



# 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**

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

Our New Toll Free Number:  
1-866-886-3946

We no longer have a fax number.  
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, January 19, 2025

**35th Sunday after Pentecost; Octoechos Tone 2;  
Our Venerable Father Macarius of Egypt. Resurrectional Gospel 2.**

**Christ is Born! Glorify Him!  
Христос Раждається! Славте Його!**



Join Bishop David on a Pilgrimage of Hope to the Bishop Velychkovsky National Martyr's Shrine in Winnipeg on May 2-4, 2025. Pope Francis has designated 2025 the Jubilee Year of Hope and encourages all faithful to embark on pilgrimages, repent of their sins, forgive the sins of others and renew a focus on the spiritual life. Join Bishop David and make a formal pilgrimage to this designated Jubilee Site and partake of a special outpouring of grace and mercy. The trip will also include a visit to the Grotto of Our Lady of Lourdes at Cooks Creek and the Canadian Museum for Human Rights. Information session Wednesday, February 12, 6:30-8:00 pm at the Pastoral Centre, 9645-108 Avenue in Edmonton or QR code for Zoom link.



## Holy Cross 2025 Malanka Celebration

On January 11, 2025 our parish hosted a Malanka celebration. It was attended by 165 guests, who thoroughly enjoy a beautiful evening of delicious food, entertainment, with music and dance by the Sparkling Tones. The Malanka Organizing Committee of Rose Marie Semchuk, Elizabeth Letwin, Diana Horyn, Rose Marie Sumka, Cynthia Moolyk, and Edd Horyn (chair) appreciated the tremendous effort and cooperation that was provided by the forty- plus volunteers that made this a successful event. We appreciated the expertise of our cook, Judy Mydan and her numerous volunteers that provided an exceptional food experience. This annual celebration was an outstanding social gathering and it provided a financial boost to the parish of approximately \$ 6,500 dollars. A job well done!

Thank you to all who stepped up to help with the Frozen Foods Sales. You all make this parish a better and happier place. God bless you all.

Our **Annual General Meeting** for the parish is anticipated to happen at the end of March. Normally this happens after a Sunday Liturgy. There is always lots to do in our parish and you won't want to miss this important event. So mark your calendar.

**- We are planning to do a Panachyda on the first Saturday of February, which is next Saturday.**

**The next Bible Study will be delayed by 1 week**  
due to a funeral. See calendar for more details.

### Hall Rentals:

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

**Perogy 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 Borosuk & Gladys Woitas  
Ladies' Club – Dianne 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.



**"SEEK AND YOU SHALL FIND"  
AND THEN IT WILL BE YOUR TURN TO HIDE.**

**IF YOU ARE UNDER 50 YEARS OF AGE  
YOU ARE INVITED TO PLAY IN OUR**



**YOUTH AND YOUNG ADULT:**

# "HIDE AND SEEK IN THE DARK CHALLENGE"



**WHY? WE ARE GATHERING YOUNG PEOPLE TO  
BUILD COMMUNITY IN OUR CHURCH... AND TO HAVE  
MEANINGFUL CONVERSATIONS WITH EACH OTHER ABOUT  
GOD AND OUR FAITH... AND TO HAVE A WHOLE LOT OF FUN!**

**Wednesday, January 22<sup>nd</sup>  
From 7 - 9:30 PM.  
HERE AT HOLY CROSS.  
9003 153 AVE, NW EDMONTON**



**WILL YOU BE THE LAST ONE FOUND?**

## PEROGY SUPPER

**WHEN:**  
Saturday, March 1, 2025

**WHERE:**  
Exaltation of the Holy Cross Parish  
9003-153 AVE



**FOR TICKETS CONTACT  
DIANNE @ 780-242-1534**

### ALL AGES EVENT

#### ADVANCED TICKETS ONLY

Adults (13 yrs+) \$25.00

Youth (7-12 yrs) \$15.00

Children (6 & under) Free

- Tickets required for admission
- No Refunds
- Cash Bar

#### 2 SITTINGS

**FIRST**  
4:30 PM – 6:00 PM  
Doors Open @ 4:00 pm

**SECOND**  
6:30 PM – 8:00 PM  
Doors open @ 6:15 pm



O Lord, who in your compassion have granted us the graces of this Jubilee Year, have mercy on your people and increase in us the spirit of repentance and penance. Nurture in our hearts the grace of conversion, and restore in us the gift of hope, so that we may walk confidently on the path of holiness.



# Venerable Macarius the Great of Egypt

Commemorated on [January 19](#)

Saint Macarius the Great of Egypt was born in the early fourth century in the village of Ptinapor in Egypt. At the wish of his parents he entered into marriage, but was soon widowed. After he buried his wife, Macarius told himself, "Take heed, Macarius, and have care for your soul. It is fitting that you forsake worldly life."

The Lord rewarded the saint with a long life, but from that time the memory of death was constantly with him, impelling him to ascetic deeds of prayer and penitence. He began to visit the church of God more frequently and to be more deeply absorbed in Holy Scripture, but he did not leave his aged parents, thus fulfilling the commandment to honor one's parents.

Until his parents died, Saint Macarius used his remaining substance to help them and he began to pray fervently that the Lord might show him a guide on the way to salvation. The Lord sent him an experienced Elder, who lived in the desert not far from the village. The Elder accepted the youth with love, guided him in the spiritual science of watchfulness, fasting and prayer, and taught him the handicraft of weaving baskets. After building a separate cell not far from his own, the Elder settled his disciple in it.

The local bishop arrived one day at Ptinapor and, knowing of the saint's virtuous life, ordained him to the diaconate against his will. Saint Macarius was overwhelmed by this disturbance of his silence, and so he went secretly to another place. The Enemy of our salvation began a tenacious struggle with the ascetic, trying to terrify him, shaking his cell and suggesting sinful thoughts. Saint Macarius repelled the attacks of the devil, defending himself with prayer and the Sign of the Cross.

Evil people slandered the saint, accusing him of seducing a woman from a nearby village. They dragged him out of his cell and jeered at him. Saint Macarius endured the temptation with great humility. Without a murmur, he sent the money that he got for his baskets for the support of the pregnant woman.

The innocence of Saint Macarius was manifested when the woman, who suffered torment for many days, was not able to give birth. She confessed that she had slandered the hermit, and revealed the name of the real father. When her parents found out the truth, they were astonished and intended to go to the saint to ask forgiveness. Though Saint Macarius willingly accepted dishonor, he shunned the praise of men. He fled from that place by night and settled on Mt. Nitria in the Pharan desert.

Thus human wickedness contributed to the prospering of the righteous. Having dwelt in the desert for three years, he went to Saint Anthony the



Great, the Father of Egyptian monasticism, for he had heard that he was still alive in the world, and he longed to see him. Abba Anthony received him with love, and Macarius became his devoted disciple and follower. Saint Macarius lived with him for a long time and then, on the advice of the saintly abba, he went off to the Skete monastery (in the northwest part of Egypt). He so shone forth in asceticism that he came to be called "a young Elder," because he had distinguished himself as an experienced and mature monk, even though he was not quite thirty years old.

Saint Macarius survived many demonic attacks against him. Once, he was carrying palm branches for weaving baskets, and a devil met him on the way and wanted to strike him with a sickle, but he was not able to do this. He said, "Macarius, I suffer great anguish from you because I am unable to vanquish you. I do everything that you do. You fast, and I eat nothing at all. You keep vigil, and I never sleep. You surpass me only in one thing: humility."

When the saint reached the age of forty, he was ordained to the priesthood and made the head of the monks living in the desert of Skete. During these years, Saint Macarius often visited with Saint Anthony the Great, receiving guidance from him in spiritual conversations. Abba Macarius was deemed worthy to be present at the death of Saint Anthony and he received his staff. He also received a double portion of the Anthony's spiritual power, just as the prophet Elisha once received a double portion of the grace of the prophet Elias, along with the mantle that he dropped from the fiery chariot.

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Saint Macarius worked many healings. People thronged to him from various places for help and for advice, asking his holy prayers. All this unsettled the quietude of the saint. He therefore dug out a deep cave under his cell, and hid there for prayer and meditation.

Saint Macarius attained such boldness before God that, through his prayers, the Lord raised the dead. Despite attaining such heights of holiness, he continued to preserve his unusual humility. One time the holy abba caught a thief loading his things on a donkey standing near the cell. Without revealing that he was the owner of these things, the monk began to help tie up the load. Having removed himself from the world, the monk told himself, "We bring nothing at all into this world; clearly, it is not possible to take anything out from it. Blessed be the Lord for all things!"



Once, Saint Macarius was walking and saw a skull lying upon the ground. He asked, "Who are you?" The skull answered, "I was a chief priest of the pagans. When you, Abba, pray for those in hell, we receive some mitigation."

The monk asked, "What are these torments?" "We are sitting in a great fire," replied the skull, "and we do not see one another. When you pray, we begin to see each other somewhat, and this affords us some comfort." Having heard such words, the saint began to weep and asked, "Are there still more fiercesome torments?" The skull answered, "Down below us are those who knew the Name of God, but spurned Him and did not keep His commandments. They endure even more grievous torments."

Once, while he was praying, Saint Macarius heard a voice: "Macarius, you have not yet attained such perfection in virtue as two women who live in the

city." The humble ascetic went to the city, found the house where the women lived, and knocked. The women received him with joy, and he said, "I have come from the desert seeking you in order to learn of your good deeds. Tell me about them, and conceal nothing."

The women answered with surprise, "We live with our husbands, and we have not such virtues." But the saint continued to insist, and the women then told him, "We married two brothers. After living together in one house for fifteen years, we have not uttered a single malicious nor shameful word, and we never quarrel among ourselves. We asked our husbands to allow us to enter a women's monastery, but they would not agree. We vowed not to utter a single worldly word until our death."

Saint Macarius glorified God and said, "In truth, the Lord seeks neither virgins nor married women, and neither monks nor laymen, but values a person's free intent, accepting it as the deed itself. He grants to everyone's free will the grace of the Holy Spirit, which operates in an individual and directs the life of all who yearn to be saved."

During the years of the reign of the Arian emperor Valens (364-378), Saint Macarius the Great and Saint Macarius of Alexandria were subjected to persecution by the followers of the Arian bishop Lucius. They seized both Elders and put them on a ship, sending them to an island where only pagans lived. By the prayers of the saints, the daughter of a pagan priest was delivered from an evil spirit. After this, the pagan priest and all the inhabitants of the island were baptized. When he heard what had happened, the Arian bishop feared an uprising and permitted the Elders to return to their monasteries.

The meekness and humility of the monk transformed human souls. "A harmful word," said Abba Macarius, "makes good things bad, but a good word makes bad things good." When the monks asked him how to pray properly, he answered, "Prayer does not require many words. It is needful to say only, 'Lord, as Thou wilt and as Thou knowest, have mercy on me.' If an enemy should fall upon you, you need only say, 'Lord, have mercy!' The Lord knows that which is useful for us, and grants us mercy."

When the brethren asked how a monk ought to comport himself, the saint replied, "Forgive me, I am not yet a monk, but I have seen monks. I asked them what I must do to be a monk. They answered, 'If a man does not withdraw himself from everything which is in the world, it is not possible to be a monk.' Then I said, 'I am weak and cannot be as you are.' The monks responded, 'If you cannot renounce the world as we have, then go to your cell and weep for your sins.'"

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Saint Macarius gave advice to a young man who wished to become a monk: "Flee from people and you shall be saved." That one asked: "What does it mean to flee from people?" The monk answered: "Sit in your cell and repent of your sins."

Saint Macarius sent him to a cemetery to rebuke and then to praise the dead. Then he asked him what they said to him. The young man replied, "They were silent to both praise and reproach." "If you wish to be saved, be as one dead. Do not become angry when insulted, nor puffed up when praised." And further: "If slander is like praise for you, poverty like riches, insufficiency like abundance, then you shall not perish."

The prayer of Saint Macarius saved many in perilous circumstances of life, and preserved them from harm and temptation. His benevolence was so great that they said of him: "Just as God sees the whole world, but does not chastize sinners, so also does Abba Macarius cover his neighbor's weaknesses, which he seemed to see without seeing, and heard without hearing."

The monk lived until the age of ninety. Shortly before his death, Saints Anthony and Pachomius appeared to him, bringing the joyful message of his departure to eternal life in nine days. After instructing his disciples to preserve the monastic Rule and the traditions of the Fathers, he blessed them and began to prepare for death. Saint Macarius departed to the Lord saying, "Into Thy hands, O Lord, I commend my spirit."

Abba Macarius spent sixty years in the wilderness, being dead to the world. He spent most of his time in conversation with God, often in a state of spiritual rapture. But he never ceased to weep, to repent and to work. The saint's profound theological writings are based on his own personal experience. Fifty Spiritual Homilies and seven Ascetic Treatises survive as the precious legacy of his spiritual wisdom. Several prayers composed by Saint Macarius the Great are still used by the Church in the Prayers Before Sleep and also in the Morning Prayers.

Man's highest goal and purpose, the union of the soul with God, is a primary principle in the works of Saint Macarius. Describing the methods for attaining mystical communion, the saint relies upon the experience of the great teachers of Egyptian monasticism and on his own experience. The way to God and the experience of the holy ascetics of union with God is revealed to each believer's heart.

Earthly life, according to Saint Macarius, has only a relative significance: to prepare the soul, to make it capable of perceiving the heavenly Kingdom, and to establish in the soul an affinity with the heavenly homeland.

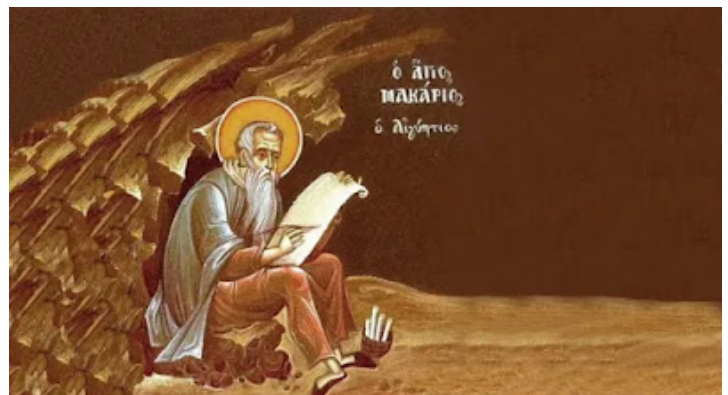
"For those truly believing in Christ, it is necessary to change and transform the soul from its present degraded nature into another, divine nature, and to be fashioned anew by the power of the Holy Spirit."

This is possible, if we truly believe and we truly love God and have observed all His holy commandments. If one betrothed to Christ at Baptism does not seek and receive the divine light of the Holy Spirit in the present life, "then when he departs from the body, he is separated into the regions of darkness on the left side. He does not enter into the Kingdom of Heaven, but has his end in hell with the devil and his angels" (Homily 30:6).

In the teaching of Saint Macarius, the inner action of the Christian determines the extent of his perception of divine truth and love. Each of us acquires salvation through grace and the divine gift of the Holy Spirit, but to attain a perfect measure of virtue, which is necessary for the soul's assimilation of this divine gift, is possible only "by faith and by love with the strengthening of free will." Thus, the Christian inherits eternal life "as much by grace, as by truth."

Salvation is a divine-human action, and we attain complete spiritual success "not only by divine power and grace, but also by the accomplishing of the proper labors." On the other hand, it is not just within "the measure of freedom and purity" that we arrive at the proper solicitude, it is not without "the cooperation of the hand of God above." The participation of man determines the actual condition of his soul, thus inclining him to good or evil. "If a soul still in the world does not possess in itself the sanctity of the Spirit for great faith and for prayer, and does not strive for the oneness of divine communion, then it is unfit for the heavenly kingdom."

The miracles and visions of Blessed Macarius are recorded in a book by the presbyter Rufinus, and his Life was compiled by Saint Serapion, bishop of Tmuntis (Lower Egypt), one of the renowned workers of the Church in the fourth century. His holy relics are in the city of Amalfi, Italy.



# Holy Water and House Blessings

On the Feast of Theophany we bless water. And each year between the feasts of Theophany the Encounter it is traditional for people to invite the clergy to come and bless their homes, cars, farms, businesses and other things with this water.

In addition to the blessing of your home, this is also a great way for you to get to know your pastor, and your pastor to get to know you.

I am happy to come and bless your homes and other such, so let's book an appointment. The best way of doing this is by using your phone or computer to open this link: <https://form.jotform.com/230137590935054>

Or you can scan the QR code below.

If you don't like using technology, simply call Fr. Bo at 780-340-3726 and he can book your appointment with you.



## What to Expect and Do for Home Blessings

House blessings typically take about 5-10 minutes. However I (Fr. Bo) would like to sit and get to know you a little. So I might stay up to 25-30 minutes if you let me. I will try not to exceed 30 minutes per household.

I will always give you a quick phone call or text from the previous person's place to let you know I'm on my way. If something comes up and it won't work for you call me on my cell: 780-340-3726, Likewise if something comes up for me I will try to give you as much notice as possible.

When I come, please gather your family and turn off any TVs, Radios and other such. We can start the blessing at your icon corner, or at your kitchen or dining room table. I will bring an icon and a candle with me, and we can put them on your table if you don't have your own icon corner.

After saying/singing the prescribed prayers, I can walk through your house sprinkling it with recently blessed Holy Water. Its not a bad idea to have someone leading me through the house so that I don't go any place I am not supposed to. This is a great job for a kid(s) to do if you have any children around. If you would rather me just stay in the one room instead of

walking everywhere, just say so. God can bless all the house without me physically going anywhere.

Once I have sprinkled your home with Holy Water, we will conclude the prayers at the place where we started. After this we can visit for a little. I would love to know who you are a little better, what ideas you have for our church, and what we can do to serve you and your family better.

### Visiting:

Personally I don't drink coffee, but I might accept a glass of water or a cup of tea at a few houses. Please keep it simple. If I don't drink anything at all, please don't be insulted. If I bless 4-8 houses in a day and I drink a cup at each one... I will... well... need to make too many pit stops.

Don't worry about cleaning up before I come. I don't care if your house is tidy or more "lived in." Don't panic about having stuff around. My own house is certainly very "lived in".

And I love pets. I will bless them and play with them if you let me. No need to put them away unless they eat priests.

Finally I would like to let you know that you owe me nothing for house blessings. Many people think it's necessary to give an "envelope" but I am happy just to get to know you and serve you however we can.

I hope to see you soon.

**Do you live outside of the city?** Within reason... no problem. If you are around the general Edmonton area, and you anticipate me needing a little extra time to travel back and forth to your place: book two time slots back to back. Google Maps will help me find my way around.

**Scan this QR with your smartphone's camera and you can set up your appointment for House Blessing!**



## Regular Meetings and Events:

- **Every Sunday at 9:30 am:** the Rosary
- **Every Sunday at 10 am:** Divine Liturgy, alternating English one week, and Bilingual English and Ukrainian the next week.
- **Every Sunday at 10 am:** Sunday School, for children up to grades 2. They begin and end their sessions during the Liturgy.
- **Last Sunday of each month at 10 am: Children's Liturgy,** on this last Sunday of the month we try to make the Divine Liturgy more welcoming for our children and youth. They get a special homily with Marilyn the Catechetical Puppet and children also are encouraged to participate in the service by singing, serving at the altar, reading the epistle, helping with the collection and/or other ways.
- **Every Sunday\* at 11:15 (+/-) am: Coffee Hour** (\* unless otherwise stated in this bulletin, and during the summer months)
- **Every Monday at 10 am:** Monday Morning's Bible Study Group in the Board Room.
- **Almost Every Monday Evening: Some sort of Parish Meeting,** including but not limited to: Ladies' Club (typically the 1st Monday at 7), Knights of Columbus (typically the 2nd Monday at 7:30), Men's Club (typically the 3rd Monday at 7), and Parish Pastoral Council (typically the last Monday at 7). Check this Bulletin below to confirm the date of the next meeting for your group(s)
- **Most Tuesdays:** Fr. Bo comes to the Church and tries to paint icons in the afternoon. Always phone or text

if you would like to come and see me, incase I have other appointments to go to.

- **Every Wednesday\* at 9 am:** Divine Liturgy, (\* unless otherwise stated in this bulletin)
- **Most Wednesdays:** Fr. Bo stays at the Church and tries to do office work including the bulletin and various meetings with individuals. Always phone or text if you would like to come and see me, incase I have other appointments to go to.
- **Wednesdays:** Fr. Bo tries to start the bulletin, so if you wish to put something into that week's bulletin, please try to have it in by this day. (Yes, most of the time he is still working on it on Saturday... but he wants to get it done mid week.)
- **Every Second Wednesday\* at 6 pm: Bible Study,** Everyone Welcome (\* unless otherwise stated in this bulletin, and September through June)
- **Every Second Wednesday\* at 6 pm: Youth Ministry,** 2 groups grades 3-6, and grades 7-12 (\* unless otherwise stated in this bulletin, and during the summer months)
- **Every Second Wednesday\* at 7:30 pm: Young Adult Ministry (YAM),** Those who are 18 to 49-ish are welcome to join us (\* unless otherwise stated in this bulletin, and during the summer months)
- **Every Thursday: is Fr. Bo's Day off...** at least in theory. Please call him if you really need to, but don't if you don't.
- Almost **Every Saturday at 2 pm:** We anticipate having **First Solemn Communion Classes** in the Boardroom.

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## Would you like to learn about icons? Why not paint/write one?



This year Fr. Bo will be teaching two Icon Workshops here in the parish that are open to the public.

The Icon we are painting is the Korsun Icon of the Theotokos (seen to the left). It is a beautiful yet simple Icon which has it's name from the Ukrainian city of Kherson. People have been cured of sickness, and saved from foreign invaders through the intercession of the Mother of God before this image. Perhaps though our prayers as we copy this Icon we too will feel God's healing and peace, and through us to the rest of the world.

**The workshops will happen on the Family Day Long Weekend in February (14-17) and on the first week of Lent March 2-8.**

For those who would consider both workshops, an Icon of Christ will be the second image making this a set.

For more information contact Fr. Bo at 780-340-3726.



## Upcoming Meetings & Events:

- **Sunday, January 19, at 1 pm:** Come to St. Josaphat Cathedral Parish Hall for a **Benefit Christmas Concert** with Ihor Bohdan. Admission: Adults: \$20; Children 12 to 16: \$10; Children 11 and under are free. Admission will be collected at the door. All ticket sales will help Ukrainian Soldiers. A light lunch will be served before the concert.
- **Sunday, January 19, at 7 pm:** Join Bishop David and others in an **Ecumenical Prayer Service**, in the Sisters' Chapel at the Providence Centre. This annual event, sponsored by the Edmonton and District Council of Churches, is a highlight of the Worldwide Annual Week of Prayer for Christian Unity. This year's ecumenical prayer service marks the 1700<sup>th</sup> Anniversary of the Council of Nicaea.
- **Monday, January 20:** Our next **Parish Pastoral Council Meeting**.
- **Wednesday, January 22 at 7 pm:** Youth and Young Adult "Hide and Seek in the Dark Challenge" See poster for more details.
- **Thursday, January 23 at 7 pm:** Men's Club Meeting
- **Saturday, February 1 at 10 am:** Prayers for those who have passed in the past year. We are not sure if there will be a meal after or not yet...
- **Sunday, February 2, 3-4 minutes after the Liturgy:** There will be a panachyda for the **first anniversary of the passing of + Al Tymko**.
- **Monday, February 3 at 7 pm:** Ladies' Club meeting.
- **Sunday, February 9 from 5:30 - 8 pm:** St. Nicholas Parish will be hosting this year's **Tables for Two**. Tables for Two is a romantic multi coursed fancy meal for married couples, served with reflections for you and your spouse to talk about. For more details contact [Bernadette.mandrusiak@eeparchy.com](mailto:Bernadette.mandrusiak@eeparchy.com)
- **Tuesday, February 11 at 10 am:** Clergy Conference at St. Josaphat's.
- **February 14 - 17:** Icon Workshop in the Games Room. Talk to Fr. Bo for more details.
- **Saturday, February 22:** Eparchial Marriage Prep Course Part 1
- **Saturday, March 1:** Date for our next **Perogy Supper**.
- **March 2 - 8:** Icon Workshop in the Games Room. Talk to Fr. Bo for more details.
- **Saturday, March 23:** Eparchial Marriage Prep Course Part 2

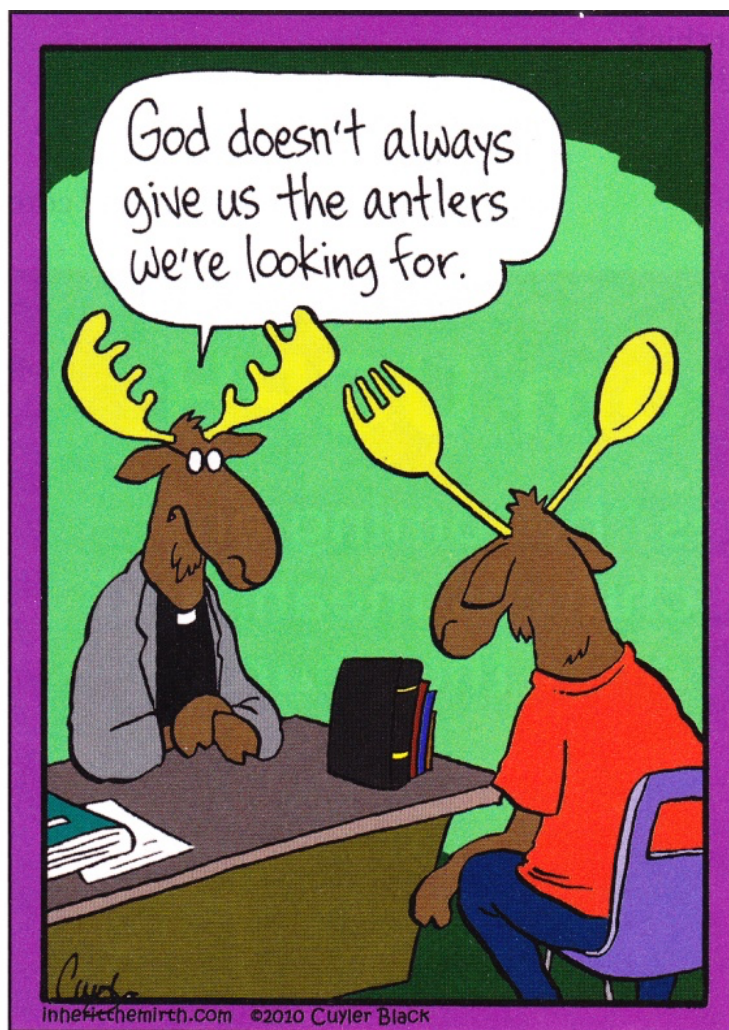
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## Parish, Eparchial & Community News / Announcements:

- We are seeking good and passionate people who would like to **help our parish's Children's programs**. Please talk to Dianne Kluk or Fr. Bo if you are one of these people we are looking for.
- Holy Cross has many volunteers doing many items for the operation of our parish and we appreciate everyone. **We do need some back-up support for learning and helping with recording donations to our Parish.** The main driver for this function is to issue the year-end tax receipt for your tax return. If you have questions, please see Mark Helmak or Dale Kluk.
- **Membership fees are now due.** We still have a number of envelopes that have not been picked up for the 2025 year. There are still about 49 members that have not picked up their membership for 2025. The cost of a 2025 membership will be \$45 effective April 1, 2025 (These fees were passed at the 2024 AGM meeting).
- **We now can take donations via E-Transfer!** You can set this up on your online banking using our parish email which is [office@ehcucp.ca](mailto:office@ehcucp.ca). A detailed example can be picked up at the parish office if you would like.
- **Parish Liturgical Calendars** are available in the entrance of the Church. Get yours for FREE!
- **Holy Water** may be picked up in the church for the next couple weeks. After that it will be bottled and put away.
- **Holy Cross Parish Pastoral Council is looking for members to volunteer their time** on the 2025/2026 Parish Pastoral Council. The next AGM is being planned for Spring 2025 and we are looking for members to come forward and volunteer their time to help shape the future of Holy Cross. More information will be coming out soon about the time of the meeting but we need to start planning for Parish Council 2025/2026. Please come and see Mark Helmak, Dale Kluk or Mark Ramsankar for more information
- Also, we are in need of volunteers to **help with our Frozen Food operations**. Frozen Foods sales contributed \$19,778 (up to Nov 30, 2024) that helped with the overall expenses of our Parish/Hall of \$292,975 (up to Nov 30, 2024).



- “The Ukrainian Music Society of Alberta (UMSA) presents its annual **CAROL CONCERT** on **Sunday, January 12, 2025, at 3:00 p.m. at the Ukrainian Orthodox Cathedral of St. John the Baptist (10951–107 Street)**. The concert program will feature 14 groups including local Ukrainian choirs, ensembles and children’s groups. Host of this year’s concert is the Ukrainian Orthodox Church of Canada, Western Eparchy. Admission is by donation in support of the “Orphanage Project in Ukraine” care of the Western Eparchy. All are encouraged to attend and support a worthy cause!”
- **Kid’s Cottage is always in need of diapers** of all sizes. If you can consider picking up a pack (or a few) and then you can bring them to the church. We will collect them here and periodically deliver the diapers for them to use. Thank you.
- We are looking for parishioners who would like to see **more social events in our parish**. If you have ideas that you would like to share with a group of other interested people, we would appreciate your input. It is well known that a healthy community needs to get folks involved in social activities. Do you have suggestions? Please see Edd or contact him (780-908-2410).
- **2025 Eparchial Marriage Preparation Course** Eparchial Marriage Preparation Course is being hosted at St. Josaphat Cathedral on Saturday, February 22 & Saturday, March 8, 2025. Couples planning to marry within the Ukrainian Catholic Church in 2025 are encouraged to register for the course by contacting Fr. Bo First then 780-422-3181 or by emailing Fr. Jim Nakonechny at [fr.nakonechny@eeparchy.com](mailto:fr.nakonechny@eeparchy.com) for more details.
- Boys and Girls who have already done their First Solemn Communion are invited to become a **Altar Servers!** Just say hi to Fr. Bo or Deacon John before Liturgy and we will train you on the job.
- Our Eparchy is continuing to raise **funds for people in Ukraine** through CNEWA. If you wish to help you can donate through our parish, which will pass the donation to the Eparchy.
  - The *Okhmatdyt* Children’s Hospital was damaged in July by a Russian missile attack, which caused deaths, injuries and damage on the various regions of the city in Kyiv. Help rebuild the hospital. [Donate.](#)
  - Pray the Rosary for Peace in Ukraine. [Donate.](#)
- Our **Sunday School** is awesome! All kids up to First Solemn Communion are welcome. You will get the blessing to go from Fr. Bo at the start of the Liturgy. Don’t be shy, join us!
- **Coffee Hour Volunteers** are awesome and loved. If you would like to help with this important ministry please see Diana Horyn. (If you don’t know who this is ask Fr. Bo or anyone... most of us can point her out to you.)  
Also, for existing **Coffee Hour Volunteers**, we want to bring to your attention the new schedule which is posted on the bulletin board near the office.
- Do you have an upcoming **50, 60, 70 or even 75 year wedding anniversary** coming up? If so, wow congratulations! Let us know so that we can celebrate this big event with you by singing “Mnohaya Lita” and by presenting you with a commemorative plaque. There is a sheet near the office door where you can let us know about it.
- **Ongoing Food Bank Collection:** Let us not forget those who are hungry! We are always called to think about those who are less fortunate. A box for nonperishable food donations is always in the entrance of the Church.
- 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.



The Next Couple Weeks at Holy Cross						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> <b>35th Sunday after Pentecost; Octoechos Tone 2;</b> ÷ Our Venerable Father Macarius of Egypt. Resurrectional Gospel 2. Saint with Six Stichera. Colossians 3:12-16; Luke 18:18-27. <b>9:30 am Rosary</b> <b>10 am Divine Liturgy (Bilingual)</b> Yes Sunday School, and Yes Coffee <b>2 pm Fr. Bo covers the Divine Liturgy at St. Michael's Extended Care</b>	<b>20</b> ÷ <b>Our Venerable and God-bearing Father Euthemius the Great.</b> Polyeleos Feast. Hebrews 13:17-21; Luke 6:17-23. <b>10 am Bible Study</b> <b>7 pm Parish Pastoral Council Meeting</b>	<b>21</b> Our Venerable Father Maximus the Confessor; The Holy Martyr Neophytus; The Holy Martyrs Eugene, Candidus, Valerian, and Aquilas Hebrews 12:25-26; 13:22-25; Mark 10:2-12. <b>6 pm Fr. Bo teaches Icon Course at Newman Theological College</b>	<b>22</b> The Holy Apostle Timothy; The Holy Venerable-Martyr Anastasius the Persian. James 1:1-18; Mark 10:11-16. <b>9 am Divine Liturgy</b> <b>6 pm Set up for Youth &amp; Young Adults.</b> <b>7 pm Youth and Young Adults “Seek and Find” Challenge</b>	<b>23</b> Blessed Martyrs of Pratulyn: Vincent, Nykyta, Ivan, Constantine, Michael, Onuphriy, Philip, Maxim, Daniel, Constantine, Bartholomew, Luke, and Ignatius; The Holy Hieromartyr Clement, Bishop of Ancyra; The Holy Martyr Agathangel. James 1:19-27; Mark 10:17-27. Fr. Bo’s Day off 5:30 pm Appointment <b>7 pm Men’s Club Meeting</b>	<b>24</b>  Our Venerable Mother Xenia the Roman. Abstinence from meat and foods that contain meat. James 2:1-13; Mark 10:23-32. 2 pm Appointment 5:30 pm Appointment	<b>25</b> ÷ <b>Our Holy Father Gregory the Theologian, Archbishop of Constantinople.</b> Polyeleos Feast. 1 Corinthians 12:7-11; John 10:9-16. <b>8 am Morning Prayer and Coffee for Men at St. Nicholas Parish</b> <b>2 pm FSC</b> <b>6 pm “Big” Appointment</b>
<b>26</b> <b>36th Sunday after Pentecost; Octoechos Tone 3;</b> Our Venerable Father Xenophon and his wife Maria. Resurrectional Gospel 3. 1 Timothy 1:15-17; Luke 18:35-43. <b>9:30 am Rosary</b> <b>10 am “Children’s” Divine Liturgy (English)</b> Maybe... Sunday School, and Yes Coffee	<b>27</b>  <b>The Transfer of the Precious Relics of our holy Father John Chrysostom.</b> Polyeleos Feast. Hebrews 7:26-8; John 10:9-16 <b>Anniversary of the Ordination of Deacon John Lukey.</b> <b>10 am Bible Study</b> 2:30 pm Appointment <b>4:30 pm Baptismal Preparation</b>	<b>28</b>  Our Venerable Father Ephrem the Syrian. Saint with Six Stichera. James 3:1-10; Mark 11:11-23. 11 am Writing the Light Class <b>6 pm Fr. Bo teaches Icon Course at Newman Theological College</b>	<b>29</b>  The Transfer of the Relics of the Great-Martyr Ignatius the God-bearer. Saint with Six Stichera. James 3:11-4; Mark 11:23-26. <b>9 am Divine Liturgy</b> <b>4:30 pm ??? Funeral Parastas for + Emily Macuch</b> <b>6 pm Bible Study is Postponed till the following week</b>	<b>30</b>  <b>The Three Holy and Great Hierarchs Basil the Great, Gregory the Theologian, and John Chrysostom;</b> The Holy Hieromartyr Hippolytus. All-Night Vigil Feast. A day when the faithful are highly encouraged to participate in the Divine Liturgy. Hebrews 13:7-16; Matthew 5:14-19. <b>10 sm ??? Funeral Parastas for + Emily Macuch</b> Fr. Bo’s Day off 5:30 pm Appointment	<b>31</b>   The Holy Wonderworkers and Unmercenaries Cyrus and John; Venerable Father John Bosco. Abstinence from meat and foods that contain meat. 1 Peter 1:1-2, 10-12; 2:6-10; Mark 12:1-12. 5:30 pm Appointment	<b>1</b>  Pre-feast of the Encounter of our Lord God and Saviour Jesus Christ; The Holy Martyr Tryphon. Saint with Six Stichera. Romans 8:28-39; Luke 10:19-21. <b>10 am Prayers for those who passed in the past year.</b> <b>2 pm FSC</b>
<b>2</b> <b>Sunday of Zacchaeus; Octoechos Tone 4;</b>  <b>The Encounter of our Lord God and Saviour Jesus Christ. Feast of our Lord.</b> 1 Timothy 4:9-15; Hebrews 7:7-17; Luke 19:1-10; Luke 2:22-40. <b>9:30 am Rosary</b> <b>10 am Divine Liturgy (Bilingual)</b> <b>A few minutes after Liturgy there will be a Panachyda for + Al Tymko</b> Yes Sunday School, and Yes Coffee	<b>3</b>  The Holy and Just Simeon who received God and Anna, Prophetess. Post-feast of the Encounter. Saint with Six Stichera. Hebrews 9:11-14; Luke 2:25-38. <b>10 am Bible Study</b> <b>7 pm Ladies’ Club Meeting</b> <b>Deadline to Register for Tables for Two</b>	<b>4</b> Our Venerable Father Isidore of Pelusium. Post-feast of the Encounter. 1 Peter 3:10-22; Mark 12:18-27. <b>10:30 am Venta Care Centre Liturgy</b> <b>6 pm Fr. Bo teaches Icon Course at Newman Theological College</b>	<b>5</b> The Holy Martyr Agatha. Post-feast of the Encounter. 1 Peter 4:1-11; Mark 12:28-37. <b>9 am Divine Liturgy</b> <b>6 pm Youth</b> <b>7:30 Young Adults</b>	<b>6</b> Our Venerable Father Boucolus, Bishop of Smyrna; The Holy Hieromartyr Sylvanus, Bishop of Emessa and those with him. Post-feast of the Encounter. 1 Peter 4:12-5:5; Mark 12:38-44. Fr. Bo’s Day off 5:30 pm Appointment	<b>7</b>  Our Venerable Father Parthenius, Bishop of Lampsacus; Blessed Hieromartyr Petro Verhun, presbyter. Post-feast of the Encounter. Abstinence from meat and foods that contain meat. 2 Peter 1:1-10; Mark 13:1-8. 5:30 pm Appointment	<b>8</b>  The Holy Great-Martyr Theodore the General; The Holy Prophet Zechariah. Post-feast of the Encounter. Saint with Six Stichera. 2 Timothy 2:1-10; Matthew 10:16-22. <b>2 pm FSC</b>