 priests available to hear confessions before the Akathist, and 2 during. (Fr. Rendy, Fr. Myron and myself)

As you know it is hard for a parish with only one priest to be able to do Sunday Confessions, as the one priest is also preparing for and celebrating the Liturgy. However we are blessed to have the opportunity to have Fr. Myron come to us about once a month to allow for this to happen. He is here today, and also most “First Sundays” of each month.

Of course, confessions are also available with Fr. Bo at any time during the week when available. So please don’t hesitate to call or text him. (Emails also work, but are much slower)



The Holy Mystery of Reconciliation (Confession)

The Father, Son and Holy Spirit are selfless in all their actions, constantly pouring fourth their love for each other. We humans are made in the image and likeness of this self-giving God. We are created to constantly grow in communion with God, through self-less relationships.

In the beginning when God created humanity we read that a serpent tempted us to eat some fruit promising that: "your eyes will be opened and you will be like God" (Genesis 3:5). The problem was not in being like God, but rather the problem was

taking the fruit for ourselves when it was not ours to be taken.

Our selfish act of taking caused us to be subject to death and corruption (as God had warned). Now we live in a world where things around us are not all in harmony. We get sick, we get hungry, we need shelter, and we eventually die. Due to fear of death have a tendency to sin even more (i.e. be self-serving). However God wants us to return to our true nature (of being self-less) and to have eternal life with Him once again. God Himself came down amongst us, He conquered death, and therefore we no longer need to fear death. Death being conquered, we can now be with God eternally.

Thank goodness God offers His forgiveness freely. God does not hold our shortfalls against us, but rather he looks forward to our repentance and renewed goodness. The only thing that separates us from God (now that He has trampled death) is ourselves. We only have to 'get up' when we 'fall down', admit that we fell and move on. To gain God's forgiveness we only need to ask for it.

To be able to ask for forgiveness we need to realize that we have done wrong in the first place. Just like an addict that thinks that they are still in control, cannot receive help until they realize and admit that they have a problem, so it is with us. Until we can recognize our selfishness (inhumanity) we cannot accept God's forgiveness. Not recognizing our own inhumanity is perhaps one of the greatest of our self-serving acts.

We need to examine our lives regularly and strive to reconcile ourselves with God and our brothers and sisters in order to be truly human. When we recognize that we have done wrong, and we have a desire to turn our lives back to God (metanoia), we to come to the Holy Church in the Sacrament of Reconciliation (a.k.a. confession).

WHY SHOULD I CONFESS TO A PRIEST?

The Church has seven sacraments in which we know that reality both on heaven and earth are affected. Reconciliation is one of these sacraments. Through sacred orders the priest receives the faculty to forgive or not forgive sins, however the priest is not the one you are confessing to; rather he is merely a tangible witness to your conversion experience.

The priest lets us hear the words we dearly need to hear: "You are forgiven." He can also give you advice and help you overcome your struggles. At the same time, the priest...

continued on next page

Confessions... continued

... keeps you honest with yourself and with God; if he senses that you are not sincere and have no intention to grow spiritually, then he will not give you absolution.

In the early church people would confess before the whole congregation, to make it easier and less scandalous the priest stands in alone for the whole Church.

WHAT SCRIPTURAL REFERENCES DO YOU HAVE ON CONFESSING?

Here's a few:

Jesus "said to them (the disciples) "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained." (John 20:22-23)

"Therefore confess your sins to one another, and pray for one another, that you may be healed." (James 5:16)

"what ever you (Peter) bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven" (Matthew 16:19)

"If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us. (1 John 1:8-10)

HOW SHOULD I EXAMINE MY LIFE?

Listen to your conscience. Consider using the 10 commandments as a guide (Exodus 20). Reflect on how your relationship is with God, how it is with your family, friends, co-workers, and reflect on how you treat yourself. Are your relationships with these people healthy?

You can also find "Examinations of Conscience" online and even on your phone as apps.

DO I HAVE TO TELL EVERYTHING?

You should confess everything that you remember. You are not able to fool God, and it is to Him that you are confessing. If you forget to mention some sin during confession do not worry, God forgives ALL your sins. But if you know your faults... be honest with yourself and bring them forward.

WILL THE PRIEST TELL ANYONE?

ABSOLUTELY NOT! The priest cannot even talk to you about your own confession after it is complete. In no way are priests allowed to talk about anything that happens within the sacrament to anyone. Not even in a court of law.

The priest will not think poorly of you if you are trying to be a better person. How can you be angry or disappointed with someone who is trying to do good?

HOW OFTEN SHOULD I GO?

We should participate in this sacrament as often as we have a significant division between us and God, and others. It is good to

go before major feasts and on significant events in our lives. The Church recommends that we should approach this sacrament in preparation for receiving the Eucharist, and states that we should at very minimum reconcile ourselves at least once a year during the preparation for Easter.

HOW DO I GO TO CONFESSION?

If you are not sure what to do and say during the sacrament of reconciliation, do not fret. The priest will coach you through it. The following is the usual order of things:

- Pray before confession. Ask God to help you to know when you have sinned.
- When you come before the priest, tell him when the last time you came to confession was (# of weeks, months, years, or first time), and then confess all your sins.
- The priest may ask you some questions to see if you are truly sorry for your sins, and he will probably try to give you advice to help you sin less in the future.
- The priest will then ask you to say a prayer, or do a good deed to show your joy for forgiveness and to bring you closer to God and other people. This is called "Penance."
- Following this the priest will likely ask you to say an act of contrition. (See below) This prayer helps you state your desire to return to God, and avoid sin.
- Finally: Jesus, through the words of the priest, gives you forgiveness. This is called the "absolution." Listen to these words the priest says (in some form):

(quietly) O Lord God, Salvation of Your servants, gracious, bountiful, and long-suffering, Who repents concerning our evil deeds, and desires not the death of a sinner, but rather that he/she should turn from his/her wickedness and live: show Your mercy now upon Your servant N., and grant him/her an image of repentance, forgiveness of sins, and deliverance; pardoning his/her every transgression, whether voluntary or involuntary.

Reconcile and unite him/her to Your Holy Church, through Jesus Christ our Lord, to Whom, with You, are due dominion and majesty, now and for ever, and unto ages of ages.

(then aloud) May our Lord and God, Jesus Christ, By the grace and mercies of His love for us all, forgive you all your sins, and I, an unworthy priest, by the power given to me by Him, forgive and absolve you from all of your sins, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

- When it is over, talk to God. Thank him for the gift of forgiveness and for His love. And as soon as you are able, go and do your penance.

Concluded on next page...

Confessions.... concluded

A Prayer You Can Say Before Approaching For Confession:

Come, Holy Spirit. Help me to remember the words of Jesus asking me to be a loving person. Help me to know when I have sinned. Help me to be sorry for my sins. Help me to change.

An Act of Contrition:

O God be merciful to me a sinner.
O God cleanse me of my sins and have mercy on me.
I have sinned without number, forgive me, O Lord.

Another Act of Contrition (simplified)

O Lord my God, I love You with all my heart. I am sorry for all my sins. Please forgive me. Help me to change.

Let's Learn How to Paint Traditional Easter Eggs "Pysanky"

Today at 2 pm you can join others in painting these beautiful traditional Easter Eggs. All the supplies are provided. Fr. Bo thinks there is a simple fee to cover the costs... but ask about it. This is open to all people of any age. There is a sign up sheet in the Anex (between the Church and Hall). Talk to Marijka Bodnar for more details.

Come and join us!



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, or contact Andrea Leader andrea.leader@eeparchy.com or Bernie Mandrusiak 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-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)

The Ukrainian Catholic Eparchy of Edmonton is hiring!

Position Description: Camp Oselia Program Director

TO APPLY, SEND RESUME TO: deacon.kennedy@eeparchy.com

for more info go to: <https://eeparchy.com/2024/02/18/job-opportunity-camp-oselia-program-director/>

February 16 - February 19

Icon Writing Workshop review:

Next Workshop: March 8 - March 11

Last weekend's Icon Workshop went super well. Four lovely participants under the direction of Fr. Bo wrote traditional Egg Tempra Icons with 24K gilding. Everyone was tired and happy with the results at the end of the workshop.

Our next workshop on March 8-11 will focus on painting the

icon of our Lady the Theotokos that you can see here →

It is already mostly filled up with 8 participants (and 2 more maybes). Fr. Bo is only accepting 10 students, so... first come first served. If anyone would like to join us please email Fr. Bo soon at fr.nahachewsky@eeparchy.com



Sadly I was only able to get a closeup of 3 of the 4 Icons. The other participant left a little early.

Wow, we are really getting ready for the Easter Bake Sale.

Saturday, March 23



**This week
we made
337
babkas....
next is
chiffon
cakes**



**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



Saint of the Day:

Saint Gregory Palamas, Archbishop of Thessalonica

Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. Saint Gregory's father became a prominent dignitary at the court of Andronicus II Paleologos (1282-1328), but he soon died, and Andronicus himself took part in the raising and education of the fatherless boy. Endowed with fine abilities and great diligence, Gregory mastered all the subjects which then comprised the full course of medieval higher education. The emperor hoped that the youth would devote himself to government work. But Gregory, barely twenty years old, withdrew to Mount Athos in the year 1316 (other sources say 1318) and became a novice in the Vatopedi monastery under the guidance of the monastic Elder Saint Nikódēmos of Vatopedi (July 11). There he was tonsured and began on the path of asceticism. A year later, the holy Evangelist John the Theologian appeared to him in a vision and promised him his spiritual protection. Gregory's mother and sisters also became monastics.

After the demise of the Elder Nikódēmos, Saint Gregory spent eight years of spiritual struggle under the guidance of the Elder Nikēphóros, and after the latter's death, Gregory transferred to the Lavra of Saint Athanasius (July 5). Here he served in the trapeza, and then became a church singer. But after three years, he resettled in the small skete of Glossia, striving for a greater degree of spiritual perfection. The head of this monastery began to teach the young man the method of unceasing prayer and mental activity, which had been cultivated by monastics, beginning with the great desert ascetics of the fourth century: Evagrius Pontikos and Saint Macarius of Egypt (January 19).

Later on, in the eleventh century, Saint Simeon the New Theologian (March 12) had provided detailed instruction in mental activity for those praying in an outward manner, and the ascetics of Athos put it into practice. The experienced use of mental prayer (or

prayer of the heart), requiring solitude and quiet, is called "Hesychasm" (from the Greek "hesychia" meaning calm, silence), and those practicing it were called "hesychasts."

During his stay at Glossia the future hierarch Gregory became fully imbued with the spirit of hesychasm and adopted it as an essential part of his life. In the year 1326, because of the threat of Turkish invasions, he and the brethren retreated to Thessalonica, where he was then ordained to the holy priesthood.

Saint Gregory combined his priestly duties with the life of a hermit. Five days of the week he spent in silence and prayer, and only on Saturday and Sunday did he come out to his people. He celebrated divine services and preached sermons. For those present in church, his teaching often evoked both tenderness and tears. Sometimes he visited theological gatherings of the city's educated youth, headed by the future patriarch, Isidore. After he returned from a visit to Constantinople, he found a place suitable for solitary life near Thessalonica the region of Bereia. Soon he gathered here a small community of solitary monks and guided it for five years.

In 1331 the saint withdrew to Mount Athos and lived in solitude at the skete of Saint Savva, near the Lavra of Saint Athanasius. In 1333 he was appointed Igumen of the Esphigmenou monastery in the northern part of the Holy Mountain. In 1336 the saint returned to the skete of Saint Savva, where he devoted himself to

theological works, continuing with this until the end of his life.

In the 1330s events took place in the life of the Eastern Church which put Saint Gregory among the most significant universal apologists of Orthodoxy, and brought him great renown as a teacher of hesychasm.

About the year 1330 the learned monk Barlaam had arrived in Constantinople from Calabria, in Italy. He was the author of treatises on logic and astronomy, a skilled and sharp-witted orator, and he received a university chair in the capital city and began to expound on the works of...

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Saint Gregory Palamas Continued

Saint Dionysius the Areopagite (October 3), whose “apophatic” (“negative”, in contrast to “kataphatic” or “positive”) theology was acclaimed in equal measure in both the Eastern and the Western Churches. Soon Barlaam journeyed to Mt Athos, where he became acquainted with the spiritual life of the hesychasts. Saying that it was impossible to know the essence of God, he declared mental prayer a heretical error. Journeying from Mount Athos to Thessalonica, and from there to Constantinople, and later again to Thessalonica, Barlaam entered into disputes with the monks and attempted to demonstrate the created, material nature of the light of Tabor (i.e. at the Transfiguration). He ridiculed the teachings of the monks about the methods of prayer and about the uncreated light seen by the hesychasts.

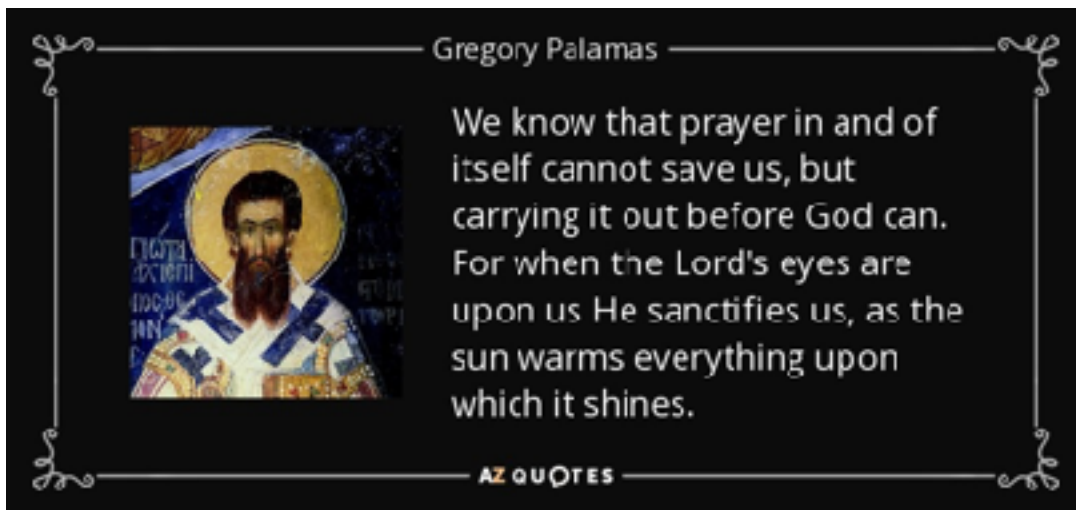
Saint Gregory, at the request of the Athonite monks, replied with verbal admonitions at first. But seeing the futility of such efforts, he put his theological arguments in writing. Thus appeared the “Triads in Defense of the Holy Hesychasts” (1338). Towards the year 1340 the Athonite ascetics, with the assistance of the saint, compiled a general response to the attacks of Barlaam, the so-called “Hagiorite Tome.” At the Constantinople Council of 1341 in the church of Hagia Sophia Saint Gregory Palamas debated with Barlaam, focusing upon the nature of the light of Mount Tabor. On May 27, 1341 the Council accepted the position of Saint Gregory Palamas, that God, unapproachable in His Essence, reveals Himself through His energies, which are directed towards the world and are able to be perceived, like the light of Tabor, but which are neither material nor created. The teachings of Barlaam were condemned as heresy, and he himself was anathemized and fled to Calabria.

But the dispute between the Palamites and the Barlaamites was far from over. To these latter

belonged Barlaam’s disciple, the Bulgarian monk Akyndinos, and also Patriarch John XIV Kalekos (1341-1347); the emperor Andronicus III Paleologos (1328-1341) was also inclined toward their opinion. Akyndinos, whose name means “one who inflicts no harm,” actually caused great harm by his heretical teaching. Akyndinos wrote a series of tracts in which he declared Saint Gregory and the Athonite monks guilty of causing church disorders. The saint, in turn, wrote a detailed refutation of Akyndinos’ errors. The patriarch supported Akyndinos and called Saint Gregory the cause of all disorders and disturbances in the Church (1344) and had him locked up in prison for four years. In 1347, when John the XIV was replaced on the patriarchal throne by Isidore (1347-1349), Saint Gregory Palamas was set free and was made Archbishop of Thessalonica.

In 1351 the Council of Blachernae solemnly upheld the Orthodoxy of his teachings. But the people of Thessalonica did not immediately accept Saint Gregory, and he was compelled to live in various places. On one of his travels to Constantinople the Byzantine ship fell into the hands of the Turks. Even in captivity, Saint Gregory preached to Christian prisoners and even to his Moslem captors. The Hagarenes were astonished by the wisdom of his words. Some of the Moslems were unable to endure this, so they beat him and would have killed him if they had not expected to obtain a large ransom for him. A year later, Saint Gregory was ransomed and returned to Thessalonica.

Saint Gregory performed many miracles in the three years before his death, healing those afflicted with illness. On the eve of his repose, Saint John Chrysostom appeared to him in a vision. With the words “To the heights! To the heights!” Saint Gregory Palamas fell asleep in the Lord on November 14, 1359. In 1368 he was canonized at a Constantinople Council under Patriarch Philotheus (1354-1355, 1364-1376), who compiled the Life and Services to the saint.



Parish & Beyond News:

- **Thank you to all who have been helping with our recent funerals in the parish. God bless you all.**
- **Today 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.
- **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!

- **Aid to the Church in Ukraine (Great Lent)** Each year during Great Lent, the Eparchy of Edmonton takes a collection for the Church in Ukraine. The people of Ukraine need your help. As the war continues in Ukraine, millions of the country’s inhabitants are in dire straits often lacking the basic necessities of life. As part of your personal sacrifice, kindly consider making a donation towards providing emergency services and humanitarian and pastoral support to Ukrainians by offering care, medical supplies, food, clothing and shelter to displaced persons, the elderly and the sick, as well as educational programs and support to local priests.
- “Bishop David extends an invitation to all clergy, religious, and parishioners to join him for the celebration of **Holy Thursday’s Vespers with Liturgy of Saint Basil the Great and Rite of Washing of the Disciples’ Feet**, starting at 10:00 am, March 28, Saint Josaphat’s Cathedral.”

- Upon the recommendation of Very Rev. Damian Dutka, osbm, Provincial Superior, **Bishop David made the following pastoral assignments**, effective March 1, 2024:
 - Rev. Gabriel Haber, osbm, Pastor, Saint Basil the Great Parish, Edmonton;
 - Rev. Iryney Valyavka, osbm, Pastor, Holy Trinity Parish, Vegreville;
 - Rev. Serafym Grygoruk, osbm, Administrator, Lamont and District Parishes (March 1-April 30, 2024); and
 - Rev. Daniel Wach, osbm, Pastor, Lamont and District Parish (effective May 1, 2024).
- Join us as we pray the **Rosary** before Divine Liturgy on Sundays. The Schedule is on the Bulletin Board as usual.
- **Any 50th 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 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...

continued on next page

Bingo.... 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.

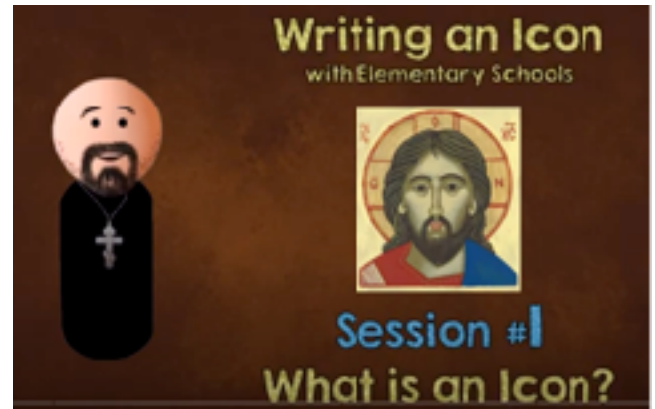
So, what is required? The bingo shift is only about five hours long and the bonus is a free lunch and you can win a door prize !! We are encouraging parishioners who can join the bingo team to please call our volunteer chairperson, Darlene @ 780-476-8797.

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

Fr. Bo to teach 150 students this week about being the Image and Likeness of God.

As many of you are aware Fr. Bo loves to teach children and youth about our faith. This week on Tuesday, Fr. Bo will begin to paint 150 icons of Christ with the students at Ann Fitzgerald School.



(Not Regularly Scheduled) Upcoming Events

- **Sunday, Feb. 25th** - Pysanka Workshop at 2 pm
- **Monday and Tuesday, Feb. 26th & 27th** - Parish Mission with Fr. Rendy. 6pm Confessions, 7 pm Mission
- **Thursday, February 29th** - PPC Meeting at 7 pm
- **Monday, March 4** - Ladies' Club AGM
- **March 5** - Bingo
- **Thursday, March 7** - Eparchial Lenten Series - Part 1 with Fr. Mark Bayrock at 7 pm
- **March 8 - II** - 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

- **Sunday, March 17th** - Parish Annual General Meeting after Liturgy
- **Thursday, March 21** - Eparchial Lenten Series - Part 3 with Fr. Michael Bombak at 7 pm
- **Saturday, March 23** - Easter Bake Sale
- **March 25** Bingo
- **Saturday, March 23 till Saturday, March 30** - Holy Week
- **Sunday, March 31st** - Easter Sunday
- **Sunday, April 7th** - Parish's Easter "Blessed Breakfast"
- **Saturday, April 20th** - 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.

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.



Kid's Bulletin Page

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

Sunday of St. Gregory Palamas
Mark 2:1-12
Preschool Edition

JESUS HEALS A MAN WHO CAME THROUGH THE ROOF

Many people wanted to hear Jesus preaching. There was no more room at the home where he was. Some people came with a man who was lying on a stretcher. He was a paralyzed, which means he could not move. He wanted Jesus to heal him. His friends brought him to where Jesus was. When they came, they couldn't get him through the doorway because it was crowded. Instead, they went onto the roof.

They took pieces of the roof off, and then lowered their friend down in front of Jesus. They so wanted him healed, and they believed Jesus would do just that.

Jesus saw their faith and said to the paralytic, "Son, your sins are forgiven." So that you may know the Son of man can forgive sins, I say to the paralytic, 'Rise, take up your stretcher, and go home.' The man rose, and did just that. Everyone was amazed and said, "We never saw anything like this!"

WHAT DO YOU THINK?

1. Before you answer some questions, imagine what it must have been like. Imagine a home made of mud brick, with a roof made from bundles of hay. Now imagine Jesus teaching the people crowded inside . . .

2. Why couldn't the paralytic, and his friends, come in through the door?
3. Where did they go because they couldn't walk in?
4. Did Jesus heal the man? How can you tell by looking at the icon?



Icon courtesy of Iconographies (www.theologic.com)



Let Us Attend! is published by the Antiochian Orthodox Department of Christian Education (www.antiochian.org). If you would like information on our present programs and future initiatives, contact Mrs. Carol Buleta at acdc@antiochian.org. We gratefully acknowledge support from the Order of St. Ignatius which funds, in part, the work of the Department.



Pre-12



Visit www.antiochian.org/LetUsAttend for free downloads related to this Gospel story: mp3 audio, coloring sheet, script for readers' theater, and handouts for preschool through high school. Find us on Facebook at www.facebook.com/NOECE.

Next Couple of Weeks at Holy Cross Parish

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>25 </p> <p>Second Sunday of the Great Fast: St. Gregory Palamas.</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>10 am Divine Liturgy “Children’s Liturgy”</p> <p>No Sunday School because its a Children’s Liturgy</p> <p>Yes, we have our Coffee Hour</p> <p>2 pm Pysanka Writing</p> <p>2 pm Divine Liturgy at St. Michael’s Extended Care</p>	<p>26 </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>Easter Baking</p> <p>10 am Bible Study</p> <p>1 pm appointment</p> <p>6 pm Choir Practice</p> <p>6 pm Confessions</p> <p>7 pm Parish Mission with Fr. Rendy</p>	<p>27 </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>9:30 am Icon Retreat at A.F. School</p> <p>6 pm Confessions</p> <p>7 pm Parish Mission with Fr. Rendy</p>	<p>28 </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>9:30 Camp Oselia Workbee</p> <p>2pm Appointment</p> <p>Presanctified Liturgy at 7 pm</p>	<p>29 </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>Easter Baking</p> <p>8:30 am St. Matthew School Visit</p> <p>7 pm PPC Meeting</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>1 </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>10 am Akathist with prayers for the deceased</p> <p>12 noon Camp Oselia Fundraiser Meeting</p> <p>5:30 pm Fr. Bo has an appointment</p>	<p>2 </p> <p>All Souls Saturday. 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>Fr. Bo leads a retreat for Saskatoon youth (online)</p> <p>2 pm First Solemn Communion Class</p>
<p>3 </p> <p>Third Sunday of the Great Fast: Veneration of the Holy Cross. Octoechos Tone 7. Holy Martyrs Eutropius and His Companions Cleonicus and Basiliscus (286-305). Great Fast Day 21. The Divine Liturgy of St. Basil the Great is celebrated today. Hebrews 4:14-5:6. Mark 8:34-9:1.</p> <p>9:30 am Rosary</p> <p>9:30 Confessions with Fr. Myron</p> <p>10 am Divine Liturgy</p> <p>Sunday School & Coffee Hour</p> <p>2 pm Divine Liturgy at St. Michael’s Extended Care</p>	<p>4 </p> <p>Our Venerable Father Gerasimus of the Jordan (475). Great Fast Day 22. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 14:24-32. Vespers - Genesis 8:21-9:7. Proverbs 11:19-12:6.</p> <p>10 am Bible Study</p> <p>10:30 Appointment</p> <p>7 pm Ladies’ Club AGM and Meal</p>	<p>5 </p> <p>Holy Martyr Conon (249-251). Great Fast Day 23. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 25:1-9. Vespers - Genesis 9:8-17. Proverbs 12:8-22.</p> <p>10:30 am Venta Care Centre Liturgy</p> <p>12:30 pm A.F. School visit</p> <p>Parish Bingo Fundraiser</p>	<p>6 </p> <p>Holy Forty-Two Martyrs of Ammorium (848). Great Fast Day 24. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 26:21-27:9. Presanctified - Genesis 9:18-10:1. Proverbs 12:23-13:10.</p> <p>Sacred Orders Commission Meeting</p> <p>7 pm Presanctified Liturgy</p>	<p>7 </p> <p>Holy Priest-Martyrs and Bishops of Cherson Basil, Ephrem, Capiton, Eugene, Etherius and Others (284-305). Passing into Eternal Life (1935) of Blessed Leonid Fedorov, Exarch of the Russian Catholic Church, and Martyr. Great Fast Day 25. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 28:14-22. Vespers - Genesis 10:32-11:9. Proverbs 13:19-14:6.</p> <p>8:30 am St. Matthew School Visit</p> <p>5:30 pm Fr. Bo has an appointment</p> <p>7 pm Lenten Series with Fr. Mark Bayrock</p>	<p>8 </p> <p>Our Venerable Father and Confessor Theophilactus, Bishop of Nicomedia (c. 845). Great Fast Day 26. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 29:13-23. Presanctified - Genesis 12:1-7. Proverbs 14:15-26.</p> <p>10 am Akathist with prayers for the deceased</p> <p>6 pm Icon workshop Begins</p>	<p>9 </p> <p>Holy Forty Martyrs of Sebaste (321-23). Great Fast Day 27. Polyeleos Feast. All Souls Saturday is omitted this year. The Pastor may choose to have the usual memorial service for the deceased of the parish. Hebrews 12:1-10. Matthew 20:1-16.</p> <p>10 am Icon Workshop Continues</p> <p>2 pm First Solemn Communion Class</p>
<p>10 </p> <p>Fourth Sunday of the Great Fast: St. John Climacus.</p> <p>Octoechos Tone 8. Holy Martyr Codratus and Those with Him (249-51) Great Fast Day 28. Matins Resurrectional Gospel 8. The Divine Liturgy of St. Basil the Great is celebrated today. Hebrews 6:13-20. Ephesians 5:9-19. Mark 9:17-31. Matthew 4:25-5:12.</p> <p>9:30 am Rosary</p> <p>10 am Divine Liturgy</p>	<p>11 </p> <p>Our Holy Father Sophronius, Patriarch of Jerusalem (638). Great Fast Day 29. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 37:33-38:6. Vespers - Genesis 13:12-18. Proverbs 14:27-15:4.</p> <p>8 am Perogies</p> <p>10 am Bible</p>	<p>12 </p> <p>Our Venerable Father and Confessor Theophanes of Sigriana (817). Our Holy Father Gregory the Dialogist, Pope of Rome (604). Great Fast Day 30. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 40:18-31. Vespers - Genesis 15:1-15. Proverbs 15:7-19.</p> <p>8 am ? Perogies</p> <p>12:30 pm A.F. School</p>	<p>13 </p> <p>Transfer of the Relics of Our Holy Father Nicephorus, Patriarch of Constantinople (847). Great Fast Day 31. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 41:4-14. Presanctified - Genesis 17:1-9. Proverbs 15:20-16:9.</p> <p>7 pm Presanctified</p>	<p>14 </p> <p>Our Venerable Father Benedict of Nursia (547). Great Fast Day 32. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 42:5-16. Vespers - Genesis 18:20-33. Proverbs 16:17-17:17.</p> <p>8 am ? Cabbage Rolls</p> <p>8:30 am St. Matthew School Visit</p>	<p>15 </p> <p>Holy Martyr Agapius and the Six Martyrs with Him (284-305). Great Fast Day 33. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 45:11-17. Presanctified - Genesis 22:1-18. Proverbs 17:17-18:5.</p> <p>10 am Akathist</p>	<p>16 </p> <p>Fifth Saturday of the Great Fast: Akathist Saturday. Holy Martyrs Sabinus and Pappas (284-305) Great Fast Day 34. Hebrews 9:24-28. Hebrews 9:1-7. Mark 8:27-31. Luke 10:38-42. 11:27-28.</p> <p>2 pm First Solemn Communion Class</p>

Sunday, February 25, 2024

Troparion, Tone 6: Angelic powers were upon Your tomb* and the guards became like dead men;* Mary stood before Your tomb* seeking Your most pure body.* You captured Hades without being overcome by it.* You met the Virgin and granted life.* O Lord, risen from the dead,* glory be to You!

Troparion, Tone 8: Light of orthodoxy, teacher of the Church; its confirmation!* Ideal of monks and invincible champion of theologians.* Wonder-working Gregory, glory of Thessalonica and preacher of grace.* always intercede before the Lord that our souls may be saved!

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

Kontakion, Tone 4: The time for action is now revealed;* the Judge is at the door.* Let us rise and keep the fast,* offering tears of contrition with alms and crying aloud:* our sins are more numerous than the sands of the sea,* but forgive us, O Maker of all, that we may receive incorruptible crowns.

Prokeimenon, Tone 5

You, O Lord, will guard us* and will keep us* from this generation* and forever.

verse: Save me, O Lord, for there is no longer left a just man.

Epistle: Hebrews 1:10-2:3 (NRSV)

Brothers and sisters, “In the beginning, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end.” But to which of the angels has he ever said, “Sit at my right hand until I make your enemies a footstool for your feet”? Are not all angels spirits in the divine service, sent to serve for the sake of those who are to inherit salvation? Therefore we must pay greater attention to what we have heard, so that we do not drift away from it. For if the message declared through angels was valid, and every transgression or disobedience received a just penalty, how can we escape if we neglect so great a salvation? It was declared at first through the Lord, and it was attested to us by those who heard him,

Alleluia verses: Tone 6

He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven.

He says to the Lord: You are my protector and my refuge, my God, in Whom I hope.

Gospel: Mark 2:1-12 (NRSV)

At that time when Jesus returned to Capernaum after some days, it was reported that he was at home. So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. Then some people came, bringing to him a paralyzed man, carried by four of them. And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. When Jesus saw their faith, he said to the paralytic, “Son, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?” At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, “Why do you raise such questions in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Stand up and take your mat and walk’? But so that you may know that the Son of Man has authority on earth to forgive sins”—he said to the paralytic—“I say to you, stand up, take your mat and go to your home.” And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, “We have never seen anything like this!”

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.

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest.* Alleluia, alleluia,* alleluia

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)