



# 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\*:

- 9 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: Dcn. John Lukey**

johndebbielukey@yahoo.ca

**Pastoral Care (visiting shut-ins):**

**Debbie Lukey**

780-478-4337

**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

**Toll Free:** 1-866-886-3946

**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, September 14, 2025

Sunday of the Exaltation of the Holy Cross

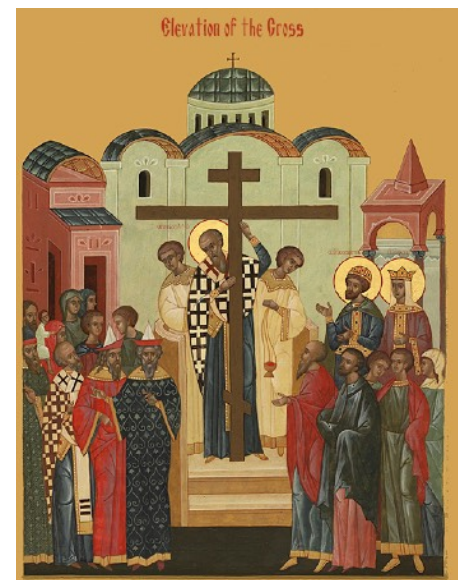
**Welcome Bishop David and all to Holy Cross  
on this our Parish's Feast Day (Praznyk).**

We are very glad to have you with us today.

## Exaltation of the Holy Cross

By + Fr. Thomas Hopko

The Elevation of the Cross, celebrated on the fourteenth of September, commemorates the finding of Christ's Cross by Saint Helen, the mother of the Emperor Constantine in the fourth century; and, after it was taken by the Persians, of its recovery by the Emperor Heraclius in the seventh century at which time it was "elevated" in the Church of the Resurrection in Jerusalem. From this latter event the "universal elevation" of the Cross was celebrated annually in all of the churches of the Christian Empire.



The day of the Elevation of the Cross became, as it were, the national holiday of the Eastern Christian Empire similar to the Fourth of July in the United States. The Cross, the official emblem of the Empire which was placed on all public buildings and uniforms, was officially elevated on this day by the bishops and priests. They blessed the four directions of the universe with the Cross, while the faithful repeated the chanting of "Lord have mercy." This ritual is still done in the churches today after the solemn presentation and elevation of the Cross at the end of the Vigil service of the holy day following the Great Doxology of Matins.

The troparion of the feast which was, one might say, the "national anthem" sung on all public occasions in the Christian Empire of Byzantium originally petitioned God to save the people, to grant victory in war and to preserve the empire "by the virtue of the Cross." Today the troparion, and all the hymns of...

Today after liturgy we are having our "Praznyk" Lunch. I would like to thank all of those **volunteers** who have been working hard to provide us with this beautiful meal. God bless you all.

## Announcing some of our new programs!

Check out our overgrowing plans to bring us all into the Kingdom of God inside this bulletin.

**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 – Mariya Mahalyas  
 Treasurer – Dale Kluk  
 Archivist – Diana Horyn  
 Cultural – Ken Kozak  
 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 – Lorna Chiasson  
 Social – Edd Horyn  
 Spiritual – Debbie Lukey

**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.

**Exaltation of the Holy Cross Continued**

...the day, are “spiritualized” as the “adversaries” become the spiritually wicked and sinful including the devil and his armies, and “orthodox Christians” replace the names of ruling officials of the Empire.

O Lord, save Thy people and bless Thine inheritance. Grant victories to the orthodox Christians over their adversaries; and by the virtue of Thy Cross, preserve Thy habitation (Troparion).

As Thou was mercifully crucified for our sake, grant mercy to those who are called by Thy name; make all Orthodox Christians glad by Thy power, granting them victories over their adversaries, by bestowing on them the invincible trophy, Thy weapon of peace (Kontakion).

The holy day of the Elevation of the Cross, although it has an obviously “political” origin, has a place of great significance in the Church today. It remains with us as a day of fasting and prayer, a day when we recall that the Cross is the only sign worthy of our total allegiance, and that our salvation comes not by “victories” of any earthly sort but by the only true and lasting victory of the crucifixion of Christ and our co-crucifixion with him.

When we elevate the Cross and bow down before it in veneration and worship to God, we proclaim that we belong to the Kingdom “not of this world,” and that our only true and enduring citizenship is with the saints in the “city of God” (Eph 2.19; Heb 11.10; Rev 21–22).

The first Old Testament reading of the Vespers of the day tells of the “tree” which changes the bitter waters into sweetness—the symbol of the Tree of the Cross (Ex 15.22–16.1). The second reading reminds us that the Lord chastens and corrects those whom He loves and that Divine Wisdom is “a Tree of life to those who lay hold upon her and trust in her, as in the Lord” (Prov 3.11–18). Again the reference is to the Cross which is, as the epistle reading of the day proclaims, “to those who are called ... the power of God and the wisdom of God” (1 Cor 1.24).

The third Old Testament reading is from the Prophecy of Isaiah which tells of the “city of the Lord” where both Jews and Gentiles will live together and “shall bow themselves down” at the place of God’s feet and “shall know that I the Lord am Thy Saviour and Thy Redeemer, the mighty One of Israel” (Is 60.11–16). Here we have the direct reference to God’s city where men shall worship at His feet; and together with the psalm line repeated constantly during the services which calls us to “bow before His...

Note: “Orthodox Christians” means those of the “True Faith” and not a denomination or particular branch of the Church.

**Donations Collected at Holy Cross this past week:**

Last Sunday’s Collection: \$2400

Last Week’s Candles: \$150.00

Building Fund: \$70.00

August’s Income: \$18,505.97    August’s Expenses: \$22,397.23  
 That is a monthly loss of: -\$3,891.26. Please be generous so that we can pay all the bills and not worry about fundraising as much.

## Exaltation of the Holy Cross Continued

... footstool," we have once again the reference to the Holy Cross (Ps 99.5, 110.1, et al.).

Before Thy Cross, we bow down in worship, O Master, and Thy holy resurrection, we glorify (Hymn of Veneration before the Cross).

This central hymn of the Elevation of the Cross which lasts for eight days in the Church is sung many times. It replaces the Thrice-Holy of the Divine Liturgy. The normal antiphons are also replaced by special verses from the psalms which have direct reference to Christ's crucifixion on the Cross (Ps 22, 74, 99). At the Matins,

in the gospel reading from Saint John, Christ says that when He is elevated on the Cross He will draw all men to Himself (Jn 12.28-36). The long gospel reading at the Divine Liturgy is the passion account from this same gospel.

Thus, at the Elevation of the Cross the Christians make their official rededication to the crucified Lord and pledge their undivided allegiance to Him by the adoration of His holy feet nailed to the life-creating Cross. This is the meaning of this holy day of fasting and repentance in the Church today.



### Bridge of Hope Annual Christmas Shoebox Campaign

Bridge of Hope is an organization within the Ukrainian Catholic Eparchy of Edmonton whose mission is to provide support services through sponsorship and ministering to underprivileged children in Ukraine that live at home or in orphanages.

We are excited to announce that Bridge of Hope is once again organizing our annual Christmas Shoebox campaign! This year, we aim to bring joy to orphans and underprivileged children cared for by the Sisters Servants of Mary Immaculate in Western Ukraine. Shoeboxes filled with all kinds of surprises from caring Canadians, will be delivered by the sisters to underprivileged children throughout western Ukraine in time for St. Nicholas day!

#### How You Can Help:

- **Prepare a Shoebox:** Shoeboxes are easy to assemble and a wonderful way to bring families and parishioners together in a meaningful way.
- **How to Pack a Shoebox:** Use either a shoebox, or backpack. Choose either a boy or girl, within the following age ranges 2-4, 5-9 or

10-14. Make sure to label your shoebox with this information. Some ideas for items to pack are personal care items, school supplies, treats, clothing or toys. Please do not include liquids, loose candy, battery operated toys, or very heavy items. We also ask that you include a \$7 donation to cover the shipping costs. There is a detailed list of the most needed items on our website. [ourbridgeofhope.com](http://ourbridgeofhope.com)

- Deliver your shoebox to your parish contact, or contact Wanda Kowalchuk directly to confirm drop-off location.
- **Make a Donation:** If you prefer, you can also donate funds to help us fill shoeboxes for the children. Which can also be done through the website. Or contact Wanda. See below.

Important Information:

- **Website:** For more details about the campaign and ideas for shoebox contents, please visit our website: [ourbridgeofhope.com](http://ourbridgeofhope.com) and look under "Programs"
- **Contact Us:** If you need assistance or more information, feel free to reach out to Wanda Kowalchuk at [wandamay@telus.net](mailto:wandamay@telus.net) or call 780-993-0216. We are also looking for volunteers at each parish to help coordinate at the parish level. If you would like to help, please contact Wanda.
- **Deadline:** Our goal is to have all the boxes ready to go by October 5, 2025 so that they will arrive in time for the Feast of St. Nicholas.

Together, We Can Make a Difference!

With many children in need this year, your support is crucial. Thank you for joining us in spreading hope and joy this Christmas season!

# Perogy Supper

September 27, 2025  
Get your tickets now



I can't wait to see all my friends there!

I should invite my whole family, and my neighbours too.

**Menu:**

- Three types of Perogies
- Meatballs & Gravy
- Sweet Cabbage rolls
- Cornmeal
- Mushrooms & Dill Cream Sauce
- Fried Onions
- Marinated Vegetable Salad
- Assorted Preserves
- Desserts

**For tickets call  
825-967-5997**

or get them after any Sunday Divine Liturgy... but don't wait because these go fast.

**Advanced tickets only**

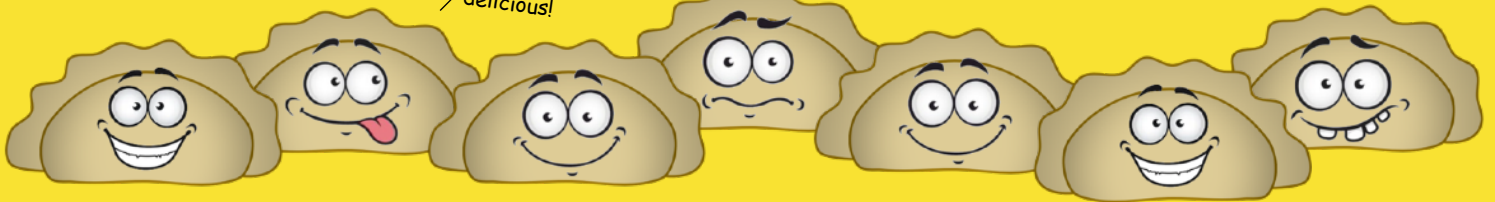
**Adults (13+) \$25**

**Youth (7-12 years) \$15**

**Children 6 and under are Free**

Do I really want to be boiled and eaten?

We are so delicious!



Holy Cross' 2024-25-26

# Bible Study

With Jeff Cavins on screen

Join in Every other Wednesday at 6 pm as we explore the whole story of salvation from Creation to the Second Coming.

Its always open to everyone, and you even get free popcorn!



Dates are always available on our Bulletin and on our Parish Website.

**EHCUCP.ca**

Exaltation of the Holy Cross Ukrainian Catholic Parish.ca

Young Adult & Adult Evening Viewing of

# THE CHOSEN:

Come Let's Watch & Dialogue Together

Every other Tuesday starting on October 7th at 7 pm

Let's explore our faith together.

At Holy Cross Parish  
9003 153 Ave, Edmonton





Seniors Day Time Viewing of

# THE CHOSEN:

Come Let's Watch & Dialogue Together

Every other Tuesday starting on  
October 7th at 2 pm

Let's explore our faith together.

At Holy Cross Parish  
9003 153 Ave, Edmonton



You are Invited to the Holy Cross Parish

## Harvest Dance

Saturday, October 25, 2025

Doors Open at 5:00 PM

Dinner at 6:00 PM



Music by The New Lumberjacks



Tickets available from Rose Marie

Call 780-217-8217

Adults \$55.00

Youth \$30.00 (12 and under)

**DOOR PRIZES!**

\* Casual Wear \*



“IS THERE MORE TO  
LIFE THAN THIS?”

“IS THIS  
IT?”

“IS THERE A  
GOD?”

“WHAT IS THE  
MEANING OF LIFE?”

“WHAT AM I  
DOING HERE?”

“DO I HAVE A  
PURPOSE?”

Alpha

NICE MEAL.  
HONEST CONVERSATIONS.  
EVERYONE WELCOME

7 PM EVERY OTHER TUESDAY  
STARTING OCTOBER 14

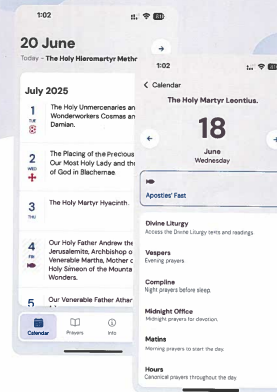
HOLY CROSS 9003 153 AVE, EDMONTON  
FOR MORE INFO SEE ENCUCP.CA

Created by the Ukrainian Catholic  
Eparchy of Edmonton



## iPraises App

Your Daily Prayer  
Companion



### What's Inside?

- Full Byzantine Liturgical Calendar
- Morning, Evening, and Personal Prayers
- Clean and simple design

### Download and Pray



GET IT ON  
Google Play



Download on the  
App Store

Make sure to update to the latest version  
for new features and improved experience.

# During the month of September, the Eparchy of Edmonton conducts its annual **Vocations and Seminary Collection**

“It takes a whole village to raise a child.” It likewise takes the support of the whole Church to form a deacon, priest, religious, monastic and lay member for ministry in the Church. It also takes our support to offer on-going education and formation for those already in sacred orders or involved in lay ministry.

The faithful can acknowledge the role they play in nurturing vocations by offering their financial support to help defray such expenses as formation programs, retreats, conferences, seminars, tuition, books, and room and board.

Studying for the diaconate and the priesthood this year, on behalf of the Eparchy Edmonton are:

- **Volodymyr Babiak** (Bachelor of Theology, Neman Theological College, Edmonton);
- **Michael Chichak** (Master of Divinity, Newman Theological College, Edmonton);
- **Jacob Kociuba** (Master of Divinity, Newman Theological College, Edmonton);
- **Brian O’Neill** (Diaconate Formation, Saint Stephen Parish, Calgary);
- **Peter Pitchko** (Pastoral Internship, Saint Josaphat Cathedral/Pastoral Centre, Edmonton);
- **Julian Savaryn** (Pastoral Internship, Saint George Parish, Edmonton);
- **Patrick Siedlecki** (Diaconate Formation, Saints Peter and Paul Parish, Lethbridge);
- **Ryan Tarnava** (Diaconate Formation, Saints Peter and Paul Parish, Lethbridge); and
- **Adam Yurkow** (Bachelor of Theology, Newman Theological College, Edmonton).

Thank you for your generosity! May God bless you and your families!

**The suggested donation amount is \$30.00 per family**, and all the parishes are going to send \$30 for each of their families to the Eparchy whether or not the families themselves will donate it. And, as you can see, there are quite a few potential vocations for our Eparchy which means that even the \$30 suggested donation per family is not likely to cover all the expenses. **So, if you are in a position that you can give more than \$30 to this wonderful cause... please do so.**

**You can use the special envelopes that are in your box of envelopes and drop it into the Sunday Collection basket.**

## **WHAT?!?! You don’t have a box of envelopes from this parish?!?!?**

That must mean that you are not registered as a member of our parish yet. You can do so by talking to Lorna Chiasson, or contacting the parish office (which is open on Wednesday mornings). Not only will you get a free box of donation envelopes, but you also get reduced rates for hall rentals and help us keep our records up to date. So join us today!

### **Other Announcements**

- **Lay Leadership & Diaconal Formation – A Journey of Faith and Service** The Eparchy of Edmonton invites you to go deeper into your faith and answer God’s call to serve. In partnership with Newman Theological College, we offer two formation paths beginning September 2025:
  - **Lay Leadership Program** – for parishioners discerning a call to serve their parish community
  - **Diaconal Formation Program** – for men discerning a vocation to the diaconate.Grow in understanding, prayer, and purpose. **Apply by yesterday, or as soon as possible.**

Learn More: [eeparchy.com/formation/](http://eeparchy.com/formation/)  
Contact: [andrea.leader@eeparchy.com](mailto:andrea.leader@eeparchy.com) | 780-424-5496

- **Our Question Box:** In our Church’s entry there is a “Question Box”. If you have a question about our Faith, Church or Traditions, simply write it down and drop it into the box. Fr. Bo will try to answer your question in one of the next bulletins.
- We would love to have someone **volunteer** to help our parish create a **Photo Directory** for next year. If you can volunteer for this project please speak to Dianne Kluk or Fr. Bo.

# Upcoming Events:

- **Sunday, September 14:** The Feast of the Exaltation of the Holy Cross. This is our parish's "Praznyk" (Feast Day). On this day bishop David will join us and we will have a fitting celebration. Get your tickets now.
- **Saturday, September 20, at 10 pm:** KC District #16 Executive Meeting in the Boardroom
- **Saturday, September 20, at 1 pm:** Baptism (TB)
- **Saturday, September 20, at 3 pm:** Triple Baptism (B family)
- **Tuesday, September 23 at 9 am:** Cabbage Roll Bee. Volunteers each get a FREE hairnet!
- **Wednesday September 24:** Wedding (W&K)
- **Saturday September 27:** Perogy Supper - tickets now available. The last time Holy Cross held a Perogy Supper in September both sittings were sold out. To purchase tickets, call 825-967-5997.
- **Saturday September 27 at 9 am:** The Sub-deaconal ordination of Peter Pitchko at St. Josaphat's Cathedral
- **Monday September 29:** PPC Meeting
- **Tuesday, September 30 at ? time:** Alpha Team Meeting & Training. I think. Stay tuned. If you would like to be involved please talk to Alyssa or Dianne Kluk or Fr. Bo.
- **Wednesday, October 1:** The Feast of the Protection of the Mother of God. Liturgy at 9 am as usual for a Wednesday.
- **Wednesday, October 1 at 6 pm:** Bible Study resumes. All are welcome to join us. Free Popcorn as usual. (We will continue every 2 weeks on Wednesdays till the series is completed.)
- **Monday, October 6 at 6 pm:** Choir and Youth. Details to be figured out.
- **Monday, October 6 at 7 pm:** Ladies' Club Meeting. I think.
- **Tuesday, October 7 at 2 pm:** Senior's Afternoon "The Chosen: Watch and Discussion". Come and watch the first episode of the first season of "the Chosen". The Chosen is a series of shows about the life and ministries of our Lord, Jesus Christ. This afternoon time slot is intended for Seniors, so that they do not need to drive during the dark evening hours of winter to attend.
- **Tuesday, October 7 at 6 pm:** Young and "Medium Aged" Adult Evening "The Chosen: Watch and Discussion". Come and watch the first episode of the first season of "the Chosen". The Chosen is a series of shows about the life and ministries of our Lord, Jesus Christ. This evening time slot is intended for "non-retired folk", who most often work during the day.
- **Tuesday, October 7 at 6 pm:** Young and "Medium Aged" Adult Evening "The Chosen: Watch and Discussion". Come and watch the first episode of the first season of "the Chosen". The Chosen is a series of shows about the life and ministries of our Lord, Jesus Christ. This evening time slot is intended for "non-retired folk", who most often work during the day.
- **Saturday, October 11 at 10 am:** The Deaconal ordination of Peter Pitchko at St. Josaphat's Cathedral
- **Tuesday, October 14 at 6 pm:** Alpha. This is a meal, presentation, and discussion night for those who are curious or even apprehensive about the Christian faith. The program continues every other Tuesday at 6 pm for 11 weeks.
- **Wednesday, October 15 at 6 pm:** Bible Study
- **Monday, October 13:** Thanksgiving Monday
- **October 18-24:** Catholic Education Week. Catholic Education Week is a time to give thanks for the gift of Catholic education, celebrate its constitutional and spiritual foundations, and renew our shared mission. This week is a moment for Catholic schools to stand visible in the public square—anchored in Christ, radiant in hope. Through prayer, celebration, and witness, we affirm the mission entrusted to us.  
  
In unity, the Catholic Bishops of Alberta, the Northwest Territories, and Yukon—together with GrACE and the Council of Catholic School Superintendents of Alberta (CCSSA)—have issued a [Pastoral Letter](#) affirming our mission, encouraging courageous witness, and expressing gratitude for all who serve in Catholic education. If you are reading this bulletin in a digital format you can click on the link to read this.
- **Monday, October 20 at 7 pm:** Men's Club Meeting. All men are welcome, members please attend.
- **October 20-23:** Annual Clergy Study Days. Theme: Catechesis and Synodality. Fr. Bo & Deacon John are away.
- **Tuesday, October 21 at 2 pm for Seniors, and 6 pm for others:** "The Chosen: Watch and Discussion" (and every 2<sup>nd</sup> Tuesday)
- **Wednesday, October 22:** No 9 am Divine Liturgy due to Clergy Study Days.
- **Saturday, October 25:** Harvest Dance: Doors open at 5 pm, Dinner is at 6 pm. See posters.

## The Next Couple Weeks at Holy Cross

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>14</b> </p> <p><b>☩ The Universal Exaltation of the Precious and Life-Giving Cross.</b> Day of strict fast. Abstinence from meat and foods that contain meat. 1 Corinthians 1:18-24; John 19:6-11, 13-20, 25-28, 30-35.</p> <p><b>9:30 am Rosary</b></p> <p><b>10 am Divine Liturgy (English)</b></p> <p>Bishop David Preaches</p> <p>Yes Sunday School, but no coffee as it is our Praznyk</p> <p style="font-size: 1.5em; color: purple;"><b>Parish Praznyk</b></p>	<p><b>15</b></p> <p>☩ The Holy Great-Martyr Nicetas. Post-feast of the Exaltation of the Cross. Saint with Six Stichera. Galatians 2:11-16; Mark 5:24-34.</p> <p><b>12 noon Theosis Studio time</b></p>	<p><b>16</b></p> <p>☩ The Holy Great-Martyr Euphemia, the All-Famed. Post-feast of the Exaltation of the Cross. Saint with Six Stichera. Galatians 2:21-3:7; Mark 6:1-7.</p> <p><b>9 am Working on WTFSE</b></p> <p><b>4 pm Marriage Prep (S&amp;F)</b></p>	<p><b>17</b></p> <p>Holy Martyr Sophia, and Her Three Daughters Faith, Hope, and Love. Post-feast of the Exaltation of the Cross. Galatians 3:15-22; Mark 6:7-13.</p> <p><b>9 am Divine Liturgy</b></p>	<p><b>18</b></p> <p>Our Venerable Father Eumenes, Bishop of Gortyna, Wonderworker. Post-feast of the Exaltation of the Cross. Galatians 3:23-4:5; Mark 6:30-45.</p> <p>Fr. Bo's Day Off</p> <p>5:30 pm Appointment</p> <p>7 pm "Red Harvest" at Cathedral Basement Museum</p>	<p><b>19</b> </p> <p>The Holy Martyrs Trophimus, Sabbatius, and Dorymedontus. Post-feast of the Exaltation of the Cross. Abstinence from meat and foods that contain meat. Galatians 4:8-21; Mark 6:45-53.</p> <p>5:30 pm Appointment</p>	<p><b>20</b></p> <p>Saturday after the Exaltation of the Holy Cross; ☩ The Holy Martyrs and Confessors for the Faith, the Grand Prince Michael and His Nobleman Theodore, Wonderworkers of Chernihiv; ?? The Holy Great-Martyr Eustathius and those with him. Post-feast of the Exaltation of the Cross. Saint with Six Stichera. 1 Corinthians 1:26-29; John 8:21-30.</p> <p><b>10 am Knights Exec Meeting</b></p> <p><b>1 pm Baptism &amp; Hall Rental</b></p> <p><b>3 pm Tripple Baptism</b></p>
<p><b>21</b></p> <p><b>Sunday after the Exaltation of the Holy Cross;</b> Octoechos Tone 6; The Holy Apostle Codratus of Magnesia. Leave-taking of the Feast of the Exaltation of the Cross. Resurrection Gospel 4. Galatians 2:16-20; Mark 8:34-9:1.</p> <p><b>9:30 am Pre-Baptismal Rites</b></p> <p><b>10 am Divine Liturgy with I F.S.C. (SK) (Bilingual)</b></p> <p>Yes Sunday School, Yes Coffee.</p> <p><b>12 noon Wedding Rehearsal</b></p>	<p><b>22</b></p> <p>The Holy Hieromartyr Phocas, Bishop of Sinope; The Holy Prophet Jonah; The Venerable Jonah the Presbyter. Galatians 4:28-5:10; Mark 6:54-7:8.</p> <p><b>12 noon Theosis Studio time</b></p> <p><b>5 pm Marriage Prep (S&amp;F)</b></p>	<p><b>23</b></p> <p>☩ <b>The Conception of the Honourable and Glorious Prophet, Forerunner, and Baptist John.</b> Great Doxology. Galatians 4:22-31; Luke 1:5-25.</p> <p><b>9 am Cabbage Roll Bee</b></p>	<p><b>24</b></p> <p>☩ <b>The Holy First-Martyr and Equal-to-the-Apostles Thekla.</b> Saint with Six Stichera. Galatians 6:2-10; Mark 7:14-24.</p> <p><b>9 am Divine Liturgy</b></p> <p><b>Wedding (W&amp;K)</b></p>	<p><b>25</b></p> <p>Our Venerable Mother Euphrosyne. Ephesians 1:1-9; Mark 7:24-30.</p> <p>(No Day Off this week)</p> <p><b>9 am Retreat for St. Martin's School</b></p> <p><b>Perogy Supper Prep</b></p> <p>Cancelled 5:30 pm Appointment</p> <p><b>6 pm Wedding Rehearsal</b></p>	<p><b>26</b></p> <p>☩ <b>The Falling Asleep of the Holy Apostle and Evangelist John the Theologian.</b> All-Night Vigil Feast. A day when the faithful are highly encouraged to participate in the Divine Liturgy. Abstinence from meat and foods that contain meat. 1 John 4:12-19; John 19:25-27; 21:24-25.</p> <p><b>Perogy Supper Prep</b></p> <p>5:30 pm Appointment</p>	<p><b>27</b></p> <p>The Holy Martyr Callistratus and those with him; Our Venerable Father Nilus, Founder and Hegumen of the Grottaferrata Monastery. 1 Corinthians 10:23-28; Matthew 24:34-44.</p> <p>9 am Subdiaconal Ordination of Peter Pichko at the Cathedral</p> <p><b>Wedding (W&amp;K)</b></p> <p style="font-size: 1.5em; color: purple;"><b>Perogy Supper</b></p>
<p><b>28</b></p> <p><b>Sixteenth Sunday after Pentecost; Octoechos Tone 7;</b> ☩ <b>Our Venerable Father and Confessor Chariton;</b> The Holy Martyr Ludmila and Viacheslav, Czech Prince; Synaxis of the Venerable Fathers of the Monastery of the Caves in Kyiv who repose in the Nearer Caves of the Venerable Anthony; Blessed Hieromartyr Nykyta Budka, First Bishop of Canada. Polyeleos Feast. Resurrection Gospel 5. 2 Corinthians 6:1-10; 2 Corinthians 4:6-15; Matthew 25:14-30; Luke 6:17-23.</p> <p><b>9:30 am Rosary</b></p> <p><b>10 am "Children's/ Family Friendly" Divine Liturgy (English)</b></p> <p>No Sunday School, Yes Coffee.</p>	<p><b>29</b></p> <p>☩ Our Venerable Father Cyriacus the Anchorite. Saint with Six Stichera. Ephesians 1:22-2:3; Mark 10:46-52.</p> <p><b>12 noon Theosis Studio time</b></p> <p><b>7 pm PPC Meeting</b></p>	<p><b>30</b></p> <p>☩ The Hieromartyr Gregory, Bishop of Great Armenia. Saint with Six Stichera. Ephesians 2:19-3:7; Mark 11:11-23.</p> <p><b>National Day for Truth and Reconciliation</b></p> <p style="color: purple;"><b>ALPHA Team Training Day?</b></p>	<p><b>1</b></p> <p>☩ <b>The Protection of the Most Holy Mother of God;</b> Holy Apostle Ananias, One of the Seventy Disciples; Our Venerable Father Roman Who Sang Sweetly. Feast of the Mother of God. A day when the faithful are highly encouraged to participate in the Divine Liturgy. Hebrews 9:1-7; Luke 10:38-42; 11:27-28.</p> <p><b>9 am Divine Liturgy</b></p> <p style="color: purple;"><b>6 pm Bible Study</b></p>	<p><b>2</b></p> <p>☩ The Holy Hieromartyr Cyprian; Holy Martyr Justina; Holy Andrew, Fool for the Sake of Christ. Saint with Six Stichera. Ephesians 4:14-19; Mark 11:27-33.</p> <p>Fr. Bo's Day Off</p> <p>5:30 pm Appointment</p>	<p><b>3</b></p> <p>☩ The Holy Hieromartyr Dionysius the Areopagite. Saint with Six Stichera. Abstinence from meat and foods that contain meat. Ephesians 4:17-25; Mark 12:1-12.</p> <p>5:30 pm Appointment</p>	<p><b>4</b></p> <p>The Holy Hieromartyr Hierotheus, Bishop of Athens, our Venerable Father Francis of Assisi. 1 Corinthians 14:20-25; Matthew 25:1-13.</p> <p><b>Hall Rental</b></p>

# Sunday, September 14, 2025

## Sunday of the Exaltation of the Holy Cross

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### Antiphon 1

O God, my God, hear me; why have You forsaken me? The words of my transgressions put salvation far from me.

Through the prayers of the Mother of God, O Saviour, save us.

O God, I will call to You by day but You will not listen; and by night, yet it will not be foolish of me.

Through the prayers of the Mother of God, O Saviour, save us.

But You, the praise of Israel, dwell in the holy place.

Through the prayers of the Mother of God, O Saviour, save us.

Glory... Now... Only-begotten Son...

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### Antiphon 3

The Lord reigns, let the peoples tremble;\* He is enthroned upon the cherubim, let the earth quake.

**Troparion, Tone 1:** Save Your people, O Lord, and bless Your inheritance.\* Grant victory to Your faithful people against enemies,\* and protect Your community by Your cross.

Great is the Lord in Sion\* and supreme above all peoples.

**Troparion, Tone 1:** Save Your people, O Lord, and bless Your inheritance.\* Grant victory to Your faithful people against enemies,\* and protect Your community by Your cross.

Let them profess Your great name\* for it is awesome and holy.

**Troparion, Tone 1:** Save Your people, O Lord, and bless Your inheritance.\* Grant victory to Your faithful people against enemies,\* and protect Your community by Your cross.

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### Entrance

Exalt the Lord our God and bow in worship at the footstool of His feet for it is holy.

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### Troparia and Kontakia

**Troparion, Tone 1:** Save Your people, O Lord, and bless Your inheritance.\* Grant victory to Your faithful people against enemies,\* and protect Your community by Your cross.

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

**Kontakion, Tone 4:** By Your own choice, O Christ our God,\* You were lifted on the cross.\* Grant Your mercies to Your new community\* that bears Your Name.\* By Your power gladden the faithful people,\* and grant them victory against enemies.\* May they have the help of Your instrument of peace,\* the invincible sign of victory.

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### Instead of Holy God, we sing:

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. (3)

Glory... Now... and we glorify Your holy Resurrection.

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

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### Prokeimenon, Tone 7

Exalt the Lord our God,\* and bow in worship at the footstool of his feet, for it is holy.

**verse:** The Lord reigns, let the people tremble.

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### Epistle I Corinthians 1:18-24 (NRSV)

Brothers and Sisters, for the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God.

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### Alleluia verses, Tone 1

Remember Your congregation which You acquired from the beginning.

But God is our king before the ages; He has wrought salvation in the midst of the earth. (Psalm 73:2,12)

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### Gospel John 19:6-11, 13-20, 25-28, 30-35 (NRSV)

At that time, the chief priests and the police saw him, they shouted, "Crucify him! Crucify him!" Pilate said to them, "Take him yourselves and crucify him; I find no case against him." The Jews answered him, "We have a law, and according to that law he ought to die because he has claimed to be the Son of God." Now

when Pilate heard this, he was more afraid than ever. He entered his headquarters again and asked Jesus, "Where are you from?" But Jesus gave him no answer. Pilate therefore said to him, "Do you refuse to speak to me? Do you not know that I have power to release you, and power to crucify you?" Jesus answered him, "You would have no power over me unless it had been given you from above; therefore the one who handed me over to you is guilty of a greater sin." When Pilate heard these words, he brought Jesus outside and sat on the judge's bench at a place called The Stone Pavement, or in Hebrew Gabbatha. Now it was the day of Preparation for the Passover; and it was about noon. He said to the Jews, "Here is your King!" They cried out, "Away with him! Away with him! Crucify him!" Pilate asked them, "Shall I crucify your King?" The chief priests answered, "We have no king but the emperor." Then he handed him over to them to be crucified. So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha. There they crucified him, and with him two others, one on either side, with Jesus between them. Pilate also had an inscription written and put on the cross. It read, "Jesus of Nazareth, the King of the Jews." Many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, in Latin, and in Greek. And that is what the soldiers did. Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home. After this, when Jesus knew that all was now finished, he said

(in order to fulfill the scripture), "I am thirsty." When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit. Since it was the day of Preparation, the Jews did not want the bodies left on the cross during the sabbath, especially because that sabbath was a day of great solemnity. So they asked Pilate to have the legs of the crucified men broken and the bodies removed. Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. But when they came to Jesus and saw that he was already dead, they did not break his legs. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out. (He who saw this has testified so that you also may believe. His testimony is true, and he knows that he tells the truth.)

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### **Hymn to the Mother of God And Irmos, Tone 8:**

O my soul, magnify the most precious cross of the Lord.

You are a mystical Paradise, O Mother of God, who though untilled, have brought forth Christ. He has planted upon earth the life-giving Tree of the Cross. Therefore today as we raise it on high we bow low and we magnify you.

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### **Communion Hymn**

Let the light of Your countenance, O Lord,\* shine upon us.\* Alleluia, alleluia,\* alleluia. (Psalm 4:7)

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### **At the end of Liturgy we sing:**

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. (3)



### **Welcome to Holy Cross Parish!**

**We are very glad to have you with us today. It is our hope that everyone who is with us can experience the Living God here through the prayers of the Divine Liturgy, the warmth of the community and through the profound Eucharist of our Lord.**

**Please introduce yourself and if we can do anything to help you or if you have any questions about our community, please let us know.**