



Exaltation of the Holy Cross

Ukrainian Catholic Parish

Українська Католицька Парафія Воздвиження Чесного Хреста

Sundays:

- 9:30 am Rosary
- 10 am Divine Liturgy

Wednesdays of Lent:

- 7 pm Presanctified Liturgy

Fridays of Lent:

- 10 am Akathist

Most Major Feasts*:

- 10 am or 7 pm 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

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, March 10, 2024

Fourth Sunday of the Great Fast: St. John Climacus. Octoechos Tone 8.
Holy Martyr Codratus and Those with Him (249-51) Great Fast Day 28.



Join us for coffee after today's Liturgy!



All are welcome.

Online or in person

Eparchial Lenten Series, Last, Next and the Following Thursdays.

Last week Fr. Mark Bayrock spoke to us about the first temptation of Christ.

This week Fr. Jim Nakonechny will be speaking about the second

Our Ladies' Club held their annual Supper and Annual General Meeting and it went very well. They elected a new executive and they are revved up for the new year. All women of the parish are very welcome to join in the excitement.



Upcoming Events at Holy Cross you really need to know about:

- **Lenten Series:** The Three Temptations of Christ - Thursdays, March 14 & 21 at 7 pm till 8:30 pm
- **Parish Bake Sale:** Saturday, March 23 at 9 am till 12 Noon
- **Blessed Breakfast:** Sunday, April 7 after the 10 am Divine Liturgy: Tickets: \$20.00/Adult & \$8.00/Child. (On March 31 (Easter Sunday) the prices will go up to \$25.00/Adult so get them today!)

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

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

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
- First Sundays of the month with Fr. Myron before and during the Liturgy
- or anytime, just call Fr. Bo to arrange it.

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.

Sacrifice Supper: Please note that you have a "Sacrifice Supper Offering" envelope in your donation envelope package. During the period of Lent, you are encouraged to make a donation to a worthy charity to an amount that would be the cost of a supper. Parish council has chosen the Marian Centre as the recipient of this year's sacrifice supper donations and has made a commitment to match the donations made by the parishioners.

The Ukrainian Catholic Eparchy of Edmonton is hiring!

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/>

Want to help keep the world greener and our parish photocopying costs smaller?

Consider getting this bulletin online!

Instead of taking a printed copy of this bulletin when you are at church, you can see a COLOUR copy of it on our parish website. Not only would this keep our costs down and save a few trees, but it would also keep

Hey would you like to help make our parish the most awesome and welcoming parish in the whole world?

If you said yes, we would love your help as part of one of the coffee hour / welcoming teams. These are the people who greet you at the door, hand out the bulletins and also make the coffee, tea and juice for the fellowship after the Liturgy.

We would really appreciate your presence and energy. Simply call Diana Horyn at 780-455-9926.

Who is the group this Sunday you wonder?

It's "Group D" which includes Dan & Elizabeth Chubey, Steve & Iris Sumka and Darrell & Gwen Uchach.

Next week of course is the next group "Group E".

This past Monday the Ladies of the Parish gathered for a meal and meeting



Ladies Club AGM (March 4, 2024)

Front Row (L to R): Liz Podloski, Marian Surcon, Sylvia Stepanick, Dianne Kluk, Heather Gauthier, Fr. Bo Nahachewsky, Lorraine Mishio, Rose Marie Sumka, Elizabeth Letwin, Jane Maslanko, Pat Helmak

2nd row (L to R): Cynthia Diduck, Cynthia Moolyk, Colleen Hawryluk, Shirley Hansen, Doreen Hindman, Adeline Shaigec, Jean Humeniuk, Elsie Hrycun, Evelyn Passek, Marge Norenberg, Sylvia Wohlmuth, Olga Kordyban, Trina Horn

Back 2 rows (L to R): Maureen Bihun, Sofija Pecuh, Sherry Harris, Marlene Myk, Evelyn Skura, Joan Charles, Cheryl Yackimec, Virginia Mudryk, Lorraine Yerman, Lilly Poliakiwski, Odessa Nguyen, Pat Zuk-Waye, Lasha Makowecki, Jesus, Eileen Broda, Liz Chubey, Iris Sumka, Sally Trefanenکو, Gwen Wolter, Mariya Andrusiak, Diana Horn, Rose Marie Semchuk, Darlene Sledz, Henrietta Gurba, Judy Mydan

Here's the new ladies's club executive:

President: Dianne Kluk

Vice President: Cynthia Moolyk

Treasurer: Cheryl Yackimec

Secretary: Colleen Hawryluk

Who's doing the Rosary today before Liturgy at 9:30???

It's the Men's Club today, and the Knights next week.

Venerable John Climacus of Sinai, Author of “the Ladder”

Commemorated on March 30 and the 4th Sunday of Lent - from OCA.org

Saint John of the Ladder is honored by Holy Church as a great ascetic and author of the renowned spiritual book called THE LADDER, from which he is also called “of the Ladder” (Climacus).

There is almost no information about Saint John’s origins. One tradition suggests that he was born in Constantinople around the year 570, and was the son of Saints Xenophon and Maria (January 26).

John went to Sinai when he was sixteen, submitting to Abba Martyrius as his instructor and guide. After four years, Saint John was tonsured as a monk. Abba Strategios, who was present at Saint John’s tonsure, predicted that he would become a great luminary in the Church of Christ.

For nineteen years Saint John progressed in monasticism in obedience to his spiritual Father. After the death of Abba Martyrius, Saint John embarked on a solitary life, settling in a wild place called Thola, where he spent forty years laboring in silence, fasting, prayer, and tears of penitence.

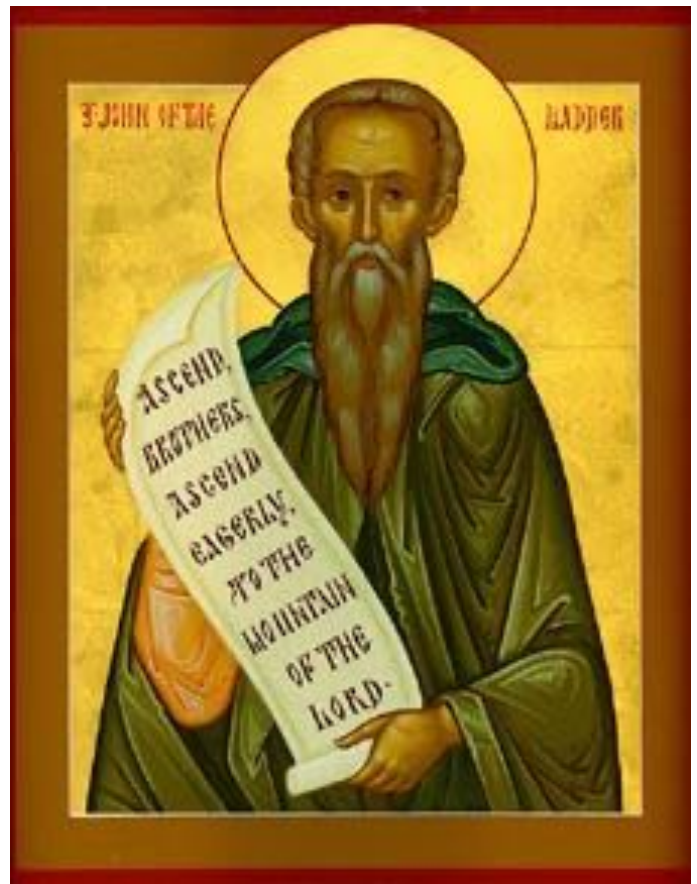
It is not by chance that in THE LADDER Saint John speaks about tears of repentance: “Just as fire burns and destroys the wood, so pure tears wash away every impurity, both external and internal.” His holy prayer was strong and efficacious, as may be seen from an example from the life of the God-pleasing saint.

Saint John had a disciple named Moses. Once, the saint ordered his disciple to bring dung to fertilize the vegetable garden. When he had fulfilled the obedience, Moses lay down to rest under the shade of a large rock, because of the scorching heat of summer. Saint John was in his cell in a light sleep. Suddenly, a man of remarkable appearance appeared to him and awakened the holy ascetic, reproaching him, “John, why do you sleep so heedlessly, when Moses is in danger?”

Saint John immediately woke up and began to pray for his disciple. When Moses returned in the evening, Saint John asked whether any sort of misfortune had befallen him.

The monk replied, “A large rock would have fallen on me as I slept beneath it at noon, but I left that place because I thought I heard you calling me.” Saint John did not tell his disciple of his vision, but gave thanks to God.

Saint John ate the food which is permitted by the monastic rule, but only in moderation. He did not sleep very much, only enough to keep up his strength, so that he would not ruin his mind by unceasing vigil.



“I do not fast excessively,” he said of himself, “nor do I give myself over to intense all-night vigil, nor lay upon the ground, but I restrain myself..., and the Lord soon saved me.”

The following example of Saint John’s humility is noteworthy. Gifted with discernment, and attaining wisdom through spiritual experience, he lovingly received all who came to him and guided them to salvation. One day some envious monks reproached him for being too talkative, and so Saint John kept silence for a whole year. The monks realized their error, and they went to the ascetic and begged him not to deprive them of the spiritual profit of his conversation.

Concealing his ascetic deeds from others, Saint John sometimes withdrew into a cave, but reports of his holiness spread far beyond the vicinity. Visitors from all walks of life came to him, desiring to hear his words of edification and salvation. After forty years of solitary asceticism, he was chosen as igumen of Sinai when he was seventy-five. Saint John governed the holy monastery for four years. Toward the end of his life, the Lord granted him the gifts of clairvoyance and wonderworking.

At the request of Saint John, igumen of the Raithu monastery (Commemorated on Cheesefare Saturday), he wrote the incomparable LADDER, a book of instruction for monks who wished to attain spiritual perfection.

Continued next page...

St. John Climacus...

Knowing of the wisdom and spiritual gifts of Saint John of Sinai, the igumen of Raithu requested him to write down whatever was necessary for the salvation of those in the monastic life. Such a book would be “a ladder fixed on the earth” (Gen. 28:12), leading people to the gates of Heaven.

Saint John felt that such a task was beyond his ability, yet out of obedience he fulfilled the request. The saint called his work THE LADDER, for the book is “a fixed ladder leading from earthly things to the Holy of Holies...” The thirty steps of spiritual perfection correspond to the thirty years of the Lord’s age. When we have completed these thirty steps, we will find ourselves with the righteous and will not stumble. THE LADDER begins with renunciation of the world, and ends with God, Who is love (1 John 4:8).

Although the book was written for monks, any Christian living in the world will find it an unerring guide for ascending to God, and a support in the spiritual life. Saints Theodore the Studite (November 11 and January 26), Sergius of Radonezh (September 25 and July 5), Joseph of Volokolamsk (September 9 and October 18), and others relied on THE LADDER as an important guide to salvation.

The twenty-second step of THE LADDER deals with various forms of vainglory. Saint John writes: “When I fast, I am vainglorious; and when I permit myself food in order to conceal my fasting from others I am again vainglorious about my prudence. When I dress in fine clothing, I am vanquished by vanity, and if I put on drab clothing, again I am overcome by vanity. If I speak, vainglory defeats me. If I wish to keep silence, I am again given over to it. Wherever this thorn comes up, it stands with its points upright.

A vain person seems to honor God, but strives to please men rather than God.

People of lofty spirit bear insult placidly and willingly, but only the holy and righteous may hear praise without harm.

When you hear that your neighbor or friend has slandered you behind your back, or even to your face, praise and love him.

It is not the one who reproaches himself who shows humility, for who will not put up with himself? It is the one who is slandered by another, yet continues to show love for him.

Whoever is proud of his natural gifts, intelligence, learning, skill in reading, clear enunciation, and other similar qualities, which are acquired without much labor, will never obtain supernatural gifts. Whoever is not faithful in small things (Luke 16:10), is also unfaithful in large things, and is vainglorious.

It often happens that God humbles the vainglorious, sending a sudden misfortune. If prayer does not destroy a proud thought, we bring to mind the departure of the soul from this life. And if this does not help, let us fear the shame which follows dishonor. “For whoever humbles himself shall be exalted, and whoever exalts himself shall be humbled” (Luke 14:11). When those who praise us, or rather seduce us, start to praise us, let us recall our many sins, then we shall find that we are not worthy of what they say or do to honor us.”

In THE LADDER Saint John describes the ascent toward spiritual perfection, which is essential for anyone who wishes to save his soul. It is a written account of his thoughts, based on the collected wisdom of many wise ascetics, and on his own spiritual experience. The book is a great help on the path to truth and virtue.

The steps of THE LADDER proceed gradually from strength to strength on the path of perfection. The summit is not reached suddenly, but gradually, as the Savior says: “The Kingdom of Heaven suffers violence, and the violent take it by force” (Mt.11:12).



THE THREE TEMPTATIONS OF CHRIST

EPARCHIAL LENTEN SERIES, March 14, 21

In Scripture (Matthew 4:1-11) 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. Join us as we explore what this means for us especially as we journey to Pascha.

The first of three presentations begins on Thursday March 7 at 7:00 pm.

March 14 – Testing God

Presenter: Fr. Jim Nakonechny

“What does it mean to test God? Have you ever tested God? Have you ever had doubts?” I am sure many of us have, but God desires for us to have confidence in our faith and in His promises to us. Fr. Jim will explore ways that we can strengthen our faith and trust in God.

LOCATION: Exaltation of the Holy Cross, 9003 – 153 Ave, Edmonton.

No registration is necessary. You are encouraged to attend in person. 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.eepararchy.com

Join us for sessions #2 and #3 on March 14 and 21! Learn more: www.eepararchy.com



(Not Regularly Scheduled) Upcoming Events

- **March 8 - II** - Icon Workshop
- **Monday, March 11** - Potatoes and Dough at 7 am
- **Tuesday, March 12** - Perogy Bee at 9 am till 12 noon
- **Thursday, March 14** - Cabbage Roll Bee at 9 am
- **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** - Panachyda after Liturgy
- **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
- **Saturday, March 23 till Saturday, March 30** - Holy Week
- **Sunday, March 24** - Palm Sunday (Children's Liturgy) at 10 am
- **Monday, March 25** - Feast of the Annunciation - Divine Liturgy at 7 pm
- **Monday, March 25** - Bingo
- **Wednesday, March 27** - Holy Wednesday - Usual 7 pm Presanctified
- **Thursday, March 28** - 10 am Vespers with the Washing of the Feet at the Cathedral with Bishop David.
- **Thursday, March 28** - 7 pm Reading of the 12 Passion Gospels
- **Friday, March 29** - Good Friday, 10 am Plaschanytsia (Laying of the Holy Shroud) Service
- **Friday, March 29** - Jerusalem Matins at 7 pm
- **Saturday, March 30** - Hoy Saturday, 7 pm Vespers & Liturgy followed by the Blessing of Easter Baskets
- **Sunday, March 31st** - Easter Sunday, 2 (Abridged) Matins, Resurrectional Liturgy Services & Blessing of Easter Baskets at 8 am and 10 am.
- **Sunday, April 7th** - Parish's Easter "Blessed Breakfast"
- **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.

This is some of their work:



Iconography Workshop this weekend

We are going strong. Two days into it and two to go. Please pray for me and out 6 students.



Interested in joining our parish officially?

Speak to J'lynn. If you don't know who she is, talk to Fr. Bo and he'll introduce you to her, or get you in contact with her. Benefits of membership include, reduced rental rates, a warm fuzzy feeling, a nice box of envelopes, and much more.

Parish & Beyond News:

- Please pray for the soul of the Servant of God + **Terry Miskiwi** who passed away earlier this week. The funeral is anticipated to take place on March 19th, at 10 am here in the parish.
- **Blessed Breakfast** Sunday April 7 after the 10 am Divine Liturgy Tickets: Adults - \$20.00/\$8.00 Child March 31 will be \$25.00
- **Parish Bake Sale** - Saturday March 23rd 9:00 - Noon
- Holy Cross Ladies' Club is **looking for a casual cook** for our parish. The position requires flexibility as functions/events occur on an as needed ongoing basis. People who are qualified in catering and food handling and safety will be considered. If you love working in a fast paced environment and working with dynamic team members, please get in touch with either Heather Gauthier at 780 982-4189 or Dianne Kluk at 780 242-1534 for further information.
- **The annual AGM** is fast approaching on March 17th after the Divine Liturgy. We still have open positions and we need your help in making Holy Cross a stronger community. If you have any questions, please contact Mark Helmak, Peter Fedorak, Edd Horyn, or Mark Ramsanker.
- The Annual **AGM booklet** is ready for distribution.
- **Did you know** that the utilities costs for Holy Cross was over \$52,000 last year? Also, insurance rates have gone up over the last three years - last year was just over \$32,000 for the Church/Hall. Holy Cross expects that the insurance costs will continue to rise. Come to the AGM and learn more about the Financial situation as Holy Cross is currently running a monthly deficit and utilizing Legacy Funds.
- **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."
- 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 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)



Holy Cross Ladies Club

EASTER BAKE SALE

Saturday, March 23, 2024
9:00 AM - Noon

We would like to encourage all parishioners to bring their donations of home-baked goods or items On Friday, March 22 between 1:00 pm - 7:00 pm.

We thank you for your contributions which in turn helps to make a successful Bake Sale!



Items that sell well are: Paskas, Babkas, breads, chiffon cakes, buns, pies, pompušky, perishky, doughnuts, cinnamon buns and egg noodles.



However, ALL home goods will be gratefully accepted.

Thank You in Advance!

Note: Please list all ingredients such as raisins, nuts, peanut butter, etc., which could affect people with allergies.



CHILDREN'S HOLY WEEK DAYCAMP

The theme for the week is "HOLY WEEK: FROM THE CROSS, TO THE TOMB, TO THE UPPER ROOM." We will pray, sing, make crafts, make new friends and spend time with old friends.



AGE: Grades 1-6
DATES: March 25, 26, 27
TIME: 9:00 am - 3:00 pm

LOCATION: Holy Eucharist Parish,
6425-120 Ave NW, Edmonton

COST: \$35 per child. Fee covers snacks and materials.
CONTACT: youth@eeparchy.com or 780-424-5496
to register or for more information.

Watch your bulletins for more information.
Children are asked to bring a lunch each day.

Youth in Grades 7-12 are encouraged to volunteer as camp counsellors.

Ukrainian Catholic
Eparchy of Edmonton



Українська Католицька
Єпархія Едмонтону



REGISTER
HERE!

Kid's Bulletin Page

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



**St. John of the Ladder
pray for us.**

Next Couple of Weeks at Holy Cross Parish

Note: If you are looking for the readings of the day, or the type of fasting required (if any) please check the online parish calendar on our website, or your liturgical calendar.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 Div</p> <p>9:30 am Rosary</p> <p>10 am Divine Liturgy</p> <p>Sunday School & Coffee Hour</p> <p>following the Liturgy a Panachyda for + Al Tymko</p> <p>12 noon Icon Workshop continues</p> <p>2 pm Divine Liturgy at St. Michael's Extended Care with Fr. Slavko?</p>	<p>11 </p> <p>Our Holy Father Sophronius, Patriarch of Jerusalem (638). Great Fast Day 29.</p> <p>7 am Potatoes & Dough</p> <p>10 am Bible Study</p> <p>10 am Icon Workshop Continues</p> <p>7 or 7:30 pm Knights of Columbus Meeting</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.</p> <p>9 am Perogy Bee</p> <p>12:30 pm A.F. School visit</p>	<p>13 </p> <p>Transfer of the Relics of Our Holy Father Nicephorus, Patriarch of Constantinople (847). Great Fast Day 31.</p> <p>7 pm Presanctified Liturgy</p>	<p>14 </p> <p>Our Venerable Father Benedict of Nursia (547). Great Fast Day 32.</p> <p>9 am Cabbage Rolls</p> <p>8:30 am St. Matthew School Visit</p> <p>4 pm Sacred Orders Commission Meeting</p> <p>5:30 pm Fr. Bo has an appointment</p> <p>7 pm Camp Oselia AGM</p> <p>7 pm Lenten Series with Fr. Jim Nakonechny</p>	<p>15 </p> <p>Holy Martyr Agapius and the Six Martyrs with Him (284-305). Great Fast Day 33.</p> <p>10 am Akathist</p> <p>1 pm Fr. Bo Teaches Home Schoolers about the process of Iconography</p> <p>5:30 pm Fr. Bo has an appointment</p>	<p>16 </p> <p>Fifth Saturday of the Great Fast: Akathist Saturday. Holy Martyrs Sabinus and Pappas (284-305) Great Fast Day 34.</p> <p>2 pm First Solemn Communion Class</p>
<p>17 </p> <p>Fifth Sunday of the Great Fast: Our Venerable Mother, Mary of Egypt.</p> <p>Octoechos Tone 1. Our Venerable Father Alexius, Man of God. Great Fast Day 35.</p> <p>9:30 am Rosary</p> <p>10 am Divine Liturgy</p> <p>Sunday School & Coffee Hour</p> <p>following the Liturgy a Panachyda for + Leonard Stepanick</p> <p>11:30 am Parish Annual General Meeting</p> <p>2 pm Divine Liturgy at St. Michael's Extended Care</p>	<p>18 </p> <p>Our Holy Father Cyril, Archbishop of Jerusalem (386). Great Fast Day 36.</p> <p>10 am Bible Study</p> <p>6 pm Choir Practice</p>	<p>19 </p> <p>Holy Martyrs Chrysanthus and Daria (253-60). Great Fast Day 37.</p> <p>10 am Funeral Parastas for Terry Miskew</p>	<p>20 </p> <p>Our Venerable Fathers Martyred by the Saracens at the Monastery of St. Sabbas (580-97). Great Fast Day 38.</p> <p>7 pm Presanctified Liturgy</p>	<p>21 </p> <p>Our Venerable Father and Confessor James, Bishop of Catania (813-20). Great Fast Day 39.</p> <p>9 am - Noon Bake Sale Prep</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. Michael Bomback</p>	<p>22 </p> <p>Holy Priest-Martyr Basil, Presbyter of Ancyra (363). Passing into eternal life (1924) of Fr. Isidore Dolnytsky, hymnographer, professor and spiritual father of Lviv and the Greek College in Rome. Great Fast Day 40.</p> <p>1 pm - 7pm Bake Sale Prep</p> <p>10 am Akathist</p>	<p>23 </p> <p>Holy Week Begins. Lazarus Saturday.</p> <p>Easter Bake Sale</p> <p>2 pm First Solemn Communion Class</p>
<p>24</p> <p>Flowery (Palm) Sunday: The Lord's Entrance into Jerusalem.</p> <p>9:30 am Rosary</p> <p>10 am "Children's" Divine Liturgy</p> <p>Sunday School & Coffee Hour</p> <p>2 pm Divine Liturgy at</p>	<p>25 </p> <p>Great Monday & Annunciatio</p> <p>n of Our Most Holy Lady, the Mother of God and Ever-Virgin Mary. Passing into Eternal Life (1944) of Blessed Omelian (Emil) Kovch, Priest of Peremysliany and Martyr of Majdanek</p> <p>Eparchial</p>	<p>26 </p> <p>Great Tuesday. Synaxis of the Holy Archangel Gabriel. Great Week.</p> <p>Eparchial Children's Day Camp 2 of 3</p>	<p>27 </p> <p>Great Wednesday. Our Holy Mother Matrona of Thessalonica. Great Week.</p> <p>Eparchial Children's Day Camp 3 of 3</p> <p>7 pm Presanctified</p>	<p>28 </p> <p>Great Thursday. Our Venerable Father Hilarion the New. Holy Stephen the Wonderworker (464). Great Week.</p> <p>10 am Liturgy with Washing of the Feet</p> <p>Liturgy with</p>	<p>29 </p> <p>Great (Good) Friday. Great Week. Strict Fast.</p> <p>10 am Plaschanytsi a (Shroud) service</p>	<p>30 </p> <p>Great Saturday. Great Week.</p> <p>7 pm Vespers with Liturgy of St. Basil & Blessing of Easter Baskets!</p>

Sunday, March 10, 2024

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.

Troparion, Tone 1: O John, our God-bearing father,* you were shown to be a citizen of the desert,* an angel in bodily form,* and a worker of miracles.* Through fasting, prayers and vigils you received heavenly gifts* to heal the sick and the souls of those who, in faith, run to you.* Glory to Him who gives you strength.* Glory to Him who crowned you.* Glory to Him who works healing for all through you.

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

Kontakion, Tone 4: On the heights of true abstinence,* the Lord established you as a reliable star,* giving light for guidance to the ends of the earth,* O father John, our teacher.

Prokeimenon, Tone 8

Pray and give praise to the Lord our God.

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

Epistle: Hebrews 6:13-20 (NRSV)

Brothers and Sisters, when God made a promise to Abraham, because he had no one greater by whom to swear, he swore by himself, saying, “I will surely bless you and multiply you.” And thus Abraham, having patiently endured, obtained the promise. Human beings, of course, swear by someone greater than themselves, and an oath given as confirmation puts an end to all dispute. In the same way, when God desired to show even more clearly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it by an oath, so that through two unchangeable things, in which it is impossible that God would prove false, we who have taken refuge might be strongly encouraged to seize the hope set before us. We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, where Jesus, a forerunner on our behalf, has entered, having become a high priest forever according to the order of Melchizedek.

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. (*Psalm 94:1,2*)

Gospel: Mark 9:17-31; (NRSV)

At that time a man came to Jesus, fell down before him and said, “Teacher, I brought you my son; he has a spirit that makes him unable to speak; and whenever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, but they could not do so.” He answered them, “You faithless generation, how much longer must I be among you? How much longer must I put up with you? Bring him to me.” And they brought the boy to him. When the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. Jesus asked the father, “How long has this been happening to him?” And he said, “From childhood. It has often cast him into the fire and into the water, to destroy him; but if you are able to do anything, have pity on us and help us.” Jesus said to him, “If you are able!—All things can be done for the one who believes.” Immediately the father of the child cried out, “I believe; help my unbelief!” When Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, “You spirit that keeps this boy from speaking and hearing, I command you, come out of him, and never enter him again!” After crying out and convulsing him terribly, it came out, and the boy was like a corpse, so that most of them said, “He is dead.” But Jesus took him by the hand and lifted him up, and he was able to stand. When he had entered the house, his disciples asked him privately, “Why could we not cast it out?” He said to them, “This kind can come out only through prayer.”

They went on from there and passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, “The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again.”

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. (*Psalm 148:1*)*

The just man shall be in everlasting remembrance;* of evil hearsay he shall have no fear.

Alleluia, alleluia,* alleluia.