



# 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 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**

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**Deacon John Lukey**

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**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

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**Church Address:**

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Edmonton, AB T5C 3R6

More info on the next page.

## Sunday, July 7, 2024

**Seventh Sunday after Pentecost. Octoechos Tone 6. Our Lady of Perpetual Help. Our Venerable Father Thomas of Maleum and Acacius who is mentioned in "The Ladder of Divine Ascent."**



The Icon of  
**Our Lady of Perpetual Help**

Icons like saints are often celebrated on certain days of the year. Today, July 7<sup>th</sup>, is the feast of the Icon of "Our Lady of Perpetual Help" (OLPH).

This particular image is one of many miraculous icons known in the east as the "Theotokos of the Passions". In it Christ looks to the instruments of His Passion and Death in the arms of Archangel Gabriel. Opposite Gabriel is Archangel Michael also holding the spear with which Christ's side was pierced and the sponge with which vinegar was put up to his lips while He

hung on the Holy Life-Giving Cross. As Christ contemplates the Passion, the Theotokos looks at us and points to Her Divine Son in a way as to tell us that He contemplates the passion because of His love for us. Many explanations of why Jesus' shoe is falling off have been proposed over time. A common one is that the Passion is indeed something that scares the Christ Child, and therefore he quickly leaps to the comfort of His Mother's embrace, loosing a shoe in his haste.

In general icons of the Theotokos of the Passion belong to the category of Icons called "Hodegitria" (which is Greek for "The Way"). These Icons of our Lady show her pointing towards the source of our salvation; namely Her Son, Jesus.

This particular icon (OLPH) has been confused by some for being the third of the three original icons that the Evangelist Luke painted of the Virgin. However research and analysis of the icon point to the fact that it was painted in the 13<sup>th</sup> Century. The commonly told history of this image is that it hung in a monastery on the Greek island of Crete. In the 15<sup>th</sup> century it was stolen by a merchant and taken to the city of Rome, where it hung in his home for many years. On route from Crete to Rome with the icon the boat that the merchant was sailing

**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. John Lukey  
 President – Mark Helmak  
 Past President – Peter Fedorak  
 1st Vice-President – Mark Ramsankar  
 2nd Vice-President – Deacon John Lukey  
 Secretary – Gwen Uchach  
 Treasurer – Dale Kluk  
 Archivist – Diana Horyn  
 Cultural – Mariyka Bodnar  
 Fundraising – Terry Yackimec  
 Hall Rental – Lisa Borosuik & Gladys Woitas  
 Ladies' Club – Diane Kluk  
 Knights of Columbus – Darrell Uchach  
 Men's Club President – Marc Chiasson  
 Youth Coordinator – Emmette Lysak  
 Maintenance – Larry Waye  
 Membership – J'lyn Ramsankar  
 Social – Edd Horyn  
 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.

in was caught by a storm and nearly sank, but the merchant beseeched the Mother of God to save them, and the storm suddenly stopped.

After he arrives in Rome, the Theotokos herself appears to the merchant and asks him to take her image to a church where it can be publicly venerated, but he refused fearing that his crime would be found out. Soon after this he became ill. Before his death the merchant asked a friend to take the image to a church, but the friend upon receiving the icon took it to his home instead. Here once again the Virgin appeared to members of the family and warned them that her image was to be placed in a Church for public veneration, or if not sickness would befall them also. After refusing at first, the family did become ill then they relented and brought the icon to the Church of St. Matthew's on March 27<sup>th</sup>, 1499. Upon it's arrival a man's arm, which was crippled was miraculously made whole again.

The icon hung in the Church where many pilgrims flocked to the miracle granting icon for over 3 centuries. Over these years thousand of faithful including many popes prayed before the image.

In June of 1798, Napoleon and his army levelled St. Matthew's Church, so the icon was taken into hiding, however while in hiding the icon was forgotten for 64 years. A Redemptorist priest read about the icon and remembered how in his youth he has prayed before the holy image, and he remembered that location. He wrote to his superiors, and after 3 years the icon finally made its ways to the Redemptorist's priests hands.

In 1866 Pope Pius IX had the icon was restored to the place where the church of St. Matthew's had once stood, which was the sight of the new church of St. Alphonsis. In 1867 the icon was "crowned" as is the tradition for icons that have become known for being miraculous.



The Congregation of the Most Holy Redeemer (Redemptorists) were charged by the Pope at that time to "Make her known throughout the world." as their founder St. Alphonsis did.

Today, this icon is commonly found in churches and homes in over 78 countries throughout the world, and has become a familiar, comforting and often miraculous focus for our prayers.

**◊ Most Holy Theotokos,  
Save Us.**

# GO THE DISTANCE

## FOR UKRAINE HUMANITARIAN AID

July 11 - 18, 2024

100 km swim/canoe  
+  
42 km ruck march with 45lbs  
+  
80 km swim/canoe  
+  
183 km bike  
=  
405 km

FUNDRAISING GOAL: \$10,000  
FR. IVAN RYBAKOWSKI  
Ukrainian Catholic Priest - Military Chaplain



Yup, my big brother, Fr. Ivan, is at it again. He is raising money this time for the victims of war in Ukraine by exercising... allot.

If you wish to show him some support you can go to the website:

[www.go-the-distance.ca](http://www.go-the-distance.ca)

He will also be posting stuff on this site to keep people in the loop.

Fr. Ivan is my 4<sup>th</sup> oldest brother and serves at the Cathedral in Saskatoon, as well as a military chaplain. He has done MANY of these fundraisers for charities, including several to support cancer research.



VIA SASKATOON BASED ORGANIZATIONS:  
STREAM OF HOPES  
NASHI  
UKRAINIAN PATRIOT

INFO/GIVE:  
[WWW.GO-THE-DISTANCE.CA](http://WWW.GO-THE-DISTANCE.CA)  
CHARITABLE RECEIPTS ONLY BY REQUEST  
TRAINING & TRIP UPDATES ON WEBSITE



## Feeling a little Creative?

In the fall we will be hosting a Petrypivka painting session for everyone in our parish hall. Although we do not have the date nailed down we are thinking some time in September. To help us realize the scope of this workshop we would love to know if people are interested. If you are, please put your name on the sheet in the Anex of our Church. Thanks.



## Upcoming Meetings & Events:

- **Today and the First Sunday of Each Month:** Fr. Myron is here to hear **confessions**. Let's take advantage of this opportunity and return ourselves with our Lord.
- **Postponed:** Perogy Dough and Potato prep (see July 15)
- **Tuesday, July 9 at 9 am:** Cabbage Roll Bee
- **Postponed:** Perogy Bee (see July 16)
- **Wednesday, July 10 at 10 am:** Funeral of + Stephania Holowaychuk.
- **July 7-12: Camp Oselia** Week 2.
- **Saturday, July 13<sup>th</sup> at 2 pm:** **Wedding** here at Holy Cross for Austin & Brittany. (Reception not here). The "Rehearsal" will take place on the Friday beforehand.
- **Monday, July 15 at 9 am:** Perogy Dough and Potato prep
- **Tuesday, July 16 at 9 am:** Perogy Bee
- **The first Tuesday of each month at 10:30 am** (unless otherwise stated in this bulletin): **Divine Liturgies at Venta Care Centre.**
- **July & August:** We will continue with our regular Sunday 9:30 am **Rosary** schedule till the end of June. During the summer months, people are welcome to continue praying the Rosary, either quietly or aloud, but there will be no scheduled leaders.
- **July & August:** Likewise we will continue our weekly **Sunday Coffee Hour** till the end of June. Then we will take a pause for the summer months.
- **August 5-10: Altar Boy Camp.**
- **Saturday, August 10: Hall rental.**
- **Mid August:** Fr. Bo will be away for an Iconography Workshop (this time he is taking it, not giving it).
- **Sunday, September 15<sup>th</sup>:** Bishop David has put this date on his calendar to visit our parish for our **PRAZNYK** (the feast of the Elevation of the Holy Cross is on the 14<sup>th</sup>).
- **September 28: The Perogy Supper Committee is going ahead with the Perogy Supper.** More information will be coming via the bulletin, posters, and sign prior to tickets going on sale. If anyone is interested in helping with the event, please see or call Lasha 780 288 4880 or Terry 780 456 2828.
- **This Fall:** We will begin a **Second Bible Study with some Liturgy Study too** (in addition to our current Monday Morning Bible Study) on every other Wednesday evening. (More details to come)
- **This Fall:** We are hoping to do a Petrykivka Workshop in our parish. Sign up if you are interested in this traditional art.

- **This Fall:** we will begin a **Elementary Youth Program** and a **Jr./Sr. High School Youth Program** on every other Wednesday Evening. (More details to come)
- **This Fall:** conductor Irena Tarnowsky will be assisting our choir and conductor Odessa Nguyen with a **choral workshop**. There's never been a better time to join the choir!
- **2025:** Pope Francis declared **2025 as a Jubilee Year** designating its theme as "Pilgrims of Hope."
- **May - June 2025:** Fr. Bo will be teaching an Iconography class at Newman Theological College.

## Parish News:

- The Handmaid of God + **Stephania Holowaychuk** has passed away. The funeral is scheduled at our parish on Wednesday, July 10 at 10 am.
- **UPDATED!** At the **Pyrogy Bee a week before past Tuesday**, a total of 600 dozen pyrogies were made by ONLY 37 volunteers. Usually there are 60 plus. Our next perogy bee will be on Tuesday, July 16 @ 9 am and potatoes & dough prep on Mon July 15 @ 9 am. We need more volunteers to help out to get ready for the Pyrogy Supper Sept 28. Please pass the word on.
- Monday Morning's **Bible Study** will resume in the fall, as will many of our **other parish programs**.
- Are you 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.
- 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.

## Help Wanted & Parish Requests

- **Would you consider reading the Epistle** during Liturgies sometimes? If you are interested let Fr. Bo know and he will pass your names on to those who currently organize this important ministry.
- At the last council meeting a **Perogy Supper Committee** was setup to look into the possibility of doing a Perogy Supper in the fall of 2024. If anyone is interested in helping with the event, please see or call Lasha 780-288-4880 or Terry 780-456-2828.
- Come **be on a Greeter and Coffee Hour team**. Simply call Diana Horyn at 780-455-9926.
- **BINGO !!** The team of bingo volunteers is in dire need of new volunteers willing to step up and support this reliable fundraiser. Please call our volunteer chairperson, Darlene @ 780-476-8797.
- If you are able to **help with upcoming funerals** in any way, including in the kitchen to help prepare the lunches, talk to Fr. Bo or those in charge of the ministry that you are wanting to help with.

## The Next Couple Weeks at Holy Cross

Please let Fr. Bo know of any mistakes or if he is missing something.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>7</b></p> <p><b>Seventh Sunday after Pentecost.</b> Octoechos Tone 6. Our Lady of Pertual Help. Our Venerable Father Thomas of Maleum. and Acacius mentioned in The Ladder of Divine Ascent of Saint John Climacus. Romans 15:1-7. Matthew 9:27-35.</p> <p>9:30 am. Rosary if anyone wishes to lead it. (Nobody will be scheduled for July &amp; August)</p> <p><b>10 am Divine Liturgy</b></p> <p>No Sunday School, No Coffee Hour till fall.</p>	<p><b>8</b></p> <p>Holy Great-Martyr Procopius (303). 1 Corinthians 9:13-18. Matthew 16:1-6.</p> <p>No Bible Study till September</p> <p>Perogy Prep Postponed till next week</p>	<p><b>9</b></p> <p>Holy Priest-Martyr Pancrattius, Bishop of Tauromenia (1st-2nd c.). 1 Corinthians 10:5-12. Matthew 16:6-12.</p> <p><b>9 am Cabbage Roll Bee</b></p> <p>Perogy Bee Postponed till next week</p>	<p><b>10</b></p> <p>Our Venerable Father Anthony of the Monastery of the Caves in Kiev (1073). Forty-Five Martyrs of Nicopolis in Armenia (321-3). Holy Brothers Francis, Mutius and Raphael and Those with Them, Martyred in Damascus (1860). Polyeleos Feast Galatians 5:22-6:2. Luke 6:17-23.</p> <p>9 am Divine Liturgy Cancelled</p> <p>10 am Baptismal Prep Cancelled</p> <p><b>10 am Funeral for + Stephania Holoway-chuk</b></p>	<p><b>11</b></p> <p>Repose of Blessed Olga (Olha), Princess of Kiev, named Helen at Holy Baptism (c. 970). Holy and Praise-worthy Martyr Euphemia (303). Hoshiv Icon of the Mother of God (Attestation of Miracles by Metropolitan Athanasius Sheptytsky, 1737). Galatians 3:23-29. Matthew 25:1-13.</p> <p><b>4 pm Wedding Rehearsal here at Holy Cross</b></p> <p>5:30 pm Appointment</p> <p>Please have all bulletin items submitted by the end of Thursday if possible.</p>	<p><b>12</b> </p> <p>Holy Martyrs Proclus and Hilary (98-117). Venerable Father Michael of Maleon (961). Abstinence from meat and foods that contain meat. 1 Corinthians 11:8-22. Matthew 17:10-18.</p> <p>5:30 pm Appointment</p>	<p><b>13</b></p> <p>Synaxis of the Holy Archangel Gabriel. Venerable Father Stephen the Sabbaite (9th c.). Holy Father Julian, Bishop of Kenomane. Romans 13:1-10. Matthew 12:30-37.</p> <p><b>2 pm Wedding here at Holy Cross</b></p>
<p><b>14</b></p> <p><b>Eighth Sunday after Pentecost.</b> Octoechos Tone 7. Holy Apostle Aquila. 1 Corinthians 1:10-18. Matthew 14:14-22.</p> <p>9:30 am. Rosary if anyone wishes to lead it. (Nobody will be scheduled for July &amp; August)</p> <p><b>10 am Divine Liturgy</b></p> <p>No Sunday School, No Coffee Hour till fall.</p>	<p><b>15</b></p> <p><b>Holy Grand Prince Vladimir (Volodymyr), Equal-to-the-Apostles,</b> Named Basil at Holy Baptism (1015). Holy Martyrs Cyricus and Julitta, His Mother. All-Night Vigil Feast. A day when the faithful are highly encouraged to participate in the Divine Liturgy. Galatians 1:11-19. John 10:1-8.</p> <p><b>9 am Potato and Dough Prep</b></p> <p>No Bible Study till September</p>	<p><b>16</b></p> <p>Holy Priest-Martyr Athenogenes and His Ten Disciples (284-305). 1 Corinthians 12:12-26. Matthew 18:18-22. 19:1-2, 13-15.</p> <p><b>9 am Perogy Bee</b></p>	<p><b>17</b></p> <p>Holy Great-Martyr Marina. Blessed Priest-Martyr Pavlo Hoydych. Passing into Eternal Life (1944) of Blessed Tarsykia (Matskiv) of the Sister Servants of Mary Immaculate, Martyr. 1 Corinthians 13:4-14:5. Matthew 20:1-16.</p> <p><b>9 am Divine Liturgy</b></p> <p><b>10 am Baptismal Prep</b></p>	<p><b>18</b></p> <p>Holy Martyr Hyacinth of Amastris. Holy Martyr Emilian (360-63) 1 Corinthians 14:6-19. Matthew 20:17-28.</p> <p>5:30 pm Appointment</p> <p>Please have all bulletin items submitted by the end of Thursday if possible.</p>	<p><b>19</b> </p> <p>Our Venerable Mother Macrina, Sister of Saint Basil the Great (379). Our Venerable Father Dios (c. 431). Abstinence from meat and foods that contain meat. 2 Corinthians 14:26-40. Matthew 21:12-14, 17-20.</p> <p>5:30 pm Appointment</p>	<p><b>20</b></p> <p>Holy and Glorious Prophet Elijah (Elias) (9th c. BC). All-Night Vigil Feast. A day when the faithful are highly encouraged to participate in the Divine Liturgy. James 5:10-20. Luke 4:22-30.</p> <p>Appointment</p>
<p><b>21</b></p> <p><b>Commemoration of the First Six Ecumenical Councils.</b> Octoechos Tone 8. Our Venerable Father Simeon, the Fool for Christ (c. 580), and His Ascetical Companion John (527-65). Prophet Ezekiel. Hebrews 13:7-16. John 17:1-13.</p> <p>9:30 am. Rosary if anyone wishes to lead it. (Nobody will be scheduled for July &amp; August)</p> <p><b>10 am Divine Liturgy</b></p> <p>No Sunday School, No Coffee Hour till fall.</p>	<p><b>22</b></p> <p>Holy Myrrh-bearer and Equal-to-the-Apostles Mary Magdalene. Return of the Relics of the Priest-Martyr Phocas. 1 Corinthians 15:12-19. Matthew 21:18-22.</p> <p>No Bible Study till September</p>	<p><b>23</b></p> <p>Holy Martyrs Trophimus, Theophilus and those with them (284-305). Blessed Priest-Martyr Vasyil Hopko. Miracle of the Poचाiv Icon of the Mother of God against the Invaders (1675). 1 Corinthians 15:29-38. Matthew 21:23-27.</p>	<p><b>24</b></p> <p>Holy Martyrs Borys and Hlib, Named Roman and David at Holy Baptism (1015). Holy Great-Martyr Christine. Venerable Charbel. Polyeleos Feast. Romans 8:28-39. John 15:17-16:2.</p> <p><b>9 am Divine Liturgy</b></p> <p><b>10 am Baptismal Prep</b></p>	<p><b>25</b></p> <p>Dormition of Saint Anna, Mother of the Most Holy God-bearer (Theotokos). Holy Women Olympiada and Eupraxia (5th c.). Polyeleos Feast. Galatians 4:22-31. Luke 8:16-21.</p> <p>5:30 pm Appointment</p> <p>Please have all bulletin items submitted by the end of Thursday if possible.</p>	<p><b>26</b> </p> <p>Holy Priest-Martyr Hermolaus and those with him (286-305). Holy Venerable-Martyr Parasceve. Abstinence from meat and foods that contain meat. 2 Corinthians 1:12-20. Matthew 22:23-33.</p> <p>5:30 pm Appointment</p>	<p><b>27</b></p> <p>Holy Great-Martyr and Healer Panteleimon (286-305). Our Holy Father Clement the Wonderworker, Archbishop of Okhrid (910). Polyeleos Feast. 2 Timothy 2:1-10. John 15:17-16:2.</p>
<p><b>28</b></p> <p>Tenth Sunday after Pentecost. Octoechos Tone 1. Holy Apostles and Deacons Prochor, Nicanor, Timon and Parmenas (1st-2nd c.). 10 SAP 1 Corinthians 4:9-16. Matthew 17:14-23.</p> <p>9:30 am. Rosary if anyone</p>	<p><b>29</b></p> <p>Holy Martyr Callinicus. 2 Corinthians 2:4-15. Matthew 23:13-22.</p> <p>No Bible Study till September</p>	<p><b>30</b></p> <p>Holy Apostles Silas and Silvanus and those with them. 2 Corinthians 2:14-3:3. Matthew 23:23-28.</p>	<p><b>31</b></p> <p>Fore-feast of the Procession of the Precious and Life-Giving Cross of the Lord. Holy and Just Eudocimus (840). 2 Corinthians 3:4-11. Matthew 23:29-39.</p>	<p><b>August 1</b></p> <p>Procession with the Holy Relics of the Precious and Life-Giving Cross of the Lord. Seven Holy Martyred Maccabees, Their Mother Solome and Their Teacher</p>	<p><b>2</b> </p> <p>Transfer of the Holy Relics of the First-martyr and Archdeacon Stephen (5th c.). Dormition Fast. Abstinence from meat and foods that contain meat. 2</p>	<p><b>3</b></p> <p>Our Venerable Fathers Isaac (406-25), Dalmatus and Faustus. Dormition East. 1 Corinthians 1:3-9. Matthew 19:3-12.</p> <p>Fr. Bo away</p>