



# 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, March 9, 2025

First Sunday of the Great Fast: Sunday of Orthodoxy;  
Octoechos Tone I; The Holy Forty Martyrs of Sebaste.

Join us for a BBQ Lunch  
next week after our  
Divine Liturgy. More  
details on page 2



Saturday, April 5th:  
Youth Pascha Baking  
& Youth Bowling!

For more info look on page 4



Holy Cross Ukrainian Catholic Parish invites you  
to join us for our

## Lenten Mission



with Fr. Jim Nakonechny  
the assistant Pastor of  
St. Josaphat's Ukrainian  
Catholic Cathedral

and Hoshiv's Miraculous Icon  
of our Lady

Friday & Saturday,  
March 14 & 15, at 6 pm



This is a free event for everyone. Coffee and snacks will  
be shared after each evening's prayer and talk. Priests  
will be available for Confessions.

**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.*

*For reasons of food safety and liability our policy regarding food in the hall is A> No outside food is permitted, B> All food is to be consumed in the hall, C> No leftovers are given out, D> No take-out food.*

**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 a month in advance

**Weddings:**

- Contact Fr. Bo a year in advance

**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.



The Knights of Columbus will be putting on a **fabulous BBQ Lunch** right after Divine Liturgy on Sunday, March 16<sup>th</sup>. At this BBQ we will be honouring our new First Solemn Communicants. We invite them, you and all Holy Cross parishioners to join us in the celebration.

Tickets will be available at the door and the sign-up sheet is in the foyer in front of the office.

**Adults (14 years & up) .....\$10.00 each**

**Children (6 - 13 years) .....\$5.00 each**

**Children (5 and under) .....Free**

**Menu includes:** Hamburgers & Hot Dogs, all the required condiments and fixings, coleslaw, beans, bags of chips, ice cream treats and tea/coffee & juice.

We look forward to seeing you there.

**Don't be that awkward guy.**  
It's time for us all, especially men, to talk about **PROSTATE CANCER.**

**Tuesday, March 18 at 7 pm**  
Free Presentation, Testimonies and Q&A.  
For more information contact Peter at 780-991-5569

**At Holy Cross Parish**  
**9003 153 Ave, Edmonton.**  
Coming to this might even save your life!

This free event is put together by Holy Cross' Men's Club and the Knights of Columbus.

Let us know if you plan to attend. Sign up sheets near the office.

*Holy Cross'*  
**BLESSED BREAKFAST**

**Sunday, April 27, 2005 - Tickets available now**

Adults \$20 (after April 20, \$25) - Children (6-12 years) \$10

**Donations Collected at Holy Cross**

March 2, Sunday Collection: \$2,950.00  
March 2, Candles \$39.80  
March Building fund so far: \$20.00





## **Hoshiv's Miraculous Icon will be in our parish and may be prayed before during our Lenten Mission as well as next Sunday**

### **About Hoshiv's Miraculous Icon**

The history of the miraculous icon of the Mother of God of Hoshiv dates back from 1704 to 1705, when a nobleman, Andriy Shugai was visiting the city of Olawa, Poland. He bought two copies of the miraculous icon of the Mother of God of Czestochowa. One copy he gave to his relative Zhuravlevich, and other copy of the icon, he kept for himself. One day Shugai's house caught on fire and everything in it had burned except for the icon and the wall on which the icon was hanging on.

Later the icon became the possession of another nobleman, Mykola Markovych Hoshovsky and his family. And here too, a miracle happened. The icon shone with an unearthly light and tears dripped from the eyes of the Mother of God. Eyewitnesses gave a detailed report to Bishop Atanasy Sheptytsky, the

Bishop of Lviv, about what had happened. The bishop, after a detailed examination of the case, recognized the icon as a miraculous icon. In his letter of July 11, 1737, he ordered Hoshovsky to transfer the icon to "Jasna Hora", where the monastic church in Hoshiv, Ukraine was located. It was served by the monks of the Order of St. Basil the Great.

On August 5, 1737, the icon was solemnly transferred from the Hoshovsky family to the monastery. By the end of the 18th century, the monastery records recorded 117 miracles due to the intercession of the Mother of God in Hoshiv.

On June 1, 1950, the icon was confiscated by communist officers of the Stanislavsky district. From then on, there was no information about the location of the original miraculous icon.

But by God's providence however, after the second half of the 1950's, Fr. Nikon Svirsky, OSBM, was tipped off that this miraculous icon was being sold on the black market in New York.

Fr. Nikon was stationed in Canada and he knew this icon very well because he grew up as a boy in the Hoshiv area. So, Fr. Nikon traveled to New York, bought this icon and transported it to Ottawa, where the former Basilian House of Studies was located. Later, when the Basilian Fathers closed the House of Studies there, the icon was moved to the Mundare monastery in Alberta.

Currently the miraculous icon is normally located behind the altar in the monastic chapel of Saints Peter and Paul Monastery in Mundare (when not in pilgrimage like it is today). Various studies have been conducted and determined that the origin of the icon is indeed the copy of the icon of the Mother of God of Czestochowa dating back to the XVII century.

### **Looking for Employment?**

The Ukrainian Catholic Eparchy of Edmonton is seeking a **Family and Life Ministries Administrator** to support the development and implementation of faith-based programs and events for our community. This role is an opportunity to serve, inspire, and foster spiritual growth among families, catechists, and parishioners.

The Ukrainian Catholic Eparchy of Edmonton is seeking a dedicated and detail-oriented Eparchial Accountant to join our team. This role offers a unique opportunity to combine your financial expertise with a meaningful mission—supporting over 80 Ukrainian Catholic parishes across Alberta.

If you have a strong background in accounting, financial reporting, and payroll management and are looking for a values-driven workplace where your skills can make an impact, we encourage you to apply!

## “Bishop’s Prayer Breakfast”

As part of the Jubilee Year as proclaimed by Pope Francis, Pilgrims of Hope, the 11th Annual “**Bishop’s Prayer Breakfast**” will take place 7:30 – 9:00 am, Wednesday, June 4, at Saint Josaphat’s Cathedral Hall – Verkhovyna (9637 – 108 Avenue), Edmonton.

The event supports, through prayer, our clergy, religious, monastics and laity in their leadership roles in continuing the mission of Christ in sharing the Good News among the people of God.

This year’s theme focuses on Image to Likeness, Our Call to Holiness, based on the Book of Genesis, which writes, “So God created humankind in his image, in the image of God he created them; male and female he created them (1:27).

Our guest speakers are Very Rev. Stephen Wojcichowsky, Protosyncellus/Vicar General and Hanya Fialka, Retired Teacher, Saint Matthew Elementary Catholic School.

Tickets \$25.00 per person. \$200 for a table of 8 persons. For tickets and more information, contact the Chancery Office at (780) 424-5496; [chancery@edmontoneparchy.com](mailto:chancery@edmontoneparchy.com).

**During Great Lent, the Eparchy of Edmonton conducts its annual collection for “Aid to the Missionary Church in Canada.”** The purpose of this collection is to support the needs of the Church in Canada. Three charitable institutions are the recipients of the collection: the Ukrainian Catholic Church in Alberta, Catholic Missions in Canada, and the Canadian Conference of Catholic Bishops.

**The Ukrainian Catholic Church** in Alberta responds to the call of Christ to “make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you” (Matthew 28: 19-20). The Eparchy of Edmonton supports local priests in their travel, health care, pension, and clergy substitution, thus ensuring that they can respond to the pastoral needs of the faithful, especially the celebration of the Divine Liturgy and funerals in rural Alberta. Visit [www.edmontoneparchy.com](http://www.edmontoneparchy.com) to see how the Church is working for you.

**Catholic Missions in Canada** supports over 600 missionaries – priests, deacons, sisters, brothers and lay ministers – throughout 27 eparchies and dioceses right here in Canada, including the Ukrainian Catholic Church. Catholic Missions supports the local churches in our call to proclaim the Gospel among First Nations communities, missionary support, religious education programs, building and repairs, lay pastoral leadership programs, and education of seminarians. To learn more about the work of Catholic Missions in Canada visit ([www.cmic.info](http://www.cmic.info)) and sign up for a free subscription to its quarterly magazine by calling toll free 1-866-937-2642.

Each year the **Canadian Conference of Catholic Bishops** is asked to speak out, give leadership, and provide guidelines for the faithful on a wide variety of topics in our daily lives. For our bishops to do so, they must have the benefit of research and expert advice. Research and gathering information requires staff, time and money. Through the yearly bishops’ collection, an appeal is made to all Catholics to be generous towards the work of their bishops. To learn more about the Canadian Conference of Catholic Bishops, visit [www.cccb.ca](http://www.cccb.ca).

Please give generously. Thank you.



**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.





# Let's Do This!

## We are looking for some new Parish Pastoral Council Members for another exciting year here at EHCUCP.

There will be a few vacancies that we will need to fill for the 2025/2026 Council. These positions include:

### Archivist

Who shall be responsible for maintaining archival church records, various beneficiary and wall plaques. Shall organize, catalogue and maintain parish photographs and library of books, tapes, videos, etc. Works closely in consultation with the parish priest. Shall attend and submit a monthly report at all regularly scheduled parish council and annual general meetings.

### Parish Council Secretary

Who shall keep a correct record of all minutes of all parish council, general and special meetings. Shall provide each parish council member a copy of the agenda and minutes of each council or general meeting prior to such said meeting. Shall ensure that all minutes, after their approval are signed by herself and the President. Shall pick up and distribute all mail and maintain parish office filing system. Shall be custodian of all reports, correspondence and records of the parish except of those pertaining to the Priest and of the Treasurer. She may also perform such duties as the parish council may prescribe. In the absence of the Secretary, the duties will be performed by an individual appointed by the President.

### Assistant to the Membership Chairperson

Who shall help in conducting membership drives and collecting membership fees on an annual basis. Shall keep a correct record of membership registration forms. Shall maintain and distribute to all executive (*parish council members*) an up to date membership list. Shall prepare and distribute an ushering, offertory and coffee hour schedule to all participating members. Shall attend and submit a monthly report at all regularly scheduled parish council and annual general meetings

### Cultural Committee Director

Who shall be responsible in coordinating and setting up such cultural programs and/or workshops which the parish deems necessary. Provide information regarding our Ukrainian cultural heritage. Shall attend and submit a monthly report at all regularly scheduled parish council and annual general meetings

### Spiritual Committee Director

Who shall work with the clergy to help plan and evaluate and improve the spiritual and liturgical works within and around the parish. Like the other positions listed above there will be some reporting on things going on both monthly and annually.

## Our Annual General Meeting is being planned for March 23 and we are looking for members like you to come forward and volunteer their time to help shape the future of Holy Cross.

Please come and see Dale Kluk or Darrell Uchach or Fr. Bo, or one of the Marks for more information. If you are not sure who Dale or Darrell or Mark or Mark are, just ask Fr. Bo and he'll introduce you.

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## What's this about TV's in our Church?

Some of you have been hearing rumours about our parish considering installing a few TVs into the church. It's true, we are studying the idea. We are not considering doing this so we can watch sports during the liturgy, but rather so that we can display the text of the services so that everyone can easily follow along without having to flip pages and look down into books.

Many new people who are not familiar with our services get easily lost in our books. When do we switch back and forth from the Changeable Parts Sheet? Which song book has the hymn that we are singing? It can be very confusing, even for those who regularly attend.

To encourage everyone to "be on the same page" we can display the text in-front of everyone. This will also perhaps save us from having to buy new Liturgy books

once the new texts come to us (yes, there is a new translation that we will be switching to in the near future), and to keep us from needing to print new songbooks that comply with Canadian Copyright laws (our old ones do not).

Many parishes, especially Roman Catholic and protestant Churches, do this very successfully. Their parishioners, even those who were skeptical at first, seem to have embraced this technology. True, historically we have never had TVs in church, but that is because TVs have only existed in the last while in a format that would work.

Either way, we will talk about the merits and the disadvantages of doing this at our AGM, and we will vote on whether we should try it or not then too.

Yes, it would be different. But trying something different is not necessarily bad if it helps people, especially people like our children whom we hope to include in our parish.

## **We have been asked to help another Catholic Parish who is trying to establish itself here in Edmonton.**

The St. Mary's Eritrean (Ge'ez) Catholic Church has been praying together in Edmonton since 2008. They have been using space in Sacred Heart Roman Catholic Church's building for several years. Due to the growth of both Sacred Heart Parish (where the Pope recently visited) and St. Mary's Parish Community they are needing to find another home. What a great problem! Glory to God!

This is very similar to our parish's situation only 40 some years ago. In the beginning we used some space at Newman Theological College in St. Albert. Due to their hospitality we were able to eventually grow and expand, raising and saving enough money to eventually build this beautiful Church we are in now.

The Roman Catholic Archdiocese has been looking for another parish for St. Mary's for the past several months with no success. Having no options for St. Mary's they turned to our Bishop David to see if our Ukrainian Catholic Eparchy can perhaps make a space for them. Bishop David in turn has asked me (Fr. Bo) to consider if we can help them here at Holy Cross.

The answer is: we are capable of sharing our space. It would suit their needs and even though we do have several good things going on, our building often sits empty. The question is: Are we willing to share our space?

Parish Council has set up a committee to look into the practical things that would have to be considered in order to host them. This would include how to schedule things keeping our community's use of the facility as a priority but still accommodating them in their needs, what type of financial remuneration is reasonable, what insurance policies would need to be considered, who would take care of opening up and closing for them, can we offer some space for their vestments and other liturgical stuff, and other logistical considerations. There are **MANY** things that we will need to look into.

Once this committee gets as many details figured out as possible, our Parish Pastoral Council will look things over then put things before the whole community at a Special General Meeting. At this meeting we can discuss the pros and cons, then together decide if we will host St. Mary's Parish or not.

There is some time considerations that will necessarily affect this process. St. Mary's community only has until May at Sacred Heart Church, therefore we will need to do some of our groundwork without delay. Realistically they would like to be able to move at or slightly before Easter. Their primary ask is to have a place to worship and teach their families. This would only need to be in the Church half of the building. The hall is not required immediately. We are not being forced to make a rash decision, as we do have some time to study and work on this, but we also do not have the luxury of wasting time.

### **So what do we know about them?**

The Eritrean (Ge'ez) Catholic Church, is part of the Alexandrian Rite. This means that they have a African flavour to their worship, much like we Byzantine Catholics have a Greek flavour.

They are 100% Catholic, following the Pope just like we do.

The official language of their Church is Ge'ez. Ge'ez is an ancient South Semitic language. The language originates from what is now Ethiopia and Eritrea. But they also use several other languages in their community. They also use English too, especially during their homilies.

Many Eritreans have come to Canada in the last 20 or so years, however some have been here for generations. Much of the recent immigration is due to the Eritrean - Ethiopian war which started and ended in the late 1990's and early 2000's.

They have about 150-200 people attend each of their Masses (they call their services Masses like the Roman Catholics, not the Divine Liturgy). Their parish is considerably younger than ours, with a bunch of young families.

On large feasts such as Christmas and Easter they can have up to 1000 people. On these occasions they will either need to use closed circuit TV's in the hall, or have multiple services.

They celebrate their liturgical Calendar on the Julian Calendar. This means that Christmas and many other feasts will not happen at the same time as our parish's feasts. However from time to time, such as this year, Easter on both the Julian calendar and the Gregorian (which we use) do coincide.

They often have choir practices on Saturdays.

They have regular Sacramental Preparation for baptisms, marriages, First Communions, and such.

They do not do "coffee" after their services like we do.



## Where is Eritrea?



### Food:

Eritrean food is lovely. Eritrean food is often made with stews served over injera, a spongy flatbread. Other common dishes include fried dough, lentils, and spiced pastries.

### Stews

- Tsebhi/Zigni: A spicy stew made with lamb, beef, or ground beef, and berbere
- Dorho: A spicy stew made with a whole chicken and berbere
- Qulwa/Tibsi: Sauteed meat, onions, and berbere served with a sauce
- Shiro: A stew made with ground chickpea flour, onions, and tomatoes
- Birsen: Lentils, often cooked with onions, spices, and tomatoes

**What are some of the pros and cons of having them join us in this space? These are what first comes to mind.**

Pros	Cons
We would be following Christ's commandment to "Love your neighbour as yourself" and doing what a hospitable Church community should be doing for others.	We would need to keep scheduling in mind so as not to interrupt each other's services, activities and programs. We cant just assume we can do whatever, whenever.
We could work together on programming such as faith study and youth initiatives.	Many people in our parish are not getting younger and are tired. This would create more things to deal with.
We would benefit significantly from the income generated by renting to their parish.	There would be naturally more wear and tear on the building as more people would use the space.
We very likely would have people renting our hall creating another good revenue flow for our parish.	There would very likely be little problems that would need to be resolved, especially in the beginning.
We could learn about another Catholic Tradition and grow our perspective and understanding of our faith.	On some feast days such as Easter, we may need to limit socializing so that the parking lot may be empty before the next event fills it again.
We have a volunteer who is willing to stay with their community, and help them for the first many months with opening and closing, figuring out the use of the space, and to ensure things are being used properly and respectfully.	
They are willing to help us with things like cleaning, maintenance, yard work, and other labour.	I am sure we will come up with more pros and cons as we study this further.



CATECHISM  
OF THE UKRAINIAN CATHOLIC CHURCH



## CHRIST OUR PASCHA

## CHRIST OUR PASCHA

The Catechism of the Ukrainian Catholic Church: **Christ – Our Pascha** is “both a profession and an explanation of our Church’s faith in the Triune God – Father, Son, and Holy Spirit. This faith emerged from listening to the Gospel of Christ, which—according to tradition—first resounded in the lands of Rus-Ukraine through the preaching of Saint Andrew the First-Called. This same Good News echoed onwards through the mission of the holy apostles to the Slavs, Cyril and Methodius, and was ultimately ratified in the Baptism of Rus-Ukraine during the reign of Volodymyr the Great, Equal-to-the-Apostles. The Word of the Gospel found its response of faith in the hearts of those who listened. Thus Christ’s Church spread throughout Kyivan Rus. This new Christian tradition—with the appropriate appellation of Kyivan—became a pearl in the Universal Church’s treasury of faith. Countless generations of Christians, of Ukrainian as well as other cultures, were raised in this tradition.” The Catechism is published by the Synod of the Ukrainian Greek-Catholic Church and the Commission for the Catechism of the Ukrainian Greek Catholic Church. It first appeared in Ukrainian in 2012, and was published in English in 2016. Every effort has been made in the English edition to retain as nearly as possible the precise phrasing of the original Ukrainian language second edition.

[Download For Free](#) by clicking here. Or see Fr. Bo for a hard copy: only \$21.

**Are you curious about your faith?**  
**Throw a question into our Question Box, and Fr. Bo will try to answer it in this bulletin within a week or two (if he can).**



**This week’s question was a response about the previous week’s explanation of Purgatory:**

**Question (a bit paraphrased):** Are you saying that Mary, and the Saints, and the good thief are not in heaven yet? ...because the last Judgement has not happened yet?... What about praying for those who have passed?

Time is an interesting thing. A lot depends on your perspective on time. For those of us who are alive, we are progressing through time. We think in terms of past, present and future. We measure things in seconds, minutes, days, years and even millennia.

However we do not know how those who have died experience time. Souls of those who have died are no longer tied to their bodies (the 3 spacial dimensions), perhaps they are also no longer bound to time in the way that us living experience it.

God certainly does not experience time like us, with the exception of in Christ’s humanity. He is beyond time, always existing, even “before” time, if you can imagine a time before time. God created time and is present to all times at all times. This means that He is right now loving us into existence in the Creation, He is right now saving us by His incarnation and also simultaneously dying for us, and also judging us in His Second Coming. For us there is time between events. For God, He is present to all of everything always.

So... the question about purgatory might only be understood from the perspective of being within time. When Jesus says to the good thief “You will be with Me in Heaven today” that could very well be the experience of the thief. Once dead perhaps that soul may immediately skip to the Judgement, because perhaps it is not bound to time, and therefore might be experiencing it immediately (ie: their same day). Same with Mary and the other saints, they could be in heaven immediately from their perspective. Its one of those: both not yet and already there things.

I agree it’s quite confusing. Perhaps this is why the Eastern Churches typically try not to define things such as purgatory as much as our Latin counterparts. Many Byzantines would rather leave those things that we don’t understand in the realm of “it’s a mystery”, and continue on with loving God in ways we do understand.

As for praying for those who have passed before us. We do so because we know that we are all tied to each other through God Who is present to us all. We are all in the same boat, so to say. We pray for them, they pray for us, and we all try to help each other grow closer to God wherever and whenever we are.

Perhaps our Sr. Zoe who teaches at NTC can explain it in a way that is easier to understand. I will ask her to give it a try and will include her answer if I can in a future bulletin.



# Great Fast I

## The Great Fast: (AKA Lent)

The season of Great Lent is the time of preparation for the feast of the Resurrection of Christ. It is the living symbol of man's entire life which is to be fulfilled in his own resurrection from the dead with Christ. It is a time of renewed devotion: of prayer, fasting, and almsgiving. It is a time of repentance, a real renewal of our minds, hearts and deeds in conformity with Christ and his teachings. It is the time, most of all, of our return to the great commandments of loving God and our neighbours.

In the Church, Great Lent is not a season of morbidity and gloominess. On the contrary, it is a time of joyfulness and purification. We are called to "anoint our faces" and to "cleanse our bodies as we cleanse our souls." The very first hymns of the very first service of Great Lent set the proper tone of the season:

*Let us begin the lenten time with delight . . . let us fast from passions as we fast from food, taking pleasure in the good words of the Spirit, that we may be granted to see the holy passion of Christ our*

*God and his holy Pascha, spiritually rejoicing.*

*Thy grace has arisen upon us, O Lord, the illumination of our souls has shown forth; behold, now is the acceptable time; behold, now is the time of repentance (Vespers Hymns).*

It is our repentance that God desires, not our remorse. We sorrow for our sins, but we do so in the joy of God's mercy. We mortify our flesh, but we do so in the joy of our resurrection into life everlasting. We make ready for the resurrection during Great Lent, both Christ's Resurrection and our own.



This is today



More was in the printed bulletin about Pre-Lent on Feb 2... I believe

# Great Fast 2

## LENTEN ASCETIC FASTING:

A special word must be said about fasting during lent. Generally speaking, fasting is an essential element of the Christian Life. Christ fasted and taught men to fast. Blessed fasting is done in secret, without ostentation or accusation of others (*Mt 6:16; Rom 14*). It has as its goal the purification of our lives, the liberation of our souls and bodies from sin, the strengthening of our human powers of love for God and man, the enlightening of our entire being for communion with the Blessed Trinity.

Fasting rules exist not as a Pharisaic "burden too hard to bear" (*Lk 11:46*), but as an ideal to be striven for; not as an end in themselves, but as a means to spiritual perfection crowned in love. The lenten services themselves continually remind us of this.

*Let us fast with a fast pleasing to the Lord. This is the true fast: the casting off of evil, the bridling of the tongue, the cutting off of anger, the cessation of lusts, evil talking, lies and cursing. The stopping of these is the fast true and acceptable. (Monday Vespers of the First Week)*

The lenten services also make the undeniable point that we should not pride ourselves with external fasting since the devil also never eats!

The **ascetic fast** of Great Lent continues from Meatfare Sunday to Easter Sunday, and is broken only after the Paschal Divine Liturgy. Knowing the great effort to which they are called, Christians should make every effort to fast as well as they can, in secret, so that God would see and bless their openly with a holy life. Each person must do his best in the light of the given ideal.

## SUNDAY OF ST. GREGORY PALAMAS:

The Second Sunday of Lent is the commemoration of **St Gregory Palamas**. It was St. Gregory (*d.1359*) who bore living witness that men can become divine through the grace of God in the Holy Spirit; and that even in this life, by prayer and fasting, human beings can become participants of the uncreated light of God's divine glory.



2<sup>nd</sup> Sunday of Lent:  
**COMMEMORATION OF ST. GREGORY PALAMAS**

### Fasting Note:

Although the stricter traditional fasting rule does not let up, the Synod of Ukrainian Catholic Bishops allows people to relax the fast, if they need to, on Tuesdays, Thursdays, Saturdays and Sundays.

8



**Monday**  
of the 2<sup>nd</sup> Week

9



**Tuesday**  
of the 2<sup>nd</sup> Week

The **Prayer of St. Ephrem** the Syrian is an important prayer that is used throughout the lenten season (and beyond). It not only asks God to help us with the right attitudes, but it also informs us of them.

*O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power, and idle chatter. + Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love. +*

*O Lord and King, grant me the grace to be aware of my sins and not to judge my brother and sister; for You are blessed, now and ever and forever. Amen. +*

13



**All Souls Saturday**  
of the 2<sup>nd</sup> Week

### Fasting Note:

Fasting is proscribed for people of good health between the ages of 14 and 60, and those who for health reasons should not fast.

10



**Wednesday**  
of the 2<sup>nd</sup> Week

11



**Thursday**  
of the 2<sup>nd</sup> Week

12



**Friday**  
of the 2<sup>nd</sup> Week

### Another All Souls Saturday:

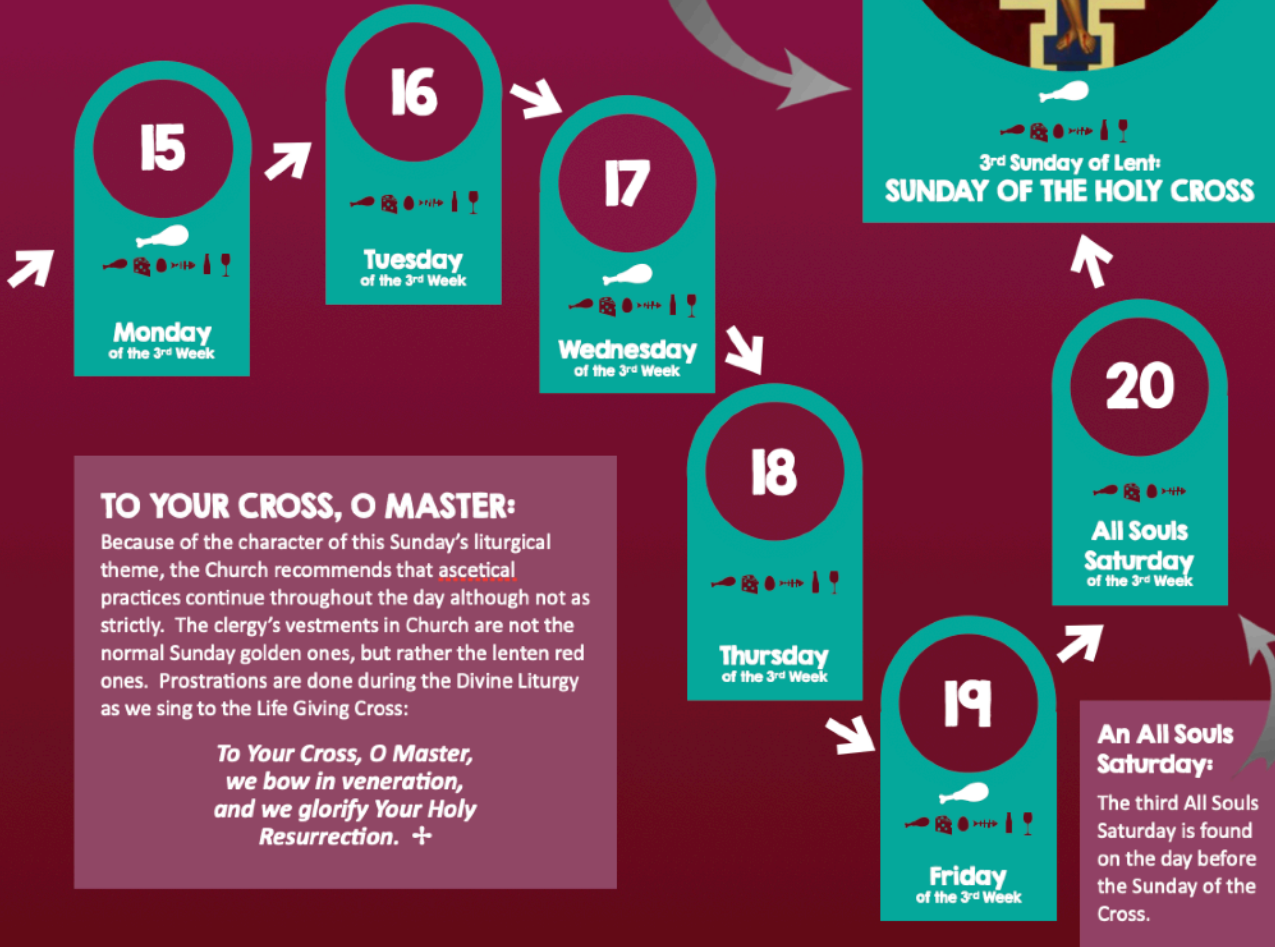
It is common for parishes to serve a "Soroko-oosteh" service on All Souls Saturdays where the deceased of the parish are prayed for by name.



# Great Fast 3

## SUNDAY OF THE HOLY CROSS:

The Third Sunday of Lent is that of the **Veneration of the Cross**. The cross stands in the midst of the church in the middle of the lenten season not merely to remind men of Christ's redemption and to keep before them the goal of their efforts, but also to be venerated as that reality by which man must live to be saved. "He who does not take up his cross and follow me is not worthy of me" (Mt 10:38). For in the Cross of Christ Crucified lies both "the power of God and the wisdom of God" for those being saved (1 Cor 1:24).



## TO YOUR CROSS, O MASTER:

Because of the character of this Sunday's liturgical theme, the Church recommends that ascetical practices continue throughout the day although not as strictly. The clergy's vestments in Church are not the normal Sunday golden ones, but rather the lenten red ones. Prostrations are done during the Divine Liturgy as we sing to the Life Giving Cross:

*To Your Cross, O Master,  
we bow in veneration,  
and we glorify Your Holy  
Resurrection. ✝*

## LENTEN EUCHARISTIC FASTING:

In addition to the ascetic fasting of the lenten season, we also practice what is known as **eucharistic or liturgical fasting**. This fasting does not refer to the normal abstinence in preparation for receiving the holy eucharist; it means fasting from the holy eucharist itself.

During the week days of Great Lent the regular eucharistic Divine Liturgy is not celebrated in churches since the Divine Liturgy is always a paschal celebration of communion with the Risen Lord. Because the lenten season is one of preparation for the Lord's Resurrection through the

remembrance of sin and separation from God, the liturgical order of the Church eliminates the eucharistic service on the weekdays of lent. Instead the non-eucharistic services are extended with additional scripture readings and hymnology of a lenten character. In order that the faithful would not be entirely deprived of Holy Communion on the lenten days the **Liturgy of the Presanctified Gifts** is celebrated on Wednesday and Friday evenings.

Even during Great Lent, Saturday (the Sabbath Day) and Sunday (the Lord's Day) remain eucharistic days, and the Divine Liturgy is celebrated. On

Saturdays it is the normal Liturgy of St John Chrysostom, usually with prayers for the dead. On Sundays it is the longer Liturgy of St Basil the Great.

The well-known teaching that Saturdays and Sundays are never days of fasting in the Church, an issue emphasized centuries ago when controversy arose with the Latin Church, refers only to this eucharistic-liturgical fast. During Great Lent, even though the **eucharistic fast is broken** on Saturdays and Sundays, the **ascetical fast continues** through the weekends since this fasting is an extended effort made from **Meatfare Sunday** right to Easter itself.

# Great Fast 4

→

**22**

**Monday**  
of the 4<sup>th</sup> Week

↘

**23**

**Tuesday**  
of the 4<sup>th</sup> Week

## Not just fasting, but turning ourselves to God.

Fasting is important because, if done correctly, it takes the focus away from ourselves. However fasting alone is useless. We must take that focus and direct it to God. The Greek word for turning toward God is "*metanoya*."

The church teaches that we must increase our prayer and our loving deeds simultaneously as we decrease our focus on ourselves. Prayer, fasting and charity are the three pillars of the Great Fast.

## Spiritual Direction:

A long standing and advised practice in the church is seeking regular direction from a experienced spiritual elder. Regular conversations keep us honest with ourselves and help us grow. Obedience keeps us humble.

In parishes the pastor and other clergy are there to guide us spiritually. Monks and Nuns are also extremely valuable to all who have access to them and use them for direction.

Our God-Parents should be another place to look for spiritual advice. If they are holy people use them and pray for them. If they are not prime examples of holiness... pray for them.

Everyone should seek out a worthy spiritual director and listen carefully to their advice.

## Missing the Mark

Sin is taking that which is meant for God (love) and putting it in the wrong place. We must avoid all occasions where we misdirect our energy, and rather focus them on God, both directly and indirectly through His people and creation in which we find Him.

↘

**24**

**Wednesday**  
of the 4<sup>th</sup> Week

↓

**25**

**Thursday**  
of the 4<sup>th</sup> Week

## SUNDAY OF ST. JOHN OF THE LADDER:

The Fourth Sunday of Lent is dedicated to **St John of the Ladder (Climacus)**, the author of the work, *The Ladder of Divine Ascent*. The abbot of St Catherine's Monastery on Mount Sinai (6<sup>th</sup> century) stands as a witness to the violent effort needed for entrance into God's Kingdom (*Mt 10: 12*). The spiritual struggle of the Christian life is a real one, "not against flesh and blood, but against... the rulers of the present darkness... the hosts of wickedness in heavenly places ..." (*Eph 6:12*). Saint John encourages the faithful in their efforts for, according to the Lord, only "he who endures to the end will be saved" (*Mt 24:13*).

## Fasting Note:

Fasting has normally become very hard, or very easy by this point. Be vigilant! If it is easy we tend to relax and become prideful. If it is hard we often become discouraged and bitter. Keep your eyes firmly fixed on Christ, for He is the goal.

↘

**26**

**Friday**  
of the 4<sup>th</sup> Week

## An All Souls Saturday:

This is the fourth of the five All Souls Saturdays and the final one of the Lenten season. It is important to note that those who passed before us are not only being prayed for, but they are also praying for and supporting us.

↘

**27**

**All Souls Saturday**  
of the 4<sup>th</sup> Week



4<sup>th</sup> Sunday of Lent:  
**THE COMMEMORATION OF ST. JOHN OF THE LADDER**

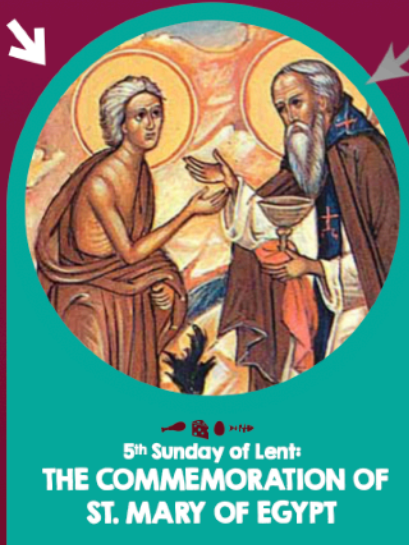


# Great Fast 5

## SUNDAY OF ST. MARY OF EGYPT:

The Fifth Sunday recalls the memory of Saint Mary of Egypt, the repentant harlot. Mary tells us, first of all, that no amount of sin and wickedness can keep a person from God if he truly repents. Christ himself has come "to call sinners to repentance" and to save them from their sins (Lk 5:32). In addition, Saint Mary tells us that it is never too late in life—or in Lent—to repent. Christ will gladly receive all who come to him even at the eleventh hour of their lives. But their coming must be in serious and sincere repentance.

On the Friday of Palm Week the Lenten journey finishes, and we profoundly begin Holy Week



More in Holy Week's Bulletin

33

Friday of the 5th Week

34

Akathist Saturday

32

Thursday of the 5th Week

### Akathist Saturday

The Akathist to the Mother of God is a beautiful ancient hymn of praise to Mary, the Theotokos, in which we praise her willing participation in the incarnation of her Son.

31

Wednesday of the 5th Week

### The Mystery of Reconciliation before Eucharist:

In the story of Mary of Egypt we hear her confession to the saintly priest Zossima. Then upon the completion of the story she requests St. Zossima to go and bring her the most precious Eucharist so that she may be united to Christ our Lord.

We too are called to make a profound confession before we approach the Chalice of Salvation. If we receive Eucharist without repentance then we basically are pretending that we love God without following His ways.

All of the faithful are called to reflect and receive the Mystery (Sacrament) of Confession at least once during the Great Fast in order to participate in the Easter Eucharist.

36

Monday of Palm Week

39

Thursday of Palm Week

30

Tuesday of the 5th Week

37

Tuesday of Palm Week

38

Wednesday of Palm Week

29

Monday of the 5th Week

### PALM WEEK:

The week following the Sunday of St Mary of Egypt is called Palm or Branch Week. At the Tuesday services of this week the Church recalls that Jesus' friend Lazarus has died and that the Lord is going to raise him from the dead (Jn 11). As the days continue toward Saturday, the Church, in its hymns and verses, continues to follow Christ towards Bethany to the tomb of Lazarus. On Friday evening, the eve of the celebration of the Resurrection of Lazarus, the "great and saving forty days" of Great Lent are formally brought to an end.



## 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.
- **Normally but not during Lent: 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.
- **Every Wednesday of the Great Fast (Lent) at 5:30 pm:** Presanctified Liturgy.
- **Every Friday of the Great Fast (Lent) at 10 am:** Akathist to the Mother of God. This will also include "Soroko-ooste" for the All Souls Saturdays.
- Almost **Every Saturday at 2 pm till FSC day:** We anticipate having **First Solemn Communion Classes** in the Boardroom.

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## Upcoming Meetings & Events:

- **Monday, March 10:** All reports for the AGM are due.
- **Monday, March 10, at 5:30? pm:** Eritrean Committee Meeting (members: check your texts for the proper time)
- **Monday, March 10, at 7:30 pm:** Knights of Columbus Meeting
- **Tuesday, March 11:** Bingo
- **Wednesday, March 12, at 9 am:** We bring the Miraculous icon to our parish.
- **Friday & Saturday March 14 & 15:** Holy Cross' Parish Lenten Mission with guest preacher Fr. Jim Nakonechny. The theme will be "Be Still and Know That I Am God: Living a Life of Prayer"
- **Saturday March 15:** First Solemn Communion Children receive their **First Confession. 4 fantastic children are preparing to do this in our parish.**
- **Sunday, March 16:** The Knights of Columbus are hosting a parish BBQ lunch after the liturgy. All are welcome. There will be a special recognition of the First Solemn Communicants at this lunch.
- **Monday, March 17 at 7 pm:** Men's Club Panachyda and Meeting.
- **Tuesday, March 18 at 9 am:** Cabbage Roll Bee
- **Tuesday, March 18 at 7 pm:** Understanding Prostate Cancer Session: Free for all Men... and everyone else too. We all should know about this common cancer, so come for a presentation, Testimonies and Q&A.

- **Sunday, March 23 after Liturgy:** Our **Annual General Meeting** for our parish. There is always lots happening in our parish and you won't want to miss this important event.
- **Wednesday, March 26:** Bingo
- **Saturday, March 29 at 9 am:** Baking Paskas with Kids, Youth and Young Adults
- **Monday, April 7:** Ladies' Club Meeting
- **Thursday, April 10:** Bingo
- **Saturday, April 12:** Our famous **Easter Bake Sale!**
- **Saturday - Saturday, April 12 - 19:** Holy Week
- **Sunday, April 20:** Pascha - Easter
- **Sunday, April 27:** Blessed Breakfast
- **Monday, April 28:** Bingo
- **May 2-4:** Pilgrimage to Bishop Velechkovsky Shrine in Winnipeg with Bishop David. Learn more about it on the bulletin board in the Entrance of the Church or at the Eparchial Website.
- **Tuesday - Friday, May 20-23:** Clergy Retreat
- **Thursday, May 29:** Probable **St. Matthew's School Graduation Liturgy and Dinner**

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## Parish, Eparchial & Community News / Announcements:

- **Say a prayer for the Pope's health.** He is in critical condition after suffering a "prolonged asthma-like respiratory crisis".
- Our Ladies' Club is looking for **volunteers for Paska and Babka making.** 8 volunteers for each day. Paska making March 11th and 13th. Babka making March 20th and 25th.
- We are also looking for volunteers **for Pie and Tart making** for April 10.
- Sign up sheets are on desk by the church office for the above e.
- 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.
- If there are **any proposed agenda items for the parish's Annual General Meeting** please submit them to the Parish Council, before February 23 by sending it to: office@ehcucp.ca
- **Are you good with Social Media? Websites? Vlogging? Video editing?** If so, consider helping the

parish spread the good news. Please come and talk to Fr. Bo if you can help.

- **Memberships** are still being accepted. Renew or get yours now.
- **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 . A detailed example can be picked up at the parish office if you would like.
- Our **Sunday School** is awesome! All kids up to the age of 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!
- Boys and Girls who have already done their First Solemn Communion are invited to become **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.
- **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.
- **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 **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.

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So what if I don't know what apocalypse means? It's not the end of the world!

## The Next Couple Weeks at Holy Cross

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>9</b> </p> <p><b>First Sunday of the Great Fast: Sunday of Orthodoxy; Octoechos Tone I;</b> ☩ The Holy Forty Martyrs of Sebaste. Polyeleos Feast. Day 7 of the Great Fast. Resurrectional Gospel 9. Hebrews 11:24-26,32-40; 12:1-2; Hebrews 12:1-10; John 1:43-51; Matthew 20:1-16.</p> <p><b>Daylight Savings Time Starts</b></p> <p><b>9:30 am Rosary</b></p> <p><b>10 am Divine Liturgy (Bilingual)</b></p> <p>Yes Sunday School, and Yes Coffee</p> <p><b>Shortly after Liturgy: Panachyda for + Emil Mudryk</b></p>	<p><b>10</b> </p> <p>The Holy Martyr Codratus and those with him: Cyprian, Nika, Halyna, and others. Day 8 of the Great Fast. Abstinence from meat and foods that contain these ingredients. Sixth Hour - Isaiah 4:2-5:6; Vespers - Genesis 3:21-4:7; Proverbs 3:34-4:22.</p> <p><b>10 am Bible Study</b></p> <p>10:30 pm Appointment</p> <p>1 pm Appointment</p> <p>4 pm Appointment</p> <p><b>5:30 pm? Eritrean Committee Meeting</b></p> <p><b>7:30 pm Knights of Columbus Meeting</b></p>	<p><b>11</b> </p> <p>Our Holy Father Sophronius, Patriarch of Jerusalem. Day 9 of the Great Fast. Sixth Hour - Isaiah 5:7-16; Vespers - Genesis 4:8-15; Proverbs 5:1-15.</p> <p><b>Bingo</b></p> <p><b>9 am Pascha Baking</b></p> <p><b>11 am Iconography Workshop resumes</b></p> <p><b>6 pm Fr. Bo teaches Icon Course at Newman Theological College</b></p>	<p><b>12</b> </p> <p>Our Venerable Father and Confessor Theophanes of Sigriana; Our Holy Father Gregory the Dialogist, Pope of Rome. Day 10 of the Great Fast. Abstinence from meat and foods that contain these ingredients. Sixth Hour - Isaiah 5:16-26; Presanctified - Genesis 4:16-26; Proverbs 5:15-6:3.</p> <p>No 9 am Liturgy</p> <p><b>9 am Picking up the Hoshiv Icon</b></p> <p><b>10:30 Baptismal Prep</b></p> <p><b>1 pm Iconography Workshop</b></p> <p><b>5:30 Presanctified Liturgy</b></p> <p><b>6:30 pm Youth &amp; Young Adults</b></p>	<p><b>13</b> </p> <p>The Transfer of the Relics of Our Holy Father Nicephorus, Patriarch of Constantinople. Day 11 of the Great Fast. Sixth Hour - Isaiah 6:1-12; Vespers - Genesis 5:1-24; Proverbs 6:3-20.</p> <p><b>9 am Paska Baking Bee</b></p> <p>Fr. Bo's Day off</p> <p>11 am Writing the Light Class</p> <p>5:30 pm Appointment</p>	<p><b>14</b> </p> <p>Our Venerable Father Benedict of Nursia. Day 12 of the Great Fast. Abstinence from meat and foods that contain these ingredients. Sixth Hour - Isaiah 7:1-14; Presanctified - Genesis 5:32-6:8; Proverbs 6:20-7:1.</p> <p><b>10 am Akathist to the Mother of God with Soroko-oosteh</b></p> <p><b>6 pm Parish Mission with Fr. Jim (includes Presanctified Liturgy)</b></p> <p>Cancelled 5:30 pm Appointment</p>	<p><b>15</b> </p> <p><b>All Souls Saturday;</b> The Holy Martyr Agapius and the Six Martyrs with him. Day 13 of the Great Fast. Hebrews 3:12-16; 1 Thessalonians 4:13-17; Mark 1:35-44; John 5:24-30.</p> <p><b>10 am: First Solemn Confessions, and other FSC events.</b></p> <p><b>6 pm Parish Mission with Fr. Jim (includes Akathist)</b></p>
<p><b>16</b> </p> <p><b>Second Sunday of the Great Fast: St. Gregory Palamas; Octoechos Tone 2;</b> The Holy Martyrs Sabinus and Papas. Day 14 of the Great Fast. Resurrectional Gospel 10 Hebrews 1:10-2:3; Mark 2:1-12.</p> <p><b>9:30 am Rosary</b></p> <p><b>10 am Divine Liturgy (English) with First Solemn Communion</b></p> <p>Yes Sunday School, and No coffee but...</p> <p><b>KofC Parish BBQ</b></p>	<p><b>17</b> </p> <p>Our Venerable Father Alexius, Man of God. Day 15 of the Great Fast. Abstinence from meat and foods that contain these ingredients. Sixth Hour - Isaiah 8:13-9:7; Vespers - Genesis 6:9-22; Proverbs 8:1-21.</p> <p><b>10 am Bible Study</b></p> <p><b>9 am Returning the Hoshiv Icon</b></p> <p><b>7 pm Panachyda &amp; Men's Club Meeting</b></p>	<p><b>18</b> </p> <p>Our Holy Father Cyril, Archbishop of Jerusalem. Day 16 of the Great Fast. Sixth Hour - Isaiah 9:9-10:4; Vespers - Genesis 7:1-5; Proverbs 8:32-9:11.</p> <p><b>9 am Cabbage Roll Bee</b></p> <p><b>6 pm Fr. Bo teaches Icon Course at Newman Theological College</b></p> <p><b>7 pm Understanding Prostate Cancer</b></p>	<p><b>19</b> </p> <p>The Holy Martyrs Chrysanthus and Daria. Day 17 of the Great Fast. Abstinence from meat and foods that contain these ingredients. Sixth Hour - Isaiah 10:12-20; Presanctified - Genesis 7:6-9; Proverbs 9:12-18.</p> <p>No 9 am Liturgy</p> <p>10:30 Baptismal Prep</p> <p><b>5:30 Presanctified Liturgy</b></p> <p><b>6:30 pm Bible Study</b></p>	<p><b>20</b> </p> <p>Our Venerable Fathers Martyred by the Saracens at the Monastery of St. Sabbas. Day 18 of the Great Fast. Sixth Hour - Isaiah 11:10-12:2; Vespers - Genesis 7:11-8:3; Proverbs 10:1-22.</p> <p><b>9 am Babka Baking</b></p> <p>Fr. Bo's Day off</p> <p>5:30 pm Appointment</p>	<p><b>21</b> </p> <p>Our Venerable Father and Confessor James, Bishop of Catania. Day 19 of the Great Fast. Abstinence from meat and foods that contain these ingredients. Sixth Hour - Isaiah 13:2-13; Presanctified - Genesis 8:4-21; Proverbs 10:31-11:12.</p> <p><b>10 am Akathist to the Mother of God with Soroko-oosteh</b></p> <p>5:30 pm Appointment</p>	<p><b>22</b> </p> <p><b>All Souls Saturday;</b> The Holy Hieromartyr Basil, Presbyter of Ancyra. Day 20 of the Great Fast. Passing into eternal life (1924) of Fr. Isidore Dolnytsky, hymnographer, professor and spiritual father of Lviv and the Greek College in Rome. Hebrews 10:32-38; 1 Thessalonians 4:13-17; Mark 2:14-17; John 5:24-30.</p>
<p><b>23</b> </p> <p><b>Third Sunday of the Great Fast: Veneration of the Holy Cross;</b> Octoechos Tone 3; The Holy Venerable-Martyr Nikon and his two hundred disciples martyred with him. Day 21 of the Great Fast. Resurrectional Gospel 11. Hebrews 4:14-5:6; Mark 8:34-9:1.</p> <p><b>9:30 am Rosary</b></p> <p><b>10 am Divine Liturgy (Bilingual)</b></p> <p>Yes Sunday School, and Yes Coffee but at the...</p> <p><b>Parish Annual General Meeting</b></p>	<p><b>24</b> </p> <p>☩ Forefeast of the Annunciation of the Mother of God; Our Venerable Father Zachary; Our Holy Father Artemon, Bishop of Seleucia in Pisidia. Day 22 of the Great Fast. Saint with Six Stichera. Abstinence from meat and foods that contain these ingredients. Sixth Hour - Isaiah 14:24-32; Vespers - Genesis 8:21-9:7; Proverbs 11:19-12:6; Genesis 28:10-17; Ezekiel 43:27-44:4; Proverbs 9:1-11.</p> <p>ECSD Spring Break</p> <p><b>10 am Bible Study</b></p>	<p><b>25</b> </p> <p>☩ <b>The Annunciation of Our Most Holy Lady, the Mother of God and Ever-Virgin Mary;</b> Blessed Omelian Kovch, Priest. Feast of the Mother of God. Day 23 of the Great Fast. Hebrews 2:11-18; Luke 1:24-38.</p> <p><b>9 am Babka Baking</b></p> <p><b>10 am Festal Divine Liturgy</b></p> <p><b>6 pm Fr. Bo teaches Icon Course at</b></p>	<p><b>26</b> </p> <p>☩ <b>Synaxis of the Holy Archangel Gabriel.</b> Day 24 of the Great Fast. Great Doxology. Abstinence from meat and foods that contain these ingredients. Leave-taking of the Annunciation. Sixth Hour - Isaiah 26:21-27:9; Presanctified - Genesis 9:18-10:1; Proverbs 12:23-13:10.</p> <p>No 9 am Liturgy</p> <p>Bingo</p> <p>10:30 Baptismal Prep</p> <p><b>5:30 Presanctified</b></p>	<p><b>27</b> </p> <p>Our Holy Mother Matrona of Thessalonica. Day 25 of the Great Fast. Sixth Hour - Isaiah 28:14-22; Vespers - Genesis 10:32-11:9; Proverbs 13:19-14:6.</p> <p><b>9 am Easter Baking</b></p> <p>Fr. Bo's Day off</p> <p>11 am Writing the Light Class</p> <p>5:30 pm Appointment</p>	<p><b>28</b> </p> <p>Our Venerable Father Hilarion the New; The Holy Stephen the Wonderworker. Day 26 of the Great Fast. Abstinence from meat and foods that contain these ingredients. Sixth Hour - Isaiah 29:13-23; Presanctified - Genesis 12:1-7; Proverbs 14:15-26.</p> <p><b>10 am Akathist to the Mother of God with Soroko-oosteh</b></p> <p>5:30 pm Appointment</p>	<p><b>29</b> </p> <p><b>All Souls Saturday;</b> Our Venerable Father Mark, Bishop of Arethusa, the Deacon Cyril and others martyred during the reign of Julian the Apostate. Day 27 of the Great Fast. Hebrews 6:9-12; 1 Corinthians 15:47-57; Mark 7:31-37; John 5:24-30.</p>