



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

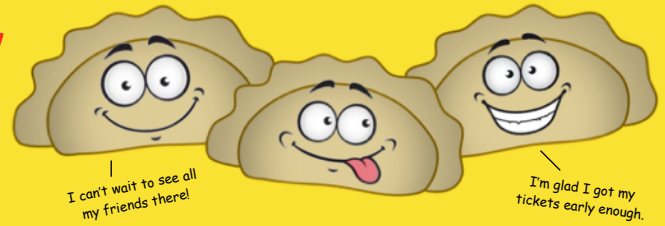
More info on the next page.

Sunday, September 21, 2025

**Sunday after the Exaltation of the Holy Cross; Tone 6;
The Holy Apostle Codratus of Magnesia.**

Leave-taking of the Feast of the Exaltation of the Cross.

The **Perogy**
Supper
this Saturday



is now **SOLD OUT!**

**But we could still use 2 more volunteers in the kitchen.
Please see Terry Yackimec if you can help.**



Lots of Holy Mysteries (Sacraments) **4 Baptisms yesterday, another First Confession & Solemn Eucharist today and a Wedding later this week!**

Our Church is ever growing. Congratulations to **Theodore B**, and to **Mason, Oliver and Lily B** who all received Baptism, Chrismation and Holy Eucharist yesterday. Also Congratulations to **Solomia K** who receives today her first Confession and Solemn Communion. Plus, later this week **Alyssa K** and **Joshua W** will receive the Sacrament of Matrimony. What a glorious week in Christ's family. Mnohaya Lita to you all!

Please also pray for the others who are preparing for their Baptisms, First Solemn Communions, and Marriages. If you know of someone who would like to also receive one or more of their Sacraments have them call Fr. Bo at 780-340-3726.

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.

Thank You Volunteers

Our parish has been blessed with many many volunteers who work hard to make God's Church an awesome place to be.

In these past and upcoming few weeks we have had a Praznyk meal, Cabbage Roll Bees, Cabbage Leaves prepared, Sauerkraut made, Meetings held, Senior's, Adult's, Families', Youth's and Children's Programming planned, scheduled and advertised, Choir program planned, Social Media platforms updated and launched and even office files and procedures brought up to date, not to mention the various Liturgies, Sacraments, Prayers and other services held. Wow, we have awesome people. Thank you all of you. May God bless you all.

Below you can see some of our 139 registered volunteers (yes, we keep track of you all as best as we can) who helped make the Sauerkraut and sour cabbage leaves this past week.

When we have photos of you, we love to put them up. When we don't have photos... we wish someone would pull out their phones, take some and send them to us so we can say "Thanks" even more.

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

Last Sunday's Collection: \$3305.00

Last Week's Candles: \$30.00

E-transfers: \$130.00

Building Fund: \$110.00

Apostle Quadratus of the Seventy



Commemorated on [September 21](#)

Saint Quadratus, Apostle of the Seventy preached the Word of God at Athens and at Magnesia (eastern peninsula of Thessaly), and was Bishop of Athens. His biographer called him “a morning star” among the clouds of paganism. He converted many pagans to the true faith in Christ the Savior, and his preaching aroused the hatred of the pagans. Once, an angry mob fell upon the saint to pelt him with stones. Preserved by God, Saint Quadratus remained alive, and they threw him into prison, where he died of starvation. His holy body was buried in Magnesia.

In the year 126, Saint Quadratus wrote an Apologia in defence of Christianity. Presented to the emperor Hadrian (117-138), the Apologia affected the persecution of Christians, since the emperor issued a decree saying that no one should be convicted without just cause. This Apologia was known to the historian Eusebius in the fourth century. At the present time, only part of this Apologia survives, quoted by Eusebius: “The deeds of our Savior were always witnessed, because they were true. His healings and raising people from the dead were visible not only when they were healed and raised, but always. They lived not only during the existence of the Savior upon the earth, but they also remained alive long after His departure. Some, indeed, have survived to our own time.”

Saint Quadratus is also commemorated on January 4.

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 household if you can afford it.



2025 CALLED TO BE HOLY

MEN'S CONFERENCE



Holy Spirit Seminary
Edmonton



November 7-8,
2025



MEET OUR SPEAKERS

*"Do not be conformed to this world, but be transformed
by the renewing of your minds..."*

Romans 12:1-2



Fr. Michael Winn

Keynote Speaker



Brian Holdsworth

Guest Speaker

Step away from the world's noise and rediscover your calling

Join men from across the Eparchy for two days of prayer, fellowship, and powerful talks on self-mastery and true Christian manhood. Together we'll learn how to fight the inner battles, live sacrificial love, and shine as witnesses of Christ.



Divine Liturgy & Confession



Panel Discussion & Fellowship



Meals & time to connect with brothers in faith

REGISTER NOW

Price:

Before Oct 1 → \$85 commute / \$145 live-in

After Oct 1 → \$95 commute / \$155 live-in

Scan the QR code or visit
tinyurl.com/Calledtobeholy25



bernadette.mandrusiak@eeparchy.com



www.eeparchy.com



780-424-5496



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

- 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 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 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!

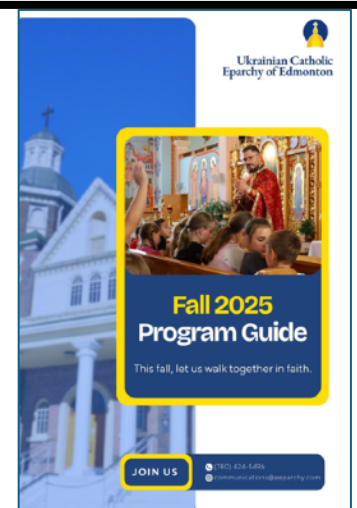
With many children in need this year, your support is crucial. Thank you for joining us in spreading hope and joy this Christmas season!

Check it out!

The Fall Program Guide is Here!

Have a look at all the amazing opportunities for spiritual growth being offered throughout the Eparchy. Look for it on the eparchy website: www.eeparchy.com or in your church entrance.

Sept 1 was the beginning of the New Liturgical Year. It's not too late to make a New Year's resolution! Consider taking part in one or more of the offerings and experience the joy of growing closer to God.





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



Young Adult & Adult Evening Viewing of
THE CHOSEN:
Come Let's Watch & Dialogue Together

**Every other Tuesday starting on
October 7th at 6 pm**

Let's explore our faith together.

At Holy Cross Parish
9003 153 Ave, Edmonton



Holy Cross' Chosen				
Date	What?		Date	What?
Tuesday, October 7	"I Have Called You by Name". 1:1		Tuesday, March 3	"Thunder" 2:1
Tuesday October 21	"Shabbat" 1:2		Tuesday, March 17	"I Saw You" 2:2
Tuesday, November 4	"Jesus Loves the Little Children" 1:3		Tuesday, April 14	"Matthew 4:24" 2:3
Tuesday, November 18	"The Rock on Which It Is Built" 1:4		Tuesday, April 28	"The Perfect Opportunity" 2:4
Tuesday, December 2	"The Wedding Gift" 1:5		Tuesday, May 12	"Spirit" 2:5
Tuesday, December 16	Christmas Special parts A&B		Tuesday, May 26	"Unlawful" 2:6
Tuesday, January 20	"Indescribable Compassion" 1:6		Tuesday, June 9	"Reckoning" 2:7
Tuesday, February 3	"Invitations". 1:7		Tuesday, June 23	"Beyond Mountains" 2:8
Tuesday, February 17	"I Am He" 1:8			

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 *



Holy Cross' 2025

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!



First Class of this Liturgical Year is on
Wednesday, October 1 at 6 pm

The other dates are always available on our Bulletin and on our Parish Website.

EHCUCP.ca

Exaltation of the Holy Cross Ukrainian Catholic Parish.ca

Other Announcements

- **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.
- **Are you having a 50th, 60th, or 70th Anniversary?** If so talk to Diana Horyn 780-255-9926. Holy Cross Parish will hoer you with a plaque. You can also put your anniversary on the sheet on the table next to the parish office.

Working Together for Safer Environments

If God permits, Fr. Bo will be sending out an individual email to our 139 parish volunteers this week. This is to have everyone update our parish volunteer files. This process is part of our Eparchy's Safer Environments Policy which strives to make all of our Church as safe as possible for all of our people, especially those most vulnerable such as our youth and seniors. So... If you get an email from Fr. Bo later this week, please help us by filling out the missing info. If you don't have an email, or if we don't know your email, you will have a volunteer envelope at the parish for you to pick up, hopefully this upcoming Sunday.

Holy Cross' Bible Timeline Continued from 2024-25

Date	What?
Wednesday, October 1	#16: The Return
Wednesday, October 15	#17: Maccabean Revolt
Wednesday, October 29	#18: Messianic Fulfillment - part 1
Wednesday, November 12	#19: Messianic Fulfillment - part 2
Wednesday, November 26	#20: Messianic Fulfillment - part 3
Wednesday, December 3	#21-22: The Church - part 1 & 2
Wednesday, December 10	#23: The Church - part 3
	The End

**"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**

6 PM EVERY OTHER TUESDAY

STARTING OCTOBER 14

**HOLY CROSS 9003 153 AVE. EDMONTON
FOR MORE INFO SEE [EHCUCP.CA](http://ehcucp.ca)**



What is Alpha?

**Call the parish
office at
780-478-5260**

**Or call or text Fr.
Bo at
780-340-3726**

**Or go online and
look up "Alpha
Program"**

**Or if you are
reading this
bulletin on your
computer or
phone click
below**





[Click here.](#)

Date		Date	
Tuesday, October 14	Episode 1: Is There More To Life Than This?	Tuesday, January 27	Episode 7: How does God guide us?
Tuesday, October 28	Episode 2: Who is Jesus?	Saturday , January 31	Episodes 8-12: Holy Spirit Sessions
Tuesday, November 11	Episode 3: Why did Jesus Die?	Tuesday, February 10	Episode 13: How can I resist evil?
Tuesday, November 25	Episode 4: How can I have faith	Tuesday, February 24	Episode 14: Why and how should I tell others?
Tuesday, December 9	Episode 5: Why and how do I pray?	Tuesday, March 10	Episode 15: Does God heal today?
Tuesday, January 13	Episode 6: Why and how should I read the Bible?	Tuesday, March 24	Episode 16: What about the Church?

Upcoming Events:

- **Sunday, September 21 at 2 pm:** Fr. Bo will be celebrating the **Divine Liturgy at St. Michael's Extended Care.**
- **September 22-26: CCCB Annual Plenary Assembly** in Montreal. Please say a prayer for our bishops as they gather.
- **Tuesday, September 23 at 9 am: Cabbage Roll Bee.** Volunteers each get a **FREE** hairnet!
- **Wednesday September 24: Wedding (W&K)**
- **Thursday, September 25 at 8:30 am: Retreat for St. Martin's Ukrainian Bilingual School**
- **Saturday September 27: Perogy Supper - tickets are all gone. Sold out. "Pishleh"**
- **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.
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- **Saturday, October 11 at 10 am: The Deaconal ordination of Peter Pitchko** at St. Josaphat's Cathedral
- **Monday, October 13 at 7:30???:** It's Thanksgiving, but there might be a Knights of Columbus meeting... maybe.
- **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 2nd 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.
- **Wednesday, November 19: Red Wednesday:** <https://acn-canada.org/red-wednesday/>

The Next Couple Weeks at Holy Cross						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21</p> <p>Sunday after the Exaltation of the Holy Cross; 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>9:30 am Pre-Baptismal Rites</p> <p>10 am Divine Liturgy with I.F.S.C. (SK) (Bilingual)</p> <p>Yes Sunday School, Yes Coffee.</p> <p>12 noon Wedding Rehearsal (W&K)</p> <p>2 pm Fr. Bo will be celebrating Divine Liturgy at St. Michael's Extended Care</p>	<p>22</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>12 noon Theosis Studio time</p> <p>5 pm Marriage Prep (S&F)</p>	<p>23</p> <p>☒ The Conception of the Honourable and Glorious Prophet, Forerunner, and Baptist John. Great Doxology. Galatians 4:22-31; Luke 1:5-25.</p> <p>9 am Cabbage Roll Bee</p>	<p>24</p> <p>☒ The Holy First-Martyr and Equal-to-the-Apostles Thekla. Saint sith Six Stichera. Galatians 6:2-10; Mark 7:14-24.</p> <p>9 am Divine Liturgy</p> <p>Wedding (W&K)</p>	<p>25</p> <p>Our Venerable Mother Euphrosyne. Ephesians 1:1-9; Mark 7:24-30.</p> <p>(No Day Off this week)</p> <p>9 am Retreat for St. Martin's School</p> <p>Perogy Supper Prep</p> <p>Cancelled 5:30 pm Appointment</p> <p>6 pm Wedding Rehearsal</p>	<p>26</p> <p>☒ The Falling Asleep of the Holy Apostle and Evangelist John the Theologian. 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>Perogy Supper Prep</p> <p>5:30 pm Appointment</p>	<p>27</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 Pitchko at the Cathedral</p> <p>Wedding (W&K)</p> <p>Perogy Supper</p> 
<p>28</p> <p>Sixteenth Sunday after Pentecost; Octoechos Tone 7; Caves of the Venerable Father and Chariton; 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>9:30 am Rosary</p> <p>10 am “Children’s/ Family Friendly” Divine Liturgy (English)</p> <p>No Sunday School, Yes Coffee.</p>	<p>29</p> <p>☒ Our Venerable Father Cyriacus the Anchorite. Saint with Six Stichera. Ephesians 1:22-2:3; Mark 10:46-52.</p> <p>12 noon Theosis Studio time</p> <p>7 pm PPC Meeting</p>	<p>30</p> <p>☒ The Hieromartyr Gregory, Bishop of Great Armenia. Saint with Six Stichera. Ephesians 2:19-3:7; Mark 11:11-23.</p> <p>National Day for Truth and Reconciliation</p> <p>ALPHA Team Training Day</p> 	<p>1</p> <p>☒ The Protection of the Most Holy Mother of God; Holy Apostle Ananias, One of the Seventy Disciples; Our Venerable Father Roman Who Sang Sweetly. Hebrews 9:1-7; Luke 10:38-42; 11:27-28.</p> <p>9 am Divine Liturgy</p> <p>6 pm Bible Study (16-Return from Exile)</p> 	<p>2</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>3</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>4</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>Hall Rental</p>
<p>5</p> <p>Seventeenth Sunday after Pentecost; Octoechos Tone 8; The Holy Martyr Charitina. Resurrection Gospel 6. 2 Corinthians 6:16-7:1; Matthew 15:21-28.</p> <p>9:30 am Pre-Baptismal Rites</p> <p>10 am Divine Liturgy (Bilingual)</p> <p>Yes Sunday School, Yes Coffee.</p>	<p>6</p> <p>☒ The Holy and Glorious Apostle Thomas. Polyeleos Feast. 1 Corinthians 4:9-16; John 20:19-31.</p> <p>12 noon Theosis Studio time</p> <p>6 pm Youth & Choir</p> <p>7 pm Ladies’ Club Meeting</p>	<p>7</p> <p>☒ The Holy Martyrs Sergius and Bacchus. Saint with Six Stichera. Ephesians 5:20-26; Luke 3:23-4:1.</p> <p>10:30 Venta Care Centre Divine Liturgy</p> <p>2 pm Chosen (1)</p> <p>6 pm Chosen (1)</p> 	<p>8</p> <p>Our Venerable Mother Pelagia. Ephesians 5:25-33; Luke 4:1-15.</p> <p>9 am Divine Liturgy</p>	<p>9</p> <p>☒ The Holy Apostle James, Son of Alphaeus; Our Venerable Father Andronika and his wife Anastasia. Polyeleos Feast. 1 Corinthians 4:9-16; Luke 10:16-21.</p> <p>5:30 pm Appointment</p>	<p>10</p> <p>The Holy Martyrs Eulampius and Eulampia. Abstinence from meat and foods that contain meat. Ephesians 6:18-24; Luke 4:22-30.</p> <p>5:30 pm Appointment</p>	<p>11</p> <p>The Holy Apostle Philip, One of the Seven Deacons; Our Venerable Father Theophanes the Branded, Composer of Canons. 1 Corinthians 15:39-45; Luke 4:31-36.</p>
<p>12</p> <p>☒ Commemoration of the Holy Fathers of the Seventh Ecumenical Council; Octoechos Tone 1; The Holy Martyrs Probus, Tarachus and Andronicus; Our Venerable</p>	<p>13</p> <p>The Holy Martyrs Carpus, Pappylas, and Agathonicus. Philippians 1:1-7; Luke 4:37-44.</p> <p>Thanksgiving</p>	<p>14</p> <p>The Holy Martyrs Nazarius, Gervasius, Protasius and Celsus; ?? Our Venerable Mother Parasceva of Ternovo; Blessed Roman Lysko,</p>	<p>15</p> <p>Our Venerable Father Euthymius the Younger; The Holy Venerable-Martyr Lucian, Priest of Great Antioch. Philippians 1:12-20; Luke 5:33-39.</p>	<p>16</p> <p>The Holy Martyr Longinus the Centurion. Philippians 1:20-27; Luke 6:12-19.</p> <p>5:30 pm Appointment</p>	<p>17</p> <p>The Holy Prophet Hosea; The Venerable-Martyr Andrew of Crete. Abstinence from meat and foods that contain meat. Philippians 1:27-2:4; Luke</p>	<p>18</p> <p>☒ The Holy Apostle and Evangelist Luke. Polyeleos Feast. Colossians 4:5-9, 14, 18; Luke 10:16-21.</p>

Sunday, September 21, 2025

**Sunday after the Exaltation of the Holy Cross; Octoechos Tone 6;
The Holy Apostle Codratus of Magnesia. Leave-taking of the Feast of the Exaltation of the Cross.**

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...

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

Through the prayers of the Mother...

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

Antiphon 3

Come, let us sing joyfully to the Lord, let us acclaim
God, our Saviour.

Son of God, crucified in the flesh, save us who
sing to You: Alleluia.

Let us come before His face with praise, and acclaim
Him in psalms.

Son of God, crucified in the flesh...

For God is the great Lord, and the great king over all
the earth.

Son of God, crucified in the flesh...

Entrance

Come, let us worship and fall down before Christ.

Son of God, crucified in the flesh...

Troparion, Tone 6: Angelic powers were upon Your tomb* and the guards became like dead men;* Mary stood before Your tomb* seeking Your most pure body.* You captured Hades without being overcome by it.* You met the Virgin and granted life.* O Lord, risen from the dead,* glory be to You!

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.

Kontakion, Tone 6: With His life-giving hand* Christ our God, the Giver of life,* raised all the dead from the murky abyss* and bestowed resurrection upon

humanity.* He is for all the Saviour,* the resurrection and the life, and the God of all.

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.

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.

Epistle: Galatians 2:16-20 (NRSV)

Brothers and Sisters, yet we know that a person is justified not by the works of the law but through faith in Jesus Christ. And we have come to believe in Christ Jesus, so that we might be justified by faith in Christ, and not by doing the works of the law, because no one will be justified by the works of the law. But if, in our effort to be justified in Christ, we ourselves have been found to be sinners, is Christ then a servant of sin? Certainly not! But if I build up again the very things that I once tore down, then I demonstrate that I am a transgressor. For through the law I died to the law, so that I might live to God. I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

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.

Gospel: Mark 8:34-9:1 (RSV)

At that time, Jesus called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those

who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly I tell you, there are some standing here who will not taste death until they see that the kingdom of God has come with power.”

Hymn to the Mother of God & Irmos:

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.

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest.

Let the light of Your countenance, O Lord,* shine upon us.

Alleluia, alleluia,* alleluia.

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 that our Lord gives us.

Please introduce yourself to others and if we can do anything to help you, or if you have any questions about our community, please let us know. We hope you feel at home here and become part of our big happy church family.

If your experience goes well, tell others. If something did not go well, please let us know in the office (office@ehcucp.ca or 780-478-5260) or by telling Fr. Bo (780-340-3726 or fr.nahachewsky@eeparchy.com) so that we can address the problem and make our parish the best it can be.

Hey Kids:

Did you know that there are “Kid’s Bulletins” almost every week?

You should be able to find one with the regular grown up ones on the table at the Entrance of the Church. You can also find them at the parish website: EHCUCP.ca

