



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 16, 2025

Second Sunday of the Great Fast: St. Gregory Palamas; Octoechos Tone 2; The Holy Martyrs Sabinus and Papas. Day 14 of the Great Fast.

First Solemn Communion 2025



Today we can all witness and congratulate 4 young awesome kids who are choosing to unite themselves with Christ by receiving the Eucharist.

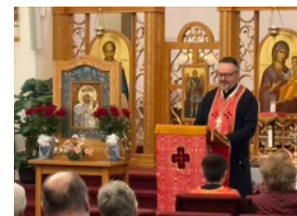
Congratulations to Charlie S, Emma O, Dominica S, and Nicholas L, and their awesome teacher Pani Mariyka Bodnar



Join us
Today after
Liturgy for
a Knights of
Columbus BBQ.

With special honoured
guests: Our First Solemn
Communicants

More info on page 2



**Lenten
Mission 2025**
with Fr. Jim see
page 2

What
didn't fit
on the
front
page?

Lots!

See Page 4
1

Hall Rentals:

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

Perohy Off Sales: 780-478-4275

Membership:

email: membership@ehcup

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 today. 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.

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.



Fr. Jim Nakonechny gave us a lovely Lenten Mission over the past two days.

If you missed his spiritually edifying talks you can still see and hear most of it by watching it online at our parish’s [“Live Liturgy Link”](#).

However due to a technical error, Fr. Bo did not get the Audio of the first few minutes of Friday’s talk (nor the whole service before that).

Thank you to all who came and especially those who helped.

Donations Collected at Holy Cross

March 9, Sunday Collection: \$1,916.00

March 9, Candles \$24.75

March Building fund so far: \$20.00

About Hoshiv's Miraculous Icon of the Mother of God

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.

**Come Venerate this
Miraculous Icon
which will be in our
parish till Monday
Morning.**

We thank the Basilian Fathers for allowing us to host the icon during our Lenten Mission.

Also big thanks to Deacon John, Dale Kluk and Terry Yackimec for helping transport the icon here.

**Please take a free
prayer card.**



Other HEADLINES that are all happening in this week that I could not fit on the front page:

- Monday at 7pm: **Men's Club** Panachyda followed by a meeting with elections of positions AGM
- Tuesday at 9am: **Cabbage Roll Bee**, please come help if you are able.
- Tuesday at 7pm: **Understanding Prostate Cancer**: an evening of talk, testimony and Q&A. All men (and women too) are encouraged to attend this evening.
- Wednesday at 5:30 pm: **Presanctified Liturgy**. Join us in prayer.
- Thursday at 10 am: **Babka Baking**. No we are not cooking babas, we are baking babkas. Come and help if you can.
- Friday at 10 am: **Soroko-oosteh**: Prayers for all the deceased. If you have names to add see deacon John.
- Next Sunday after Liturgy: **Our Parish Annual General Meeting**. We call all parish members to gather to make some important decisions and to elect the new Parish Pastoral Council for the rest of 2025 (until next year's AGM). **Lunch will be served. pick up your AGM Package today in the foyer after Liturgy**

On Now: Collection for "Aid to the Missionary Church in Canada."

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 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 Firsts 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) 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.

Please give generously. Thank you.

This Is My Body: Eparchial Lenten Series 2025

Exploring the Eucharist


Deepening Our Faith Through the Mystery of the Eucharist

As we embark on the sacred season of Great Lent, we are called to reflect, pray, and prepare our hearts for the glorious celebration of Pascha. The Eparchy of Edmonton invites you to This Is My Body – Eparchial Lenten Series, a special three-part event designed to help the faithful grow in their understanding of the Eucharist, the source and summit of Christian life.

Throughout history, the Eucharist has been at the center of our faith, nourishing believers and drawing us closer to Christ. This year's Lenten Series will focus on this great mystery through spiritual reflection, powerful media, and awe-inspiring miracles.

We invite you to join us for three evenings of prayer, learning, and renewal, exploring how the Body and Blood of Christ sustain us in our journey of faith.

Lenten Series Schedule & Details

 Location: Dormition of the Most Holy Mother of God Parish, 15608 104 Ave NW, Edmonton, AB
Time: Thursdays, 7:00 – 8:30 PM (April 10 session runs until 9:00 PM)

No registration is required – attend one session or all three!

March 27 - We Are People of the Eucharist

Speaker: Bishop David Motiuk

The series begins with a profound reflection by Bishop David Motiuk, who will guide us through the importance of the Eucharist in our spiritual lives. What does it mean to be a Eucharistic people? How does receiving the Body and Blood of Christ shape our daily walk with God?


Join in person or via Zoom:

 <https://tinyurl.com/Lentenseries2025>

April 3 - "Jesus Thirsts: The Miracle of the Eucharist"


Film Screening

This evening features a special screening of the newly released documentary, "Jesus Thirsts – The Miracle of the Eucharist." This powerful film showcases the deep historical and spiritual significance of the Eucharist, revealing its transformative impact across cultures and centuries.

 Limited seating – Reserve your spot:
<https://tinyurl.com/JesusThirstsEparchy>

April 10 - Eucharistic Miracles Around the World Exhibit of Eucharistic Miracles

Our final session invites participants to witness the extraordinary miracles of the Eucharist through a breathtaking exhibit originally curated by Blessed Carlo Acutis. This collection features over 100 documented Eucharistic miracles, reminding us of Christ's real and abiding presence in the Holy Eucharist.

 Learn more about these miracles:
<http://www.miracolieucaristici.org/>

Why Should You Attend?

Enrich Your Lenten Journey – Prepare your heart for Easter by deepening your faith and devotion to the Eucharist.

Reflect on the Real Presence of Christ – Experience the power of Christ's love in the Holy Eucharist through inspiring talks, a compelling documentary, and miraculous stories.

Strengthen Your Understanding of Faith – Whether you are a lifelong Catholic or seeking to grow in your spiritual journey, this series offers profound insights into the central mystery of our faith.


Come and See - No Registration Required!

The Eucharist is Christ's greatest gift to us—His Body, given for the life of the world. This Lenten, take time to reflect, renew, and rediscover the beauty of the Holy Mysteries. We welcome you to join us on this sacred journey.

Have Questions?

Contact:

Bernadette Mandrusiak –

bernadette.mandrusiak@eeparchy.com | 
780-424-5496


Free event

Open to all

Roundtable Discussion on the Liturgy of the Presanctified

Have you ever wondered why the Eucharist is not celebrated on certain days? Roman Catholics don't celebrate Mass on Good Friday, and **Byzantine Christians don't celebrate the Liturgy on any weekday of Lent.** But why? Join a **thought-provoking roundtable discussion** where theologians will explore the **history and theology** behind these traditions. Learn why these practices developed, how different Churches observe them today, and what they mean for Christian faith.

Tuesday, March 18, 2025

 **Newman Theological College, Edmonton**
6:00 - 8:00 PM (Vespers at 6:15 PM | Discussion at 7:00 PM)

Speakers:

- ◆ **Deacon Cyril Kennedy** (Ukrainian Catholic Eparchy of Edmonton)
- ◆ **Fr. Geoffrey Young** (St. Joseph's Seminary, Newman Theological College)
- ◆ **Fr. Timothy Chrapko** (St. Anthony Ukrainian Orthodox Church)

Please join us if you have experienced the loss of a loved one.

Grief as a Journey, is an 11 week grief support group for those searching for support in their grief over the loss of a loved one. Using video presentations and group discussion, we will build community, gain a better understanding of what we are experiencing, and give and receive support and encouragement, while journeying together through mourning.

Dates and times: Tuesdays, April 8 – June 17, 6 to 8 PM

Location: Edmonton Eparchy Pastoral Center, 9645-108 Ave. Edmonton

Cost: \$20 to cover materials.

Register: 780-4 24-5496, or bernadette.mandrusiak@eeparchy.com

✨ Wrestling with God: A 3-Day Faith-Filled Day Camp for Kids! ✨

Dates: March 24-26


Location: St. Nickolas Ukrainian Catholic Parish, Edmonton

Ages: 7-12 (Teen volunteers welcome!)


Time: 9 AM - 4 PM daily

Let your child **strengthen their faith, make new friends, and grow in their relationship with God** in a fun and welcoming environment!



 **Snacks are provided!** (Children should bring their own bagged lunch.)

 **Register by March 17, 2025! Cost is \$20.**

 Contact **Damian Rudiak** at stnicksyouthyeg@gmail.com or

 **587-982-6740** to secure a spot!

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!



YOUTH PASCHA MAKING

Followed by

YOUTH BOWLING



ON SATURDAY, APRIL 5

LET'S LEARN HOW TO MAKE SOME DELICIOUS
TRADITIONAL EASTER BREADS
THEN
WE SHALL KNOCK DOWN SOME PINS

FOR WHO?

Youth from Grades 1-12
And Parents, Grandparents, Young Adults,
and others also welcome.

WHERE?

At Holy Cross then At Bronx Bowling
12940 - 127 Street, Edmonton

WHEN?

Saturday, April 5, 9 am for the Pascha
Making and ... about 12 or 1 pm for the
Bowling. If you sign up we will give you more
details.

COST?

Youth are Free, Adults are \$10/adult and includes shoe
rental.

FOOD?

Bread will be baked, then **Pizza & Drinks** will be provided
for the Youth at bowling... and probably the adults too. Let
us know if you have special dietary needs.

RSVP?

Please **Sign Up at Church** if possible. Or see Joyce or
Kenny Kozak, Sherry Harris or Fr. Bo at church for more
details.

“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.

Know 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).

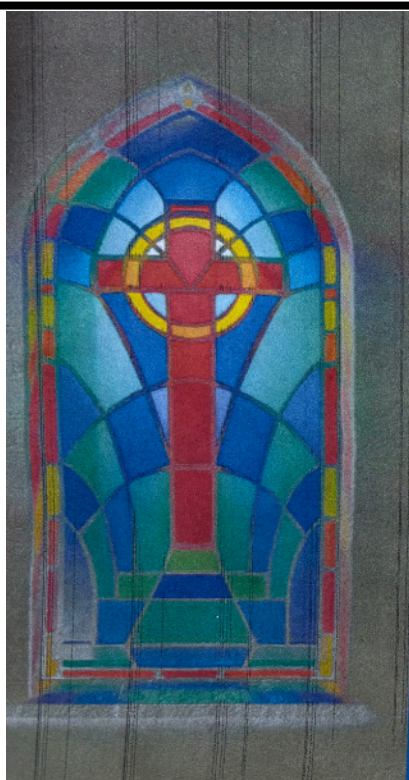


This week’s question... not exactly about our faith... but still a good question:

If a turtle loses it’s shell, is it homeless or naked?

Answer: Yes. ...and it would be spineless. Ouch.

What about Sr. Zoe’s response to the purgatory questions? She said that I had covered everything, and she had nothing to add. See both last week’s and the week before’s bulletins for that question and my answers.



Holy Cross **BLESSED BREAKFAST**

Sunday, April 27, 2025

(After 10:00 am Liturgy)

Adults \$20.00 (After April 20 \$25.00)

Children (6 - 12 yrs) \$10.00

Children (under 6) FREE

No returns on tickets.

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.

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. |

Regular Meetings and Events:

- **See older bulletins, the website or just ask.**
I'm not reprinting it this week to save paper.

Upcoming Meetings & Events:

- **Sunday, March 16 during the Liturgy:** First Solemn Communion
- **Sunday, March 16 after the Liturgy:** 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.
- **Thursday, March 20 at 10 am:** Babka Baking
- **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, April 5 at 9 am:** Baking Paskas with Kids, Youth and Young Adults
- **Saturday, April 5 at 1:30 pm:** Bowling with Kids, Youth and Young Adults
- **Monday, April 7:** Ladies' Club Meeting
- **Thursday, April 10:** Bingo
- **Friday, April 11:** Baking from everyone is accepted.
- **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
- **Saturday May 24:** Fr. Bo does Iconography with Ridna Shkola

- **Thursday, May 29:** Probable St. Matthew's School Graduation Liturgy and Dinner

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.

-
- Fr. Bo has caught up with almost all of his emails... he still needs to reply to a few. However, just like mentioned before, if you need to get a hold of Fr. Bo it is best done by phone or text. He gets back to people much quicker that way.


-
- Also, if you did contact me about something and I did not answer you. Just contact me again.

-
- FYI: Fr. Bo has ADHD. This means that he is very easily distracted and he really struggles with some things. In my case this includes correspondence. I will always try my best for all of you, but please realize that some things are simply hard for me to do. Think of ADHD as a mental handicap, that also has a pile of silver linings. But unfortunately some tasks for an ADHD-er is about as hard as it would be for a paraplegic to be a pole-vaulter. Thank you to my helpers.

HOLY CROSS BAKE SALE

will be held on Saturday April 12th at 9 am.

Parishioners are asked to bring in their baking on the Friday April 11th. Stay tuned for further info. Please also note: This isn't a Ladies Club event. It a Holy Cross Parish Fundraising Event so any and all baking will be greatly appreciated.



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.

The Next Couple Weeks at Holy Cross

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|--|---|
| <p>16 </p> <p>Second Sunday of the Great Fast: St. Gregory Palamas; Octoechos Tone 2; 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>9:30 am Rosary</p> <p>10 am Divine Liturgy (English) with First Solemn Communion</p> <p>Yes Sunday School, and No coffee but...</p> <p>KofC Parish BBQ</p> | <p>17 </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>9 am Returning the Hoshiv Icon</p> <p>10 am Bible Study</p> <p>7 pm Panachyda & Men's Club Meeting</p> | <p>18 </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>9 am Cabbage Roll Bee</p> <p>6 pm Fr. Bo teaches Icon Course at Newman Theological College</p> <p>7 pm Understanding Prostate Cancer</p> | <p>19 </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>5:30 Presanctified Liturgy</p> <p>6:30 pm Bible Study</p> | <p>20 </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>9 am Babka Baking</p> <p>Fr. Bo's Day off</p> <p>5:30 pm Appointment</p> | <p>21 </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>10 am Soroko-oosteh</p> <p>2 pm Marriage Prep</p> <p>5:30 pm Appointment</p> | <p>22 </p> <p>All Souls Saturday; The Holy Hieromartyr Basil, Presbyter of Ancyra. Day 20 of the Great Fast. Passing into eternal life (1924) of Fr. Isidore Dolnysky, 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>23 </p> <p>Third Sunday of the Great Fast: Veneration of the Holy Cross; 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>9:30 am Rosary</p> <p>10 am Divine Liturgy (Bilingual)</p> <p>Yes Sunday School, and Yes Coffee but at the...</p> <p>Lunch &... Parish Annual General Meeting</p> | <p>24 </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>10 am Bible Study</p> | <p>25 </p> <p>☩ The Annunciation of Our Most Holy Lady, the Mother of God and Ever-Virgin Mary; 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>ECSD Spring Break</p> <p>9 am Babka Baking</p> <p>10 am Festal Divine Liturgy</p> <p>6 pm Fr. Bo teaches Icon Course at Newman Theological College</p> | <p>26 </p> <p>⚡ Synaxis of the Holy Archangel Gabriel. 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>ECSD Spring Break</p> <p>No 9 am Liturgy</p> <p>Bingo</p> <p>10:30 Baptismal Prep</p> <p>5:30 Presanctified Liturgy</p> <p>Youth and Young Adults moved to April 5</p> | <p>27 </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>ECSD Spring Break</p> <p>9 am Easter Baking</p> <p>Fr. Bo's Day off</p> <p>11 am Writing the Light Class</p> <p>1 pm Appointment</p> <p>5:30 pm Appointment</p> | <p>28 </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>ECSD Spring Break</p> <p>10 am Soroko-oosteh</p> <p>5:30 pm Appointment</p> | <p>29 </p> <p>All Souls Saturday; 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> |
| <p>30 </p> <p>Fourth Sunday of the Great Fast: St. John Climacus; Octoechos Tone 4; Our Venerable Father John Climacus, Author of "The Ladder of Divine Ascent." Day 28 of the Great Fast. Resurrectional Gospel 1. Hebrews 6:13-20; Ephesians 5:9-19; Mark 9:17-31; Matthew 4:25-5:12.</p> <p>9:30 am Rosary</p> <p>10 am Divine Liturgy (English)</p> <p>Yes Sunday School, and Yes coffee</p> | <p>31 </p> <p>Our Venerable Father Hypatius, Bishop of Gangra. Day 29 of the Great Fast. Abstinence from meat and foods that contain these ingredients. Sixth Hour - Isaiah 37:33-38:6; Vespers - Genesis 13:12-18; Proverbs 14:27-15:4.</p> <p>10 am Bible Study</p> <p>7 pm Parish Pastoral Council Meeting</p> | <p>1 </p> <p>Our Venerable Mother Mary of Egypt. Day 30 of the Great Fast. Sixth Hour - Isaiah 40:18-31; Vespers - Genesis 15:1-15; Proverbs 15:7-19.</p> <p>Also, Fr. Bo's Feast Day, as he is a fool.</p> <p>10:30 am Venta Care Centre Liturgy</p> <p>6 pm Fr. Bo teaches Icon Course at Newman Theological College</p> | <p>2 </p> <p>Our Venerable Father Titus the Wonderworker. Day 31 of the Great Fast. Abstinence from meat and foods that contain these ingredients. Sixth Hour - Isaiah 41:4-14; Presanctified - Genesis 17:1-9; Proverbs 15:20-16:9.</p> <p>No 9 am Liturgy</p> <p>10:30 Baptismal Prep</p> <p>5:30 Presanctified Liturgy</p> <p>6:30 pm Bible Study</p> | <p>3 </p> <p>Our Venerable Father and Confessor Nicetas, Hegumen of the Monastery of Medicus. Day 32 of the Great Fast. Sixth Hour - Isaiah 42:5-16; Vespers - Genesis 18:20-33; Proverbs 16:17-17:17.</p> <p>Fr. Bo's Day off</p> <p>11 am Writing the Light Class</p> <p>5:30 pm Appointment</p> | <p>4 </p> <p>Our Venerable Fathers Joseph the Hymnographer and George of Maleum. Day 33 of the Great Fast. Abstinence from meat and foods that contain these ingredients. Sixth Hour - Isaiah 45:11-17; Presanctified - Genesis 22:1-18; Proverbs 17:17-18:5.</p> <p>Hall Rental</p> <p>10 am Akathist</p> <p>5:30 pm Appointment</p> | <p>5 </p> <p>Akathist Saturday; The Holy Martyrs Theodulus and Agathopedes and those with them. Day 34 of the Great Fast. Hebrews 9:24-28; Hebrews 9:1-7; Mark 8:27-31; Luke 10:38-42; 11:27-28.</p> <p>9 am Paschas with Youth</p> <p>1:30 pm Youth Bowling</p> |