



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, October 26, 2025

**Twentieth Sunday after Pentecost; Octoechos Tone 3;
The Holy and Glorious Great-Martyr Demetrius,
from Whose Tomb Myrrh Streams Forth.**



Fall Dance!



more pictures on page 6 & 7

On Helping Children to Participate in the Divine Liturgy

We attend the Divine Liturgy every Sunday and sometimes during the week as well. Admittedly, there are times when it may seem like a long service to us adults, and it is certainly even more so to our children, for whom time feels different. Depending on the child, their age, and their ability to understand what is going on, the Liturgy can seem a daunting service. Getting beyond merely attending (being present) to truly ATTENDING (paying attention and participating) is not easy for any of us, especially for children....



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 – 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 or more in advance

Weddings:

- Contact Fr. Bo a year in advance if possible

Funerals:

- Contact Fr. Bo as soon as you are able.

Confessions:

- Sundays from 9 till 9:30 with Fr. Bo
- First Sundays of the month with Fr. Myron before and during the Liturgy
- or anytime, just call Fr. Bo to arrange it.

On Helping Children to Participate in the Divine Liturgy continued

...Some have translated the words 'Divine Liturgy' as "the work of the people." Perhaps a better translation is "the offering of the people for the whole world." Either way, it is the people who do the work or the offering. The Orthodox Church considers all of its members, including children, to be an important part of the Church's life. Therefore it follows that even the children are needed to do this work/give this offering. So, if it is important that every member of the parish participate in this work/offering, but if it is a challenge even for adults to be fully present and engaged, what can be done to help the children? This blog post will offer a few suggestions, as well as links full of even more ideas of ways that all adults in a parish can help the children of their parish to participate in the Divine Liturgy. Regardless of our status as adults: whether we are parents, godparents, Sunday Church School teachers, or any other adult in a parish, we share the responsibility for helping to raise the children who are a part of our parish.

Rather than focus on the things children **SHOULD NOT DO** during the Divine Liturgy, we will frame this blog post more positively. Here are things that children **CAN AND SHOULD DO** during the Liturgy to participate more fully. (I will include a few personal anecdotes as well, to serve as illustrations for some of the ideas.) Children in our parishes can:

#1 See – The very tiniest among us can see the candles, at the icons, at the clergy, at the choir... (For an idea of how to do so: I have always loved watching my husband during the first moments that he holds our godchildren during a Liturgy when they are still very young. I am in the choir, not with him, but I know what is happening. He whispers, "Where's Jesus? Can you see Jesus? Can you see Mary, His mother?" and I know that he is pointing their thoughts towards why we are in church: to be in God's presence and to lift our hearts and minds towards Him.) Young preschoolers can look for items in the church...

Donations Collected at Holy Cross this past few weeks:

October 5	Donations	\$2,935.00
	Candles	\$31.80
	E-Transfers	\$205.00
October 12	Donations	\$2,000.00
	Candles	\$21.00
	E-Transfers	\$180.00
October 19	Donations	\$2,230.00
	Candles	\$30.10
	E-Transfers	\$30.00
September Revenue		\$ 35,669.45
September Expenses		\$ 25,373.81
Difference		-\$ 10,295.64 loss

On Helping Children to Participate in the Divine Liturgy continued

... such as crosses, animals, the colour of Jesus' robe, etc. Older preschoolers can count how many of those items they see, how many candles are burning in front of Jesus' icon today, etc. Young elementary students can look for the icon of St. John the Forerunner, the Evangelist whose Gospel we hear during the service, what's in the window by the Theotokos in the icon of the Annunciation, etc. The list of things to look for is limitless. It takes a little adult pre-planning to think of things for the children to look for, as well as placement in the sanctuary that allows the children to be able to see, but throughout the Liturgy, the children's attention can be directed to look for things in the icons or in the service itself.



#2 Kiss – Even very tiny children can show their love for God and their veneration of the saints by kissing the icons, the Gospel book, the cross, the priest's hand, and even their fellow parishioners. (When our baby goddaughter and I arrive at the icon of Christ after communion, I whisper, "Let's kiss the icon of Jesus. We love you, Jesus! Thank you for giving us your Body and Blood so we can live more like you this week!" and

then I venerate the icon. She has yet to kiss the icon, but I know that she will, in time. And in the meantime, she looks intently in His eyes while we have that quiet moment together. We have an older goddaughter who has taken a while to be willing to do any of this kissing, but she has begun to do so. She just needed some time and to be willing to do this on her own. That's okay!) Be sure to include the children around you in the Kiss of Peace, as well. Encourage your own children to make peace with their siblings before church; or during the Kiss of Peace if need be.



#3 Talk – Although there are many opportunities to be silent, with a little practice beforehand, children can (and should!) talk during the service! There are plenty of opportunities to talk, but we must help them learn when those opportunities are, and what they should say during those times in the Divine Liturgy. With a cue until they get the hang of it, very young children can begin with the "Amens" during the Anaphora. Then, as they learn the following, they can also join in for (probably in this order): the Lord's Prayer, the Creed, the communion prayers, etc. (They even get to SHOUT in church on the Sunday of Orthodoxy! When that Sunday approaches, we must practice, "This is the faith..." with our children ahead of time so they know what to say! My children loved that part of Sunday of Orthodoxy when they were younger. Actually, they still do, even though they are in their late teens!)

Here's my take on bringing children to Church: How is a child ever going to learn to behave in Church if they aren't in Church? How can we expect our children to prioritize Church if we don't?

Presbytera Marilisse I. Mars

#4 Sing – Children can sing "Lord, have mercy!" from a fairly early age. They can learn other responses to the prayers and refrains to the antiphons as well. They...

On Helping Children to Participate in the Divine Liturgy continued

... can learn to sing the troparia, the kontakion, the Trisagion Hymn, the Cherubic Hymn, the list goes on and on throughout the service. (A favorite song at our parish is “Blessed Be the Name of the Lord,” near the end of the service. The choir director’s granddaughter’s face has always lit up when we arrive at that song, even when she was very small. It is such a delight to watch her as she joyfully sings along!) As with many of the other suggestions for Liturgy participation, this one requires a little work together ahead of time. Gather a collection of CDs of the Church’s music at home, especially ones that use some of the same tunes that your church sings during the Liturgy. Play the CDs often so you can listen and sing together. Listening at home too, makes it much easier for the children to participate during the Divine Liturgy. Besides this additional exposure at home, a key to having the children sing along during the Liturgy is for them to hear other parishioners also singing along. Children who are surrounded by adults who sing along tend to join in as they are able. (Although, “a little child shall lead them” also applies at times: our daughter jumped into singing in the choir before I got up the courage to, and she has been blessing our parish with her voice, ever since! So perhaps it depends on the child...)



#5 Hold – Children can hold service books, either a child’s version (our older goddaughter has worked her way through several versions, in increasing difficulty level, as she has grown) or the regular service book (when they’re old enough to read it – that same goddaughter has a little pocket prayer book containing the Liturgy that she now uses to follow along). Children can also hold and pass the offering plate. Some young children like to hold a pretend censor and “help” Father or the deacons with the censuring. Older children (and adults like me who need it to help them focus!) may want to hold a prayer rope and pray the Jesus Prayer during the Liturgy.



#6 Stand – While in their parents’ arms, and then on their own once they know how to balance on their feet, children can learn to stand reverently during the Epistle, the Gospel, and the Great Entrance. As they get older, they can stand longer and longer until they are able to stand for the entire Liturgy (or at least all of the times that your tradition suggests for standing). (Our son challenged himself at a young age to stand for the whole service. His goal was to be an altar server – which can happen at age 7 in our parish – and he knew he’d have to be able to stand the whole service once he got to do that, so he started practicing when he was 5 or 6. Now that he’s a senior altar server, he is reaping the benefits of having learned to stand so long ago. Both of our children have joked about how tired their schoolmates get, standing during school concerts, etc., because “We’re Orthodox! We stand for hours every Sunday!” so they are quite accustomed to being on their feet. But they had to learn to stand for that long; and to choose to do it.)

“When I hear the ‘holy noise’ of children in Church it makes me very happy because it tells me the parish has a future. We should be worried when we no longer hear that noise!”

- His Grace, Bishop Paul

#7 Hear – From an early age, children can listen to more and more of the service. The Epistle, the Gospel, the homily, the music, the prayers... the list can grow a bit every year until they are listening to the entire Liturgy. Younger children may need to be challenged quietly during the Epistle/Gospel/homily, “Listen for (a word you anticipate will be said multiple times, like ‘Our Lord’) and smile at me or gently squeeze my hand each time you hear Father say it.” Older children can listen for a theme during...

On Helping Children to Participate in the Divine Liturgy continued

... the scripture readings. (For example, my 10-year-old goddaughter and I listened for “healing” in all of the readings during this year’s Holy Unction service, and quietly pointed it out to each other when we found/heard it.) Many children can listen for “one thing that you want to remember from Father’s homily today” that adults can ask them about during Coffee Hour or on the ride home from church. It can also be helpful to quietly whisper directions that help you both focus better during the Liturgy. (For example, “Listen! Jesus is speaking to us right now, through Father!” just before the priest says, “Take, eat: This is my Body, which is broken for you, for the remission of sins...”)



#8 Move – There are even opportunities for movement during the Divine Liturgy! Once again, it takes a little pre-teaching, but even young children are able to make the sign of the cross, bow their heads unto the Lord, kneel if/when applicable, reply to Father’s bow with one of their own, etc. We can help the youngest ones to do so, taking their baby fist in our hand to make the sign of the cross over their body, etc. The older ones, with a little preparation ahead of time, can participate fully when the time comes in the service without us

physically helping them as much, because they have practiced and they know what to do. During the lenten season, children can also do prostrations! (One of my favorite memories of Great Lent was when my now-elementary-school-aged godson was about 3. He came to some of the lenten services with his parents, and I took great delight in watching him flop himself down wholeheartedly and then joyfully pop right back up again during the prostrations in the Prayer of St. Ephrem the Syrian. He was willingly offering his entire self in praise to God, and I can only imagine that God was infinitely more tickled than I was to see that enthusiastic worship!)

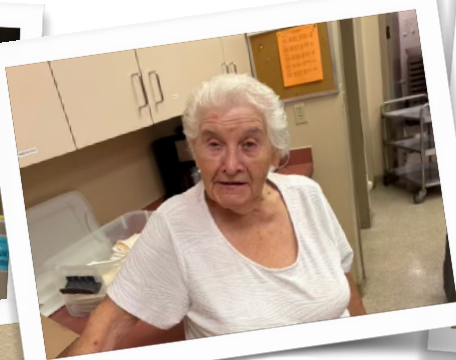


Children love to participate. They long to feel a part of things. They want to contribute to the world around them. Here are a few ways that we adults can help the children in our homes/Sunday Church School classes/parish to do so during the Divine Liturgy.

These ideas are admittedly only a scratch on the surface of ways children can participate in the Divine Liturgy. What ideas do you have?

May we all work together to attend the Divine Liturgy; and, as we do so, may we all truly ATTEND, regardless of our age! Glory to Jesus Christ! Glory be, forever!

This blog post was taken from was taken from: “Orthodox Christian Parenting” at this link: <https://orthodoxchristianparenting.wordpress.com/2016/05/18/on-helping-children-to-participate-in-the-divine-liturgy/>



**THESE ARE JUST
SOME OF OUR
AWESOME,
GREAT,
WONDERFUL,
HARD WORKING,
GOOD LOOKING,
HAPPY,
TALENTED, AND
FUN**



VOLUNTEERS!

**THANK YOU ALL
FOR YOUR MANY
HOURS OF
SERVICE.**

WE ❤️ YOU ALL!



Another Successful Harvest Dance

Thank you everyone!



Liturgical Processional Banners



Ukrainian church processional banners, also called khoruvy, are decorative icons on poles used in religious processions. They are carried by parishioners in front of the priest and congregation during significant feasts and feature icons of saints, Christ, or the Mother of God, symbolizing the church moving with Christ and the saints. Some banners are simple folk art, while others are professional painted iconography.

Features and significance

- Purpose: The banners are designed for use in processions, unlike stationary icons. They are a visual representation of Christianity's triumph and act as "triumphant banners" leading the faithful.
- Processions: They are carried in processions on important feast days, sometimes making three circuits around the church or the interior of the church.
- Icons: The banners are decorated with icons of holy figures like Christ, the Mother of God, or local saints.
- Symbolism: The presence of the icons signifies that the church is not moving independently but with the holy figures depicted on the banners.
- Military connection: The tradition of using banners in processions is inspired by military standards, representing a spiritual battle.



Got questions about faith?

Try the “Alpha” Program

“Alpha” is a simple hot meal with about 20 +/- new friends and some wonderful honest, no pressure, group conversations about the important questions of life & faith.

This is open to anyone, but especially aimed at younger adults, as they are often asking themselves these big important questions. If you wish to join us please find last week's talk online at <https://player.vimeo.com/video/579996493> and watch it. Then come on in for our second session. 6pm this Tuesday, and every other Tuesday, here at Holy Cross.





ADAM U.
EDMONTON



ALEXANDER E.
NEW WESTMINSTER



JACOB K.
EDMONTON



LUKAS M.
MILITARY ORD.

TROPARION OF PENTECOST

BLESSED ARE YOU, O CHRIST OUR GOD, FOR YOU HAVE GIVEN US WISE FISHERMEN. AFTER SENDING THEM YOUR HOLY SPIRIT, YOU CAUGHT ALL THE WORLD THROUGH THEM – O LOVING MASTER, GLORY TO YOU!

БЛАГОСЛОВЕН ЄСИ, ХРИСТЕ БОЖЕ НАШ, ЦЮ ПРЕМУДРИМИ РИБАКІВ ЯВИВ. ЗІСЛАВНИ ТІМ ДУХА СВЯТОГО, І НИМИ ЗЛОВИВ ВСЕЛЕННЮ. ЧОЛОВІКОДЮБЧЕ, СЛАВА ТІБІ.



MARKO K.
TORONTO



MICHAEL C.
EDMONTON



VOLODYMYR B.
EDMONTON



HOLY SPIRIT SEMINARY

12909 113 AVE NW EDMONTON, AB T5M 2W8

587-460-6031 holyspiritseminary.org



ARCH. MICHAEL

Iconography Workshop

Sat, Nov 8 - Tue, Nov 11, 2025
Daily from 9 am - 5 pm

Come, write and learn about traditional Byzantine Iconography by painting an icon of St. Michael the Archangel with consecrated iconographer Fr. Bo Nahachewsky. We will make and use traditional Egg Tempra paint and will gild with 23.5K gold.

At Exaltation of the Holy Cross
Ukrainian Catholic Parish in Edmonton, AB.

For more information and to register go to

theosis.ca



THEOSIS
SCHOOL OF ICONOGRAPHY

ANNUAL MEMBERSHIP RENEWAL /DRIVE

Every Sunday after service

November 2, 2025, through January 11, 2026

Membership Fee: \$40.00

On April 1, 2026, renewal fee will be increased to \$45.00.

Methods of payment accepted:

- Cash
- Cheque payable to: Exaltation of the Holy Cross Parish
- E-transfer- office@ehcucp.ca

For more information on becoming a member or any other membership inquiries please contact Lorna Chiasson at membership@ehcucp.ca.



ВШАНУВАННЯ ПАМ'ЯТІ ЖЕРТВ
ГОЛОДОМОРУ
HOLODOMOR COMMEMORATION

SATURDAY NOVEMBER 22, 2025
12:30PM

EDMONTON CITY HALL
1 SIR WINSTON CHURCHILL SQUARE
EDMONTON, ALBERTA



KEYNOTE SPEAKER:
LARYSA BILOUS, PH.D.
UNIVERSITY OF ALBERTA



This space for rent

Bishop's 16th Annual Gala



Renewing Our
Hope in Christ
**ALWAYS OUR
PARISHIONERS**
Caring for the Sick and Elderly



CHATEAU LOUIS
CONFERENCE CENTRE
THURSDAY, DECEMBER 4, 2025
COCKTAILS 6:00 PM | DINNER 7:00 PM

TICKETS \$225
AVAILABLE AT THE UKRAINIAN
CATHOLIC PASTORAL CENTRE
780 424 5496
chancery@edmontoneparchy.com
www.eparchy.com/gala/



Above is a picture of the clergy attending the Eparchial Clergy Study Days this past week.
Thank you all for your prayers.

Forte Plus Choir and Seniors Acting Out Together

present

Christmas Delivery

November 30 at 2:00 pm
Holy Cross Ukrainian Catholic Parish
9003 153 Ave NW, Edmonton
Tickets: \$10

**For tickets to this charity choir concert please see Joyce Kozak.
For more information on either of the two events advertised on this page,
please see our bulletin boards.**



2025

CALLED TO BE HOLY

MEN'S CONFERENCE



Holy Spirit Seminary
Edmonton



November 7-8,
2025



Is “the Chosen” Biblically Accurate? Some say we should watch it, and others say we should avoid it. Who is right?

The stories in the series “The Chosen” are indeed based on the Gospels within the New Testament. However some people have loved, and others have hated the artistic license that is used to make this “TV Show” what it is. Without any artistic licence it would be impossible to imagine or depict anything from scriptures. We could never know how tall the characters were, what their voices sound like, their personalities, or their idiosyncrasies. So it is true that much of the show is imagined by the director of the series, however it is still faithful to the events of the Gospels.

Saint Ignatius of Loyola, a priest from the 16th Century known for founding the Jesuit Society, encouraged people to use their imagination when reading scripture so that they could place themselves into the stories of scripture. Then from this perspective the person could observe and even participate in the events, often gaining great insight into God’s stories.

This TV series is exactly such an exercise, but done by the creators of the films. We can enter into their imagination and perhaps gain some understanding of Christ’s story. However, like any art, some people will like it and others may think: “that’s not how it happened”. Indeed it was likely different in a lot of ways, however, that does not make the show inaccurate to what the bible says, but only one of many possible interpretations of what it can be imagined. Either way, if you like it or not, it can still make us think and ask questions that will expand our understanding of God’s plan and love for humanity.



How are our Tuesday “The Chosen” sessions?

So far they have been great!

Every second Tuesday in our parish we have two sessions of “The Chosen” one at 2 pm and the other at 6 pm.

We not only watch this acclaimed series about the life of Christ, but we also discuss how these Gospel events affect us now in the life of our parish and world. During the show, we pause at strategic spots, and discuss what happened in the preceding scene(s) to help all understand what happened, as many people don’t catch many of the various details.

Apparently this 2nd sessions was filled again with very good conversations, and the people enjoyed coming.

Unfortunately I, Fr. Bo, cant tell you much about them because I was at the Clergy Study Days. But I will be there for the next session on Tuesday, November 4th (God Willing) and hope that they continue to be popular among the attendees.

So... What was the second episode about?

Season 1, episode 2, “**Shabbat**” shows how the different characters we met in episode 1, prepare and celebrate the Sabbath day (the Lord’s Day). Their actions really revealed their inner lives and the struggles they have, setting up for their own encounter with Jesus.

Mary Magdalene, newly freed from her demonic possession, prepares her first sabbath dinner in years, showing her newfound peace and gratitude.

Nicodemus, a Pharisee, has an inner struggle as he contemplates how Mary was freed from her predicament. He wonders what, or more accurately Who could accomplish this great healing outside God Himself.

Matthew the tax collector strives to be faithful to his religious upbringing, but is isolated by his position and wealth.

Simon and Andrew struggle with their financial problems and have different ways of dealing with it during the Sabbath. One decides to work, and the other to keep the Lord’s day of rest.

If you would like to catch up with us and watch the first and or second episode you can find it on many streaming platforms such as Amazon Prime TV, Apple TV, and Netflix, several apps, plus it can be found on “thechosen.tv” and other websites.

**So come and join us next Tuesday (Nov. 4) when we watch
and talk about Season 1, episode 3: “Shabbat” at both 2
and 6 pm**

Upcoming Events:

- **Sunday, October 26: Children's Liturgy, aka Family Friendly Liturgy.** This is the last Sunday of the month so we will encourage all children and youth to participate in the service as much as possible. And yes, likely Marilyn the Catechetical Puppet will make an appearance during the homily.
- Postponed: **Monday, October 27 at 9:45 am:** We were going to have the **Bilingual Schools Divine Liturgy** at St. Basil the Great Parish. However the ATA strike is still not over, so this has been postponed to a future date.
- **Monday, October 27 at 6 am: Boiling Potatoes for Perogy Prep.** Please help (if you can wake up that early).
- **Monday, October 27 at 9 am: Potato Ball Making,** Please come for 9 if you can help with this part of the process.
- **Monday, October 27 at 6 pm: Our first Altar Server Practice of this year,** for any and all kids who are in Grade 2 and up to Grade 10. We will learn how to participate in the Divine Liturgy more than just sitting in a pew. And we will have fun doing it!
- **Tuesday, October 28 at 9 am: Perogy Bee.** Please come help if you can. And its fun! Great social time! And a free hair net!
- **Wednesday, October 29 at 10 am:** Ladies club is adding **beets with horseradish** to the Easter bake sale. We are prepping beets and horseradish too now while they are readily available. Anne Tyrkalo is the lead on this, so if you have any questions/suggestions feel free to contact her.
- **Thursday, October 30: Parish Bingo Fundraiser.** Thank you volunteers.
- **Sunday, November 2 at 10 am:** St. Nicholas Parish is celebrating Fr. **Slavko Dumec's 25 anniversary of Priestly Ordination.**
- **Monday, November 3 at 10 am: The funeral of the Handmaid of God + Elsie Wasylycia.**
- **Monday, November 3 at 6 pm: Choir and Youth,** for young people up to and including Young Adults. We will learn how to participate in the Divine Liturgy more than just sitting in a pew. And we will have fun doing it!
- **Wednesday, November 5 at 7 pm: Choir and Youth,** for young people up to and including Young Adults. We will learn how to participate in the Divine Liturgy more than just sitting in a pew. And we will have fun doing it!
- **Friday - Saturday, November 7-8: Called to be Holy: Men's Retreat**
- **Friday - Tuesday, November 8-11: An Iconography Workshop** will take place here in our parish in the Studio/ Games Room. In this iconography workshop participants will create a traditional Egg Tempera Icon of St. Michael the Archangel with a 23.5K gold halo. More info about this can be found on theosis.ca
- **Sunday, November 9 at 10:30 am:** St. Stephen Parish in Calgary cordially invites you to celebrate Praznyk and 25

Anniversary to Priesthood of Fr. Janko Herbut. Celebration will be on Sunday, November 09th with D. Liturgy at 10:30 am followed by Dinner. Tickets are \$20.00 for adults; \$ 15.00 for seniors; \$ 10.00 for kids(13-18); \$5.00 for kids (6-12); \$0.00 for kids (0-5). You can buy them by calling Fr. Janko at 780-951-6126 or Parish office 403-249-4818.

- **Monday, November 10 at 7 pm:** Panachyda for the Knights of Columbus.
- **Monday, November 10 at 7:30 pm:** Knights of Columbus meeting.
- **Saturday, November 15: The Nativity Fast begins.**
- **Saturday November 15 at 10 am: The deaconal ordination of Julian Savaryn.**
- **Wednesday, November 19: Red Wednesday:** <https://acn-canada.org/red-wednesday/>
- **Sunday, November 30 at 2 pm:** Choir Concert "Christmas Delivery"
- **Monday, December 1, 2025 at 6 pm: Ladies' Club Christmas Dinner & Meeting.** All parish women are invited to attend. Tickets will be \$10.00. All money collected will be given to charity. **Tickets will be sold in annex after liturgy.**
- **Sunday, December 7 after Liturgy: St. Nicholas Visits us! Yahoo**

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 Wedding Anniversary?** If so put your anniversary on the sheet on the table next to the parish office or talk to Diana Horyn 780-255-9926. Holy Cross Parish will honour you with a plaque at the end of a Divine Liturgy.
- Bishop David has asked Fr. Bo to start an Iconography School... so I am (I did make a vow of obedience after all). **Theosis School of Iconography** teaches beginners and intermediates how to write (paint) icons with traditional mediums such as egg tempera and real gold, with abundant prayer, and with loads of theological explanations. For more information about this please see the website: theosis.ca
- **Safer Environments: Please keep working on your "Safer Environments" paperwork.** All volunteers in the parish, regardless of how small or big a volunteer you are, are required to give us some information. Those who are "General Risk" volunteers, such as greeters, kitchen helpers, table and chair setter uppers, only need to fill out 2 simple forms. "Higher Risk" volunteers are those who work with children, seniors, the disabled, new immigrants and/or other vulnerable people, as well as those who have keys to the building or handle the parish's funds. These wonderful volunteers need to fill out a few forms and then also do a 45 minute online training, and a police information check. If you are a volunteer and you have not been asked to fill out forms yet, please see Fr. Bo.

The Next Couple Weeks at Holy Cross

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Twentieth Sunday after Pentecost; Tone 3; ☩ The Holy and Glorious Great-Martyr Demetrius, from Whose Tomb Myrrh Streams Forth. All-Night Vigil Feast. Resurrection Gospel 9. Galatians 1:11-19; 2 Timothy 2:1-10; Luke 7:11-16; John 15:17-16:2. 9:30 am Rosary 10 am “Children’s/ Family Friendly” Divine Liturgy (English) No Sunday School, Yes Coffee.	27 The Holy Martyr Nestor; The Holy Martyr Capitolina and Her Slave Erotheides. Philippians 4:10-23; Luke 7:36-50. 6 am Potato Boiling 9 am Potato Balling Bee 12 noon Theosis Studio time 6 pm Altar Server Practice 7 pm PPC Meeting	28 ☩ The Holy Martyr Parasceve of Iconium; The Holy Martyrs Terentius and Neonila; Our Venerable Father Stephen the Sabaite, Composer of Canons. Great Doxology. Colossians 1:1,2,7-11; Luke 8:1-3. 9 am Perogy Bee 5:30 pm Online Presentation re iconography 6 pm ALPHA (2) 	29 The Passing of Our Venerable Father Abraham, Archimandrite and Wonderworker of Rostov; The Holy Venerable-Martyr Anastasia of Rome; Our Venerable Father Abraham the Recluse. Colossians 1:18-23; Luke 8:22-25. 9 am Divine Liturgy 10 am Beet Horseradish Bee 11 am Appointment 6 pm Bible Study (Last of Old Testament) 	30 The Holy Martyrs Zenobius and Zenobia His Sister; Blessed Hieromartyr Olesky Zarytsky, priest. Colossians 1:24-29; Luke 9:7-11. Parish Bingo Fundraiser 5:30 pm Appointment Thursdays are normally Fr. Bo’s day off	31  The Holy Apostles Stachys, Amplas, and others with them; The Holy Martyr Epimachus. Abstinence from meat and foods that contain meat. Colossians 2:1-7; Luke 9:12-17. Halloween 5:30 pm Appointment	Nov 1 ☩ Hieromartyr Theodore Romzha, Bishop of Mukachevo; ☩ The Holy Wonderworkers and Unmercenaries Cosmas and Damian. Polyeleos Feast. Saint with Six Stichera. Passing into Eternal Life of the Servant of God Metropolitan Andrey Sheptytsky, 1944. Hebrews 13:7-16; Luke 12:2-12.
2 Twenty-first Sunday after Pentecost; Tone 4; The Holy Martyrs Acindynus, Pegasius, Aphthonius, Elpidophorus, and Anempodistus. Resurrection Gospel 10. Galatians 2:16-20; Luke 8:5-15. Daylight Savings Time Ends 9:30 am Rosary 10 am Divine Liturgy (Bilingual) Yes Sunday School, Yes Coffee. 11:30 am Fr. Slavko Dumeč’s 25th Anniversary of priesthood being celebrated at St. Nicholas Parish in Edmonton	3 The Holy Martyrs Acepsimas the Bishop, Joseph the Priest, and Aithalis the Deacon; The Dedication of the Church of the Holy Great Martyr George in Lydda where his precious body is entombed. Colossians 2:13-20; Luke 9:18-22. 10 am Funeral for +Elsie Wasylycia 6 pm Choir & Youth Session 7 pm Ladies’ Club meeting	4 Our Venerable Father Joannicius the Great; The Holy Martyr Nicander, Bishop of Myra. The Holy Hermas, Priest. Colossians 2:20-3:3; Luke 9:23-27. 2 pm Chosen (3) 6 pm Chosen (3) 	5 The Holy Martyrs Galaction and Epistemis. Colossians 3:17-4:1; Luke 9:44-50. 9 am Divine Liturgy 7 pm Parish Bylaw Meeting	6 ☩ The Holy Paul, Archbishop of Constantinople, Confessor. Saint with Six Stichera. Colossians 4:2-9; Luke 9:49-56. 5:30 pm Appointment Thursdays are normally Fr. Bo’s day off	7  The Thirty-Three Holy Martyrs of Militene; Our Venerable Father and Wonderworker Lazarus, Hermit of Mount Galesius. Abstinence from meat and foods that contain meat. Colossians 4:10-18; Luke 10:1-15. Men’s Retreat 5:30 pm Appointment	8 ☩ Synaxis of the Archangel Michael and the other bodiless Powers of Heaven. All-Night Vigil Feast. A day when the faithful are highly encouraged to participate in the Divine Liturgy. Hebrews 2:2-10; Luke 10:16-21. Men’s Retreat
9 Twenty-second Sunday after Pentecost; Tone 5; The Holy Martyrs Onisiphorus and Porphyry; Our Venerable Mother Matrona; The Venerable Theoctista of Lesbos. Resurrection Gospel 11. Galatians 6:11-18; Luke 16:19-31. 9:30 am Rosary 10 am Divine Liturgy (English) No Sunday School, Yes Coffee. 10:30 am Fr. Janko Herbut’s 25th Anniversary of priesthood being celebrated at St. Stephen’s Parish in Calgary	10 The Holy Apostles Erastus, Olympus, Rodion, and those with them. 1 Thessalonians 1:1-5; Luke 10:22-24. 12 noon Theosis Studio time 7 pm Panachyda with the Knights of Columbus 7:30 pm Knights of Columbus Meeting	11 The Holy Martyrs Menas, Victor, and Vincent; The Holy Martyr Stefanida; Our Venerable Father and Confessor Theodore the Studite. 1 Thessalonians 1:6-10; Luke 11:1-10. Remembrance Day 6 pm ALPHA (3) 	12 ☩ The Holy Hieromartyr Josaphat, Archbishop of Polotsk; ☩ The Holy Father John the Merciful, Patriarch of Alexandria. Our Venerable Father Nil the Faster; Blessed Hryhorii Lakota, Bishop. All-Night Vigil Feast. Saint with Six Stichera. A day when the faithful are highly encouraged to participate in the Divine Liturgy. Hebrews 4:14-5:10; John 10:9-16. 9 am Divine Liturgy 6 pm Bible Study (Messiah 1) 	13 ☩ Our Holy Father John Chrysostom, Archbishop of Constantinople. Polyeleos Feast. Hebrews 7:26-8:2; John 10:9-16.	14  ☩ The Holy and All-Praiseworthy Apostle Philip. Polyeleos Feast. Abstinence from meat and foods that contain meat. 1 Corinthians 4:9-16; John 1:43-51.	15  The Holy Martyrs and Confessors Gurias, Samonas, and Abibus. The Nativity Fast begins on this day. 2 Corinthians 8:1-5; Luke 8:16-21. First Day of the Nativity Fast 10 am Deaconal Ordination of Julian Savaryn at St. Josaphat’s Cathedral
16	17	18	19	20	21	22

Sunday, October 26, 2025

**Twentieth Sunday after Pentecost; Octoechos Tone 3;
The Holy and Glorious Great-Martyr Demetrius, from Whose Tomb Myrrh Streams Forth.**

Troparion, Tone 3: In you, O martyr Demetrius,* the world has discovered a champion in its travails,* for you have routed the nations* and so, as you smashed the pride of Lyaeus*, encouraging Nestor to struggle,* pray to Christ our God to grant great mercy to our souls.

Troparion, Tone 3: Let the heavens be glad, let the earth rejoice,* for the Lord has done a mighty deed with His arm.* He trampled death by death. He became the first-born of the dead;* He saved us from the abyss of Hades* and granted great mercy to the world.

Glory to the Father and to the Son and to the Holy Spirit.

Kontakion, Tone 3: You rose from the tomb, O compassionate Lord,* and led us out from the gates of death.* Today Adam exults and Eve rejoices,* and the prophets together with the patriarchs* unceasingly acclaim the divine might of Your power.

Now and for ever and ever. Amen.

Kontakion, Tone 2: With the streams of your blood, O Demetrius,* God, who gave you invincible strength,* has dyed the Church in royal crimson* and preserved your city invulnerable* for you are its fortification.

Prokeimenon, Tone 3

Sing to our God, sing; sing to our King, sing.

verse: Clap your hands, all you nations; shout unto God with the voice of joy. (Psalm 46:7,2)

Prokeimenon, Tone 7

The just man shall be glad in the Lord and shall hope in Him.

Epistle: Galatians 1:11-19 (NRSV)

Brothers and sisters, For I want you to know, brothers and sisters, that the gospel that was proclaimed by me is not of human origin; for I did not receive it from a human source, nor was I taught it, but I received it through a revelation of Jesus Christ. You have heard, no doubt, of my earlier life in Judaism. I was violently persecuting the church of God and was trying to destroy it. I advanced in Judaism beyond many among my people of the same age, for I was far more zealous for the traditions of my ancestors. But when God, who had set me apart before I was born and called me through his grace, was pleased to reveal his Son to me, so that I might proclaim him among the Gentiles, I did not confer with any human being, nor did I go up to Jerusalem to those who were already apostles before me, but I went away at once into Arabia, and afterwards I returned to Damascus. Then after three years I did go up to Jerusalem to visit Cephas and stayed with him fifteen

days; but I did not see any other apostle except James the Lord's brother.

Alleluia verses, Tone 3

In You, O Lord, have I hoped that I may not be put to shame for ever.

Be a protector unto me, O God, and a house of refuge to save me.

The just man shall flourish like the palm tree; and he shall grow like the cedar in Lebanon.

Gospel: Luke 7:11-16 (NRSV)

At that time, the Lord went to a town called Nain, and his disciples and a large crowd went with him. As he approached the gate of the town, a man who had died was being carried out. He was his mother's only son, and she was a widow; and with her was a large crowd from the town. When the Lord saw her, he had compassion for her and said to her, "Do not weep." Then he came forward and touched the bier, and the bearers stood still. And he said, "Young man, I say to you, rise!" The dead man sat up and began to speak, and Jesus gave him to his mother. Fear seized all of them; and they glorified God, saying, "A great prophet has risen among us!" and "God has looked favorably on his people!"

Communion Hymn

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

The just man shall be in everlasting remembrance;* of evil hearsay he shall have no fear.*

Alleluia, alleluia,* alleluia.

Yesterday, we had the funeral for the Handmaid of God + Molly Warring. May God grant her eternal memory, and her family peace and comfort.

On Monday November the 3rd, we will have the funeral for the Handmaid of God + Elsie Wasylycia at 10 am. May God grant her eternal memory, and her family peace and comfort.