



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, November 16, 2025

**Twenty-third Sunday after Pentecost; Octoechos Tone 6;
The Holy Apostle and Evangelist Matthew.**

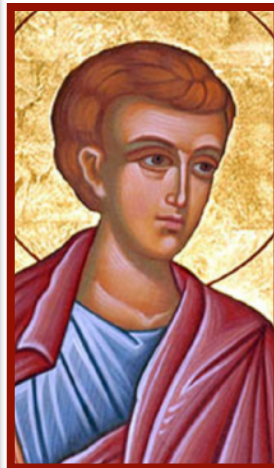
Entrance of the Theotokos

Liturgy this Friday at Holy Cross at 9 am

Understanding the Festal Icon

What we know about the Entrance of the Theotokos into the temple comes to us from Sacred Tradition. The most significant source that speaks about the early life of the Mother of God is the Protoevangelium of James. We learn that Joachim and Anna, who were childless for many years, are granted the miracle of conceiving a child in their old age. They bring their daughter Mary...

continued on next page.



It Has Begun!

Embracing Ukrainian Catholic Faith: The Philipian Fast

In the vibrant tapestry of Ukrainian Catholic Church traditions, the Philipian Fast often stands in the shadow of its more widely recognized counterpart, the Great Fast before Pascha. This 40-day period of preparation holds a unique significance, serving as an ancient practice to ready believers for the Incarnation and Theophany of the Lord Jesus Christ. In this article, we delve into the theological significance of the Philipian Fast and the...

continued on page 3.

Young Families are very important to us!

Please invite your children, grandchildren, neighbours and everyone to join us here at Holy Cross Parish.

On the last Sunday of every month we have our "Children's Liturgy" with some people's favourite Catechetical Puppet; Marilyn! And on December 7th, we will have a special Lunch with an extra special visit from St. Nicholas himself!!!!

**Get your tickets for this dinner today so
we can get everything ready for you.**



St. Nicholas Dinner at Holy Cross Parish



December 7, 2025

after the 10 am Divine Liturgy

Tickets are \$25, and children 12 and under are free.
Tickets available at Holy Cross Parish after Liturgies.

Children and Families will receive a gift from St. Nicholas.

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.

Friday: Entrance of the Theotokos

... the temple at the age of three as they had vowed to God that they would. Concerned that she might turn back to her parents, Joachim gathers the holy Hebrew virgins to form a procession with lighted lamps thus intriguing her and directing her into the temple. In the icon, we see one of these young women standing directly behind the child Mary. Other icons of the event depict the procession with several young



women. Joachim and Anna stand behind them. The High Priest Zacharias greets the holy family and with arms outstretched, receives the child into the temple; a child who herself will become the "Holy Temple of God." The Theotokos reaches her hands out to him. We are reminded of her complete, humble and trusting openness to the will of God and the "yes" that she will give when she is later asked to bear the Son of God. Behind Zacharias the temple is depicted. We see the red curtain which separates the Holy of Holies from the rest of the temple. It is here that Zacharias takes the young child and places her on the third step of the holy altar. Only the high priest was allowed to enter this sacred place and at that, only once a year. The Theotokos is the "living tabernacle." She belongs on the altar. God is preparing for himself a Holy dwelling place. The Theotokos is the model for our own humanity. In our lives let us open our arms to the will of God and become ourselves temples of the Holy Spirit as God has called us to do.

Join us for Liturgy this Friday 9 am.

(Yes, it is a "obligatory" feast.)

Donations Collected at Holy Cross this past week:

November 9	Donations	\$2370.00
	Candles	\$20.50
	E-Transfers	\$135.00

Remember: The year-end is approaching quickly. If you are interested in contributing to the legacy fund for your tax return, please ensure that donations are made before **December 31, 2025**. For further information, please contact Dale Kluk.

Understanding the Philipian Fast

... accompanying customs that enrich this spiritual journey.

While the Nativity and Theophany events may seem less prominent compared to Pascha, the Philipian Fast plays a crucial role in spiritually preparing individuals for the Incarnation and the public ministry of Christ. Distinct from the more structured Great Fast, the Philipian Fast lacks public events, leading to a gradual decline in its practice. Yet, its theological significance makes it a valuable component of Ukrainian Catholic traditions.

Theological Significance

Linking the birth and public ministry of Christ, the Philipian Fast serves as a spiritual bridge, preparing believers to receive Christ into the world and embark on His public ministry. It acts as a precursor to Theophany, where Christ begins to reveal the mysteries of God, notably the Mystery of the Trinity. The journey of the Philipian Fast enriches the spiritual experience, fostering a sense of readiness for the profound mysteries that unfold during this sacred season.

Symbolism of St. Philip's Fast

To enhance the fasting experience, practitioners engage in various activities such as prayer, Scripture reading, church attendance, and participation in sacraments.

In our parish last year we created and assembled an interactive icon of the "Jesse Tree". In this exercise we heard about various Old Testament Prophets who foretold the coming of the Theotokos, who is the Mother of God. This "Jesse Tree" will be on the table in front of the iconostasis, so that you can remember how many prophesied the birth of Christ from Mary.

The Journey of St. Philip's Fast

Commencing on November 15, following the feast of St. Philip on November 14, the fast unfolds with key

milestones. These include the feast of the Holy Apostle and Evangelist Matthew on November 16, the Entrance of the Mother of God into the Temple on November 21, and the Feast of the Holy Apostle Andrew the First-Called on November 30. As the fast progresses, significant dates include the Feast of St. Nicholas the Wonderworker on December 6, the Feast of the Conception of St. Anna on December 9, and Sundays dedicated to Holy Ancestors in Faith (December 11-17) and the Genealogy of Jesus Christ (December 18-24).

Connecting with Ukrainian Catholic Traditions

On November 15, the Church issues an invitation for believers to prepare for the Feast of the Nativity. Throughout the 40-day period, additional announcements guide individuals on how to focus their attention and spiritually renew themselves. Special days, such as the feast of St. Andrew the Apostle and St. Nicholas the Wonderworker, feature hymns that speak of the impending birth of Jesus, psychologically preparing the congregation for the Nativity.

In conclusion, the Philipian Fast emerges as a profound journey of spiritual preparation, adorned with symbolic practices and marked by key feasts and events. While it may not enjoy the same widespread recognition as the Great Fast, its significance in bridging the Nativity and Theophany makes it a practice worth preserving and embracing.



The Philipian Fast is also called "the Nativity Fast", "The Pre-Christmas Fast" or as our Roman Catholic Brothers and Sisters call it: "Advent"

However RC's have a slightly different emphasis and their fast only starts 4 Sundays before Christmas, unlike our 40 day journey.



Yesterday in addition to starting the Philipian Fast, our Eparchy also began it's journey with a brand new deacon.

Bishop David ordained Deacon Julian Savaryn

to the Diaconate. He now will serve the church as a deacon, in the parish of St. George where he continues to do his pastoral internship. It is his hope to one day serve the Church as a priest. May God bless him and his family as they begin this new phase of ministry. Axios and Mnohaya Lita!

In this photo you can see Deacon Julian kneeling before the Eucharist as Bishop David lays his hand upon his head. In the background you can see several priests and Deacon Julian's son watching this profound moment unfold.

Our Daily Bread

FOOD SECURITY AND THE CALL TO SOLIDARITY

Episcopal Commission for Justice and Peace Canadian Conference of Catholic Bishops

1. In the Gospels of Matthew and Luke, Jesus offers his disciples a formula for prayer. This line of petition to the Father frames our letter on food security:

“Give us this day our daily bread.”

2. Food security means having access to the food we need.¹ It is something we are more and more aware of when we leave the grocery store or, for a growing number of people, the food bank. The cost of our daily bread has gone up significantly, with the result that many, even in an affluent country like Canada, find themselves in a situation of food insecurity. According to the UN International Fund for Agricultural Development’s Governing Council:

The world is facing the largest food crisis in modern history as progress on achieving Zero Hunger moves back-wards. Currently, more than 1 in 10 people are suffering severe food insecurity and over 3 billion people cannot afford a healthy diet.²



Photo: scorpp/iStock.com

3. The prayer for “our daily bread” is certainly a cry that God is used to hearing. But do we hear it? This letter is an attempt to approach the problem of food insecurity from the perspective of God’s revelation and his loving desire to respond to our individual and collective cries for help.

4. To our prayer for “daily bread,” God has already provided an abundance of gifts through his bountiful creation. He has entrusted this creation to us, who have the task of using our God-given intellect to

determine how best to care for and nurture these gifts. It is in this context that we will present some basic ideas about food security, locally and globally, with the overarching understanding and belief that God does indeed provide our daily bread through the wonderful gifts of creation, which are gifts for all. In 1967, St. Pope Paul VI wrote in the encyclical *Populorum Progressio*:

Everyone knows that the Fathers of the Church laid down the duty of the rich toward the poor in no uncertain terms. As St. Ambrose put it: “You are not making a gift of what is yours to the poor man, but you are giving him back what is his. You have been appropriating things that are meant to be for the common use of everyone. The earth belongs to everyone, not to the rich.”³

*“The earth belongs to everyone,
not to the rich.”*

Populorum progressio, no. 23

5. In structuring our letter, we suggest three hopeful themes which have both personal and global implications: *Solidarity, Harmony, and Harvest.*

SOLIDARITY

6. Solidarity “is a *firm and persevering determination* to commit oneself to the *common good*. That is to say to the good of all and of each individual, because we are all really responsible for all.”⁴ It means living in supportive communion with our neighbours and in harmony with all creation, co-operating with the graces and gifts given abundantly by our Creator. Yet, sadly, it is not difficult to observe today that too often the garden of the Creator and the fruit of the earth, our daily bread, are wasted, trampled, and even stolen from the mouths of children by a consumer culture with a throwaway mentality. As Pope Francis said in 2014 in his address to the participants in the World Meeting of Popular Movements:

[Solidarity] is a word that means much more than an occasional gesture of generosity. It means thinking and acting in terms of community. It means that the lives of all take priority over the appropriation of goods by a few. It also means fighting against the structural causes of poverty and inequality; of the lack of work, land and housing; and of the denial of social and labour rights. It means confronting the destructive effects of the empire of money: forced dislocation, painful emigration, human trafficking, drugs, war, violence and all those realities that many of you suffer and that we are all called upon to transform.⁵

7. When it comes to food security, the change we may be called to can take different forms. One example could be simplifying our food purchases or consumption and reducing food waste so that...

Our Daily Bread continued...

...others may eat. We could also choose locally grown produce rather than more exotic fruits and vegetables.



Photo: FangXiaNuo/iStock.com

8. We can also envision changes to government policy for the common good of food security that would help to give all fellow citizens the basic ability to have their daily bread. These could include taking measures to assure a just living wage to afford the increased cost of food, not forgetting the vital necessity for the farmers, fishers, and others who produce the food. According to PROOF, an interdisciplinary research program based at the University of Toronto that studies effective policy approaches to reduce food insecurity:

Research has repeatedly shown that household food insecurity can be reduced by policy interventions that improve the financial circumstances of households at the bottom of the income spectrum. When food-insecure households receive additional income, they spend it in ways that improve their food security.⁶

9. Food security for many in our country is made more difficult by the related problem of housing affordability. Both of these challenges are directly connected to the concept of what the social doctrine of the Church calls a “just wage,” as St. John Paul II clearly states in his 1981 Encyclical, *Laborem Exercens*:

A just wage is the concrete means of verifying the justice of the whole socioeconomic system and, in any case, of checking that it is functioning justly. It is not the only means of checking, but it is a particularly important one and, in a sense, the key means.⁷

10. At the international level, we can see that when food security is lost, there is often a lack of peace and stability, the growth of war and conflict, and an escalation of the arms trade. When human actions lead to the desertification of certain parts of the earth,

the destruction of the biodiversity of an area due to unsustainable forestry practices, or mega-projects of resource extraction or power production, the result is often conflict and an increase in displaced persons, migrants, and refugees. As Pope Francis said in 2023 in his greeting to participants in an international conference on food security:

This challenge is a pressing one, as all too often situations marked by natural disasters, as well as by armed conflict, ... political or economic corruption and exploitation of the earth, our common home, hinder food production, undermine the resilience of agricultural systems and dangerously threaten the nutritional supply of entire populations.⁸

11. Many Indigenous people in Canada and throughout the world still obtain a significant portion of their diet directly from the land. For them, food security is directly linked to their ability to access their lands and waters, which provide sustenance and well-being. Factors such as climate change and industrial development have the potential to disrupt the delicate balance that provides food security for people whose existence is directly interconnected with where they live on the land.



Photo: Tents and other structures are seen in an aerial view at a homeless encampment at Strathcona Park after a 10 a.m. deadline for people to vacate the park, in Vancouver, B.C., Friday, April 30, 2021. THE CANADIAN PRESS/Darryl Dyck

12. The second invitation of our letter is to a greater connection and harmony with the land. When food is simply left to the commodities market, when the land is approached only as material for greedy exploitation, these can create artificial scarcities in some parts of the world and overabundance in others. Yet, we consider it a sign of hope that many urban and rural people today desire to live in greater harmony with the land given to us by our Creator. We see this clearly in the idea of the garden. Whether large or small, gardens contribute to overall healthy food security. The increase in community gardens in many places is a sign of a growing desire for community involvement and solidarity and is to be encouraged.

Our Daily Bread continued...

13. In its statement for World Hunger Day 2023, Caritas Internationalis reminds us that food security is directly related to harmony and balance with the earth: “In order to end hunger, we must promote sustainable agriculture and food production, reduce food waste and support local food systems.”⁹



Photo: Curly leaf lettuce is harvested at Aquaverti Farms, an urban hydroponic vertical farm producing leafy greens, Wednesday, May 17, 2023 in Montreal. THE CANADIAN PRESS/Christinne Muschi

14. As we have noted, we should celebrate the use of human ingenuity and its ability to develop new ways of using land, water, fuel, and other resources, as well as technological advances, which are already allowing for an increased harvest without damaging the environment. Indeed, the harvest is great, as God the Creator has created an earth marked not by scarcity but by abundance. We give thanks for the dedication and creativity of our farmers and harvesters, who are tasked with feeding the world while using methods that sustain the land and waters so they can be fertile for generations to come. In this regard, we can recall the model provided by God himself: “you provide the people with grain, for so you have prepared it. You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth” (Psalm 65:9-10).

HARVEST

15. While there have been important achievements in the just distribution of the harvest of God’s garden, there is still work to be done. In the face of food crises from climate-related disasters like floods and droughts, as well as the effects of armed conflict, the effective global distribution of food requires a willingness by individuals and nations to acknowledge the universal destination of the goods of the earth.¹⁰ Many non-governmental organizations, as well as governments, provide direct food relief. This is important and welcome, but it is not sufficient to solve the problem of food insecurity that so many millions face for their daily bread.

16. Despite many great advances in distributing the harvests of the earth, it is vital that governments renew their efforts nationally and internationally to develop more permanent and resilient systems of distribution of the great harvest that God our Creator so generously provides. The challenge of food security is a matter of justice and therefore often requires the use of government policy; it cannot be left solely to market forces and commodity pricing. A just system of food distribution requires safeguards to prevent predatory price inflation and profiteering by entities that may exercise control over food access. Food insecurity ultimately undermines peace, which is essential for human development.



Photo: Harvested wheat fields near Cremona, Alta., Thursday, Oct. 1, 2020. Canada is the world’s sixth-largest producer and one of the largest exporters of wheat. THE CANADIAN PRESS/Jeff McIntosh

EVERYTHING IS INTERCONNECTED

17. Ensuring the abundance of the Earth ultimately requires turning to the Creator rather than the creature, for it is in God that we grasp the proper order of the created world and the dignity of our brothers and sisters created in his image. The earth cannot be protected when there is a breakdown in human relationships.¹¹

The Book of Ezekiel speaks of God replacing our hearts of stone with hearts of flesh (Ezekiel 11:19, 36:26). In the area of food security, this conversion will manifest itself in forms of solidarity, by working in movements, and through developing government policies that promote global solidarity and food security for all.

18. As Pope Francis wrote in his 2015 Encyclical, *Laudato Si’*:

Many things have to change course, but it is we human beings above all who need to change. We lack an awareness of our common origin, of our mutual belonging, and of a future to be shared with everyone. This basic awareness would enable the development of new convictions, attitudes and forms of life. A great cultural, spiritual and educational...

Our Daily Bread continued...

...challenge stands before us, and it will demand that we set out on the long path of renewal.¹²

*It is we human beings above all
who need to change.*
Laudato Si', no. 202

19. This transformation demands a call to act in cooperation with others, but it can also have an individual component. For example, we are all challenged to consider whether our own diets are sustainable. It is helpful to recall the long-standing spiritual practice of fasting, as well as abstaining from meat on certain prescribed days,¹³ which can not only serve to unite us to the Passion of Our Lord but can also be a concrete expression of our solidarity with those experiencing hunger. Are we willing to periodically give up foods we enjoy so we can grow in holiness and communion with others?



Photo: Anton Skripachev/iStock.com

CONCLUSION

20. As we conclude, we give thanks to God for all the people whose labour and dedication allow us to eat. Although we cannot name all the roles in our complex food industry, we extend our special gratitude to farmers (especially families who farm), those who harvest the sea, food from its source to our tables. Through the intercession of our Blessed Mother and St. Joseph, who provided food and care to the Holy Family and whose care extends to the entire human family, we implore God's blessing upon all these people who provide us with our daily the many migrant workers who contribute so much to our agricultural industry, those who prepare food for others (especially within their own homes), and everyone involved in bringing bread. We ask the Lord to help us all to work together, under the guidance of

his Holy Spirit, to care for his creation and to ensure that his abundant gifts reach all those in need.



QUESTIONS FOR CONSIDERATION

21. We end our reflection with some questions for consideration taken from the 2023 document Our Common Home, 14 which was jointly developed by the Dicastery for Promoting Integral Human Development and the Stockholm Environment Institute:

- ✠ The Eucharist reminds us of the deep relationship between the Earth, one another, and God. As we share the Bread of Life, how do we respond to the fact that so many go hungry?
- ✠ We live in a world of both hunger and food waste. Can you resolve to stop wasting food? Are you willing to make sacrifices to change your diet so it is more planet friendly?
- ✠ What needs to change in how we produce and distribute food? What can we do to help bring about these changes? Can you start composting and buy more from local producers?

Episcopal Commission for Justice and Peace

Issued with the approval of the Permanent Council of the Canadian Conference of Catholic Bishops
16 November 2025 – World Day of the Poor



Canadian Conference
of Catholic Bishops

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Footnotes from “Our Daily Bread”

¹ According to the 1996 World Food Summit Plan of Action, “Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.” <https://www.fao.org/3/w3613e/w3613e00.htm>

Footnotes from “Our Daily Bread” continued...

² IFAD website, background information on the 2023 Governing Council, <https://www.ifad.org/en/web/events/governing-council-46>.

³ Paul VI, Populorum Progressio (1967), no. 23, https://www.vatican.va/content/paul-vi/en/encyclicals/documents/hf_p-vi_enc_26031967_populorum.html

⁴ Compendium of the Social Doctrine of the Church (Rome: Libreria Editrice Vaticana, 2004), no. 193 (citation of John Paul II, Sollicitudo Rei Socialis [1987], no. 38).

⁵ Francis, Address to the Participants in the World Meeting of Popular Movements, Rome, October 28, 2014, https://www.vatican.va/content/francesco/en/speeches/2014/october/documents/papa-francesco_20141028_incontro-mondiale-movimenti-popolari.html

⁶ PROOF, What Can Be Done to Reduce Food Insecurity in Canada? (2022), <https://proof.utoronto.ca/food-insecurity/what-can-be-done-to-reduce-food-insecurity-in-canada>

⁷ John Paul II, Laborem Exercens (1981), no. 19, https://www.vatican.va/content/john-paul-ii/en/encyclicals/documents/hf_jp-ii_enc_14091981_laborem-exercens.html

⁸ Francis, Greeting to Participants in the Conference “Food and Humanitarian Crises: Science and Policies for Their Prevention and Mitigation,” Rome, May 10, 2023, <https://www.vatican.va/content/francesco/en/speeches/2023/may/documents/20230510-pas.html>.

⁹ Caritas Internationalis, Statement for World Hunger Day 2023, <https://www.caritas.org/2023/05/world-hunger>

¹⁰ Compendium of the Catechism of the Catholic Church (Rome: Libreria Editrice Vaticana, 2005), no. 504, https://www.vatican.va/archive/compendium_ccc/documents/archive_2005_compendium-ccc_en.html

¹¹ Benedict XVI, Caritas in Veritate (2009), no. 51: “The deterioration of nature is in fact closely connected to the culture that shapes human coexistence: when ‘human ecology’ is respected within society, environmental ecology also benefits. Just as human virtues are interrelated, such that the weakening of one places others at risk, so the ecological system is based on respect for a plan that affects both the health of society and its good relationship with nature.” Emphasis in original. https://www.vatican.va/content/benedict-xvi/en/encyclicals/documents/hf_ben-xvi_enc_20090629_caritas-in-veritate.html

¹² Francis, Laudato Si’ (2015), no. 202, https://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html.

¹³ In the Roman Catholic Church, this has generally included every Friday (unless it falls on a Solemnity). Eastern Catholic Churches share this practice, with additional days of prescribed abstinence.

¹⁴ Dicastery for Promoting Integral Human Development and the Stockholm Environment Institute, Our Common Home: A Guide to Living and Caring for Our Living Planet (2023), 7, <https://www.sei.org/wp-content/uploads/2023/12/vatican-sei-v10-20231205.pdf>.

O GLADSOME LIGHT

The Newman Theological College Student Association brings you an evening on the richness of Eastern Catholic Monasticism in the Modern World, celebrating the Immaculate Conception by Anna of the Theotokos

Details:

7:00pm (MST) - Zoom Watch Party of

“Gladsome Light” Documentary

8:15pm - Presentation followed by Q & A by Hieromonk Gregory Hrynkiw



DECEMBER 3, 2025

VIA ZOOM

7:00pm - 8:45pm (MST)



PLEASE RSVP

linden.predy@newman.edu



<https://forms.gle/R2MChmUiociSpN4y8>

COOKING BEES



This month there are a lot of cooking bees to make various Ukrainian Foods. We are doing this as there are many more sales that can be made if we have some food in the freezers in time for Christmas.

We could really use your help at any or all these upcoming Bees:

**9 am Tuesday (Nov 18)
Perogy Bee**

**9 am Tuesday (Nov 25)
Cabbage Roll Bee**

If you are not sure how to make some of these foods, GREAT! They will be happy to teach you. Many hands makes the work light.

COOKING BEES



What should we do for our 2025-26 Christmas Schedule?

Last year we had 2 Christmas Eve services and 1 Christmas Day service. Fr. Bo is open to suggestions for this year's schedule.

Either it will be

- 8 pm English Complines with Divine Liturgy; and a
- 10 pm Bilingual Divine Liturgy (without Complines) like last year,

OR it will be

- a single 9 pm Bilingual Complines with Divine Liturgy

Pros & Cons:

- Having one service means we can all celebrate together.
- Having one service means that our "choir" and clergy can celebrate once instead of twice.
- Having 2 different times allows people to pick their preferred time.
- Having things in two different language modes means that people can attend the service according to their language preference.

**Do you have
an idea for
our parish?**

**Let Fr. Bo or
the office
know!**

**We would
love to hear
your
constructive
feedback**

**office
@ehcucp.ca**

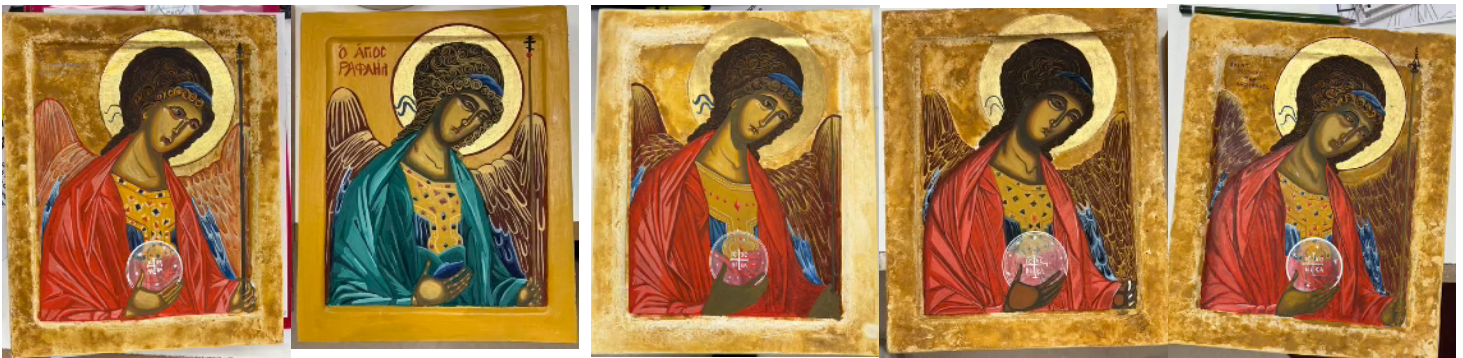
Some people lately have been bringing up the idea of separating regular Sunday Divine Liturgies back into two Liturgies for the sake of language as this parish had been doing not too long ago. This potentially could help bring some more people into the parish as it could better serve their particular linguistic needs. It would also help us remove the alternating schedule, and give people an option on Liturgy time. I am not going to do anything in 2025, but I am willing to hear your thoughts on the idea and bring it up at a Parish Pastoral Council meeting in 2026. Text, email or write down your thoughts.

Last Weekend's Iconography Workshop

Here is a photo of 4 of the 5 students that wrote (painted) icons with Fr. Bo right here at Holy Cross Parish.

The Workshop went well and people learned about the meaning, forms, prayers, paints and theology within these icons of St. Michael the Archangel (and one of St. Raphael the Archangel)

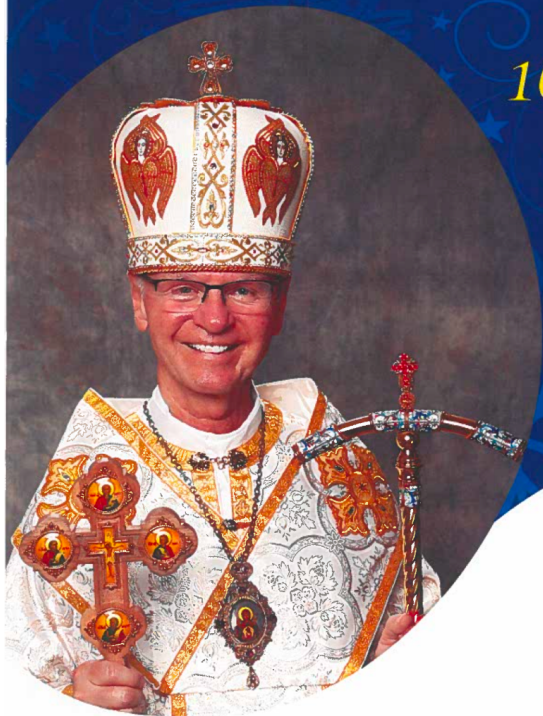
The next icon workshop anticipated in our parish building will take place in February. See theosis.ca for more details.



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/



The 16th Annual Bishop's Gala is fast approaching, bringing together the faithful of the Eparchy of Edmonton for an evening of prayer, community, and support for our Church's mission. Set for December 4, 2025, at the Chateau Louis Conference Centre, this much-anticipated event offers every parishioner an opportunity to participate and make a lasting difference.

How You Can Help

We warmly invite you to join us by purchasing Gala tickets or donating to our fundraising auction. The Bishop's Gala is an important fundraiser which supports the Ukrainian Catholic Eparchy of Edmonton and its ministries. Money raised at this year's Gala will support the Eparchy's new initiative, **Always Our Parishioners: Renewing Our Hope in Christ, Caring for the Sick and Dying**.

Examples of auction donations include:

- Artwork/paintings/drawings/pottery/home décor items/crystal/etc.
- Sports memorabilia/tickets/photos/equipment/etc.
- Holy icons/paintings/decorative crosses
- Ukrainian folk-art items/embroidery/Easter eggs/wood carvings/etc.
- Jewellery/fashion accessories/handbags/scarves/gloves/etc.

- Christmas items/Christmas decorations/gift baskets/gift certificates/gift cards
- Electronics/tools/small appliances
- Children's toys/gifts/video games
- Professional services/memberships

Please note, auction items should be:

- valued at \$75.00 or more
- delivered to the Pastoral Centre (9645 – 108 Avenue) no later than Thursday, November 27
- be accompanied by a purchase receipt or equivalent proof of value to receive a gift-in-kind tax receipt

Your generosity will be acknowledged and celebrated at the Gala.

Ready to Reserve Your Place?

Tickets are still available. To purchase yours, or for more information on supporting the Gala, please contact the Pastoral Centre at 780-424-5496 or chancery@edmontoneparchy.com.

Let's come together—through prayer, giving, and fellowship—to uplift our Church and build a stronger community!

For tickets, donations, or auction items, visit eeparchy.com/donate or the Eparchial Pastoral Centre.

From War-Torn Ukraine to Working in Canada: How Your Support Changes Lives

Oxana arrived in Canada as a newcomer, carrying her young child in her arms and leaving behind a home torn apart by war. Back in her country, she had earned a PhD — years of sacrifice, study, and perseverance. But here, that accomplishment meant almost nothing.

Oxana couldn't understand why her educational achievements weren't being appreciated, as job application after application went unanswered. Her English was adequate, but not strong enough, and with every opportunity that went unrecognized, she felt more invisible, more defeated. From PhD status in her home country to being seen only as a refugee, Oxana felt her sense of self-worth eroding day by day.

Depression began to set in as she worried about how she could ever provide a future for her child when she could not see her own future in a positive light. She had escaped one war only to face a new internal battle — one where doubt and insecurity seemed to outweigh her confidence, leaving her feeling as though she was starting from less than zero.

It was when she discovered the CSS Links for Success program that things began to change. She could finally see a path forward. Determined to rebuild herself, she realized that the program offered more than just training; it offered hope.

The Links for Success program team welcomed Oxana and provided practical lessons that helped her gain Canadian work experience. Along with teaching her



how to present herself with confidence, it also helped her strengthen her English. Oxana began to see her program peers as a second family — standing beside her, cheering her on, and reminding her that she was not alone.

Step by step, Oxana rebuilt her skills, polished her resume, and grew in confidence through the Links for

Success volunteer placement opportunity, a program that matches clients needing experience in the workforce with local employers. She learned not just to survive but to thrive. Then, the moment came — she walked into an interview with courage, and walked out with a job in her field. “It felt like I’d reclaimed not only my career, but my dignity,” beamed Oxana.

Volunteering her abilities was another turning point. Giving back to other women — especially immigrants like herself — was both a privilege and a milestone. To contribute and to make a real difference was the greatest gift for Oxana.

Thanks to this program, Oxana no longer defines herself primarily as a refugee or a newcomer. She sees herself as a valued member of the community — someone who belongs and makes meaningful contributions.

“To the donors who make this possible: thank you. Your generosity doesn’t just create programs, it rescues dignity from despair, and it turns invisibility into opportunity. You have changed my life — and my child’s future — forever.”



This year, the T.R. (Terry) Mahon Foundation is offering an extraordinary opportunity to amplify your impact.

The foundation will match dollar for dollar:

- All new monthly donations
- Any increases from current monthly donors

This is your chance to double the difference you make! Every dollar you give will become two dollars working to support programs that don't just help people find jobs—they help them reclaim their dignity, rebuild futures, and strengthen our communities.

With a cumulative matching maximum of \$40,000, early supporters have the greatest opportunity to maximize their impact.

Every donation, no matter the size, writes another success story like Oxana's. Help us write that next story by donating today.



*Holy Cross Parish
Invites You to*



Malanka

Saturday, January 10, 2026

Location 9003 - 153 Avenue, Edmonton

Cocktails at 5:00 PM

Dinner at 6:00 PM

Music by The Sparkling Tones

For Tickets Call Rose Marie (780-217-8217)

Adults \$80.00

Youth \$45.00 (13 and under)

Entertainment and Door Prizes



TRANSFORMATION

ENCOUNTER
SCHOOL OF MINISTRY
EDMONTON CAMPUS

"When we encounter the glory of the Lord
we are 'transformed into his likeness
from glory to glory.' (2 COR 3)

NOV 22

**"CLOTHED WITH POWER
FROM ON HIGH"**
WITH BISHOP SCOTT MCCAIG



Bishop McCaig, was born in Duncan and grew up in Kamloops, British Columbia, Canada. He entered into full communion with the Catholic Church in 1987, and after serving with NET Catholic Youth Ministries USA joined the Companions of the Cross in 1989 in Ottawa. He served two terms as General Superior of the Society from 2006 to 2016. In 2016 he was appointed by Pope Francis to be the Bishop of the Military Ordinariate of Canada, which serves the varied spiritual and pastoral needs of military members and their families. Bishop Scott serves on the Board of Renewal Ministries Canada and has participated in missionary outreach to over 15 countries in Africa, Eastern Europe, and Southeast Asia. He is the author of 'Clothed with Power from On High: A Short Catechesis on Charisms in the Life and Mission of the Church.'

Free & open to the public.

encounterschool.org/edmonton

NIGHT

PART 1
Seeking God's
Glory in Worship
(6:30 pm)



PART 2
Renewal of the
Mind Teaching
(7:00 pm)



PART 3
Prayer
Ministry
(8:30 pm)



Holy Trinity Catholic Church
200 Boundary Road Spruce Grove,
Alberta T7X 3A5 Canada



Annual Membership Renewal/Drive

Every Sunday after the Liturgy

November 2, 2025, through January 10, 2026

Membership Fee: **\$40.00**

On April 1, 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

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

A harried mailman discovers the real meaning of Christmas as he delivers packages, trains a new employee, and discovers a new sense of connection to the community he serves when he meets a young woman and her child in a difficult situation along his route

For tickets to this charity choir concert, or for more information please see Joyce Kozak.

Upcoming Events:

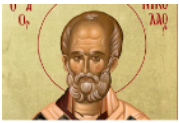
- **Today:** We will pray especially for the **intention of World Children's Day** as seen below on Nov. 20.
- **Monday, November 17 at 10 am:** Men's Club cooks and delivers **Veterans' Meals**.
- **Monday, November 17 at 1 pm:** Men's Club meeting.
- **Monday, November 17 at 6 pm:** Youth Altar Serving Practice. All youth grade 2-12 are welcome.
- **Tuesday, November 18 at 9 am:** Perogy Bee. Come and help out. It's social, it is definitely fun, and it helps raise funds for our parish.
- **Wednesday, November 19:** Red Wednesday: <https://acn-canada.org/red-wednesday/>
- **Thursday November 20: World Children's Day:** We have been asked by Patriarch Sviatoslav to pray for the wellbeing of all children especially those who have died, been injured, forced from their homes and those taken from their families by Russian forces at the start of the full scale war.
- **Tuesday, November 25 at 9 am:** Cabbage Roll Bee. Come and help out. It's social, it is fun, and it helps raise funds for our parish.
- **Saturday, November 29th:** the 4th Degree Knights of Columbus Christmas Social Ball. If you are a 4th degree member see your email.
- **Sunday, November 30 at 2 pm:** Choir Concert "Christmas Delivery"
- **Monday, December 1, at 5:30 pm:** Ladies' Club Pre-Christmas Dinner & Meeting. Doors will be open at 5:30 and the Supper is at 6. All parish women are invited to attend. Tickets will be \$10.00 which will all go to charity. Tickets will be sold in annex after liturgy, and you will not be able to get into this without a ticket. (No refunds)
- **Wednesday, December 3, at 2 pm:** Presentation about Elder Abuse, here at Holy Cross. All are welcome. Invite your friends and neighbours.
- **Wednesday, December 3 at 7 pm:** Newman Theological College Student Association brings you an online event celebrating the richness of **Eastern Catholic Monasticism in the Modern World**. Details: 7pm - Zoom Watch Party of "Gladstone Light" Documentary, 8:15pm - Presentation followed by Q & A by Hieromonk Gregory Hrynkiw. All are welcome! Please RSVP at the following Google form to be sent the ZOOM invite for the event: <https://forms.gle/R2MChmUiociSpN4y8>. Please note the event will be only held in English. For more information, please contact Linden Predy, Grad Rep at linden.predy@newman.edu.
- **Sunday, December 7 after Liturgy: St. Nicholas St. Nicholas Dinner:** Ticket prices for those aged 13+ are \$25.00 and for those under 12 are free. Tickets will be sold in annex after Sunday liturgies.

- **Monday, December 8 at 6 pm:** Parish Pastoral Council Christmas Meal & Meeting: (Chinese food). This is the next PPC meeting.
- **Christmas Eve Schedule:** Is not yet decided. Either it will be 8 pm English Complines with Divine Liturgy and 10 pm Bilingual Divine Liturgy (without Complines) like last year, OR a single bilingual celebration at 9 pm with Complines
- **Saturday, February 14:** Anticipated Parish Perogy Supper. Talk to Terry Y if you would like to be involved.
- **Sunday, February 15:** Eparchial "Tables for Two" retreat dinner for married couples. This annual evening meal is served with reflections on holy marriages. It is a romantic and life-giving evening. Tickets will go on sale on Dec. 1st.
- **Saturday, February 21:** Eparchial Marriage Prep Part 1
- **Saturday, March 21:** Eparchial Marriage Prep Part 2

Other Announcements

- **Perogy Supper, February 14, 2026, Valentine's Day.** Poster on display and tickets go on sale Wednesday November 19, 2025. The last Perogy Supper, both sittings were sold out. Perogy Supper tickets may suit someone as a perfect Christmas gift.
- Holy Cross Parish recently paid \$29,771.89 for the insurance coverage for the Church and Hall. **We extend our heartfelt thanks to the many volunteers who help with the bingo events at Kensington over the past years.** The insurance was paid from the revenue generated by these bingo events.
- **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
16 Twenty-third Sunday after Pentecost; Tone 6; ✚ The Holy Apostle and Evangelist Matthew. Polyeleos Feast. Nativity Fast. Resurrection Gospel 1. Ephesians 2:4-10; 1 Corinthians 4:9-16; Luke 8:26-39; Matthew 9:9-13. 9:30 am Rosary 10 am Divine Liturgy (Bilingual) including a petition for World Children's Day Yes Sunday School, Yes Coffee. 2 pm Fr. Bo serves the St. Michael Extended Care Divine Liturgy.	17 🐟 Our Holy Father Gregory the Wonderworker, Bishop of Neocaesarea, Wonderworker. Nativity Fast. 1 Thessalonians 2:20-3:8; Luke 11:29-33. 10 am Men's Club's Veteran's Lunch 12 pm Theosis Studios 1 pm Men's Club Meeting 6 pm Youth & Altar Serving Meeting	18 🐟 The Holy Martyrs Plato and Roman. Nativity Fast. 1 Thessalonians 3:9-13; Luke 11:34-41. 9 am Perogy Bee  2 pm Chosen (4) 4 pm Baptismal & Marriage Prep (E&K) 6 pm Chosen (4) 	19 🐟 The Holy Prophet Obadiah; The Holy Martyr Barlaam. Nativity Fast. Abstinence from meat and foods that contain meat. 1 Thessalonians 4:1-12; Luke 11:42-46. 9 am Divine Liturgy 1 pm Appointment “Red Wednesday” see announcements	20 🐟 ✚ Our Venerable Mother Josaphata Hordashevska; The Venerable Father Gregory of Decapolis; Our Holy Father Proclus, Archbishop of Constantinople; Blessed Hieromartyr Josaphat Kotsylovsky, Bishop of Peremyshl. Polyeleos Feast. Pre-feast Nativity Fast. Galatians 3:23-29; Matthew 25:1-13. World Children's Day 5:30 pm Appointment Thursdays are normally Fr. Bo's day off	21 🐟 ✚ The Entrance into the Temple of our Most Holy Lady, the Mother of God and Ever-Virgin Mary. Feast of the Mother of God. Holy Day of obligation. Hebrews 9:1-7; Luke 10:38-42, 11:27-28. 9 am Festal Divine Liturgy  5:30 pm Appointment	22 🐟 The Holy Apostle Philemon and those with him. Post-feast of the Entrance of the Mother of God. Nativity Fast. 2 Corinthians 11:1-6; Luke 9:1-6. 12:30 pm Holodomor Commemoration at City Hall  1 pm Baptism (P. L.)
23 Twenty-fourth Sunday after Pentecost; Tone 7; Our Holy Fathers Amphilochius, Bishop of Iconium, and Gregory, Bishop of Agrigentum. Post-feast of the Entrance of the Mother of God. Nativity Fast. Resurrection Gospel 2. Ephesians 2:14-22; Luke 8:41-56. 9:30 am Rosary 10 am Divine Liturgy (English) Yes Sunday School, Yes Coffee.	24 🐟 ✚ The Holy Great-Martyr Catherine; The Holy Great-Martyr Mercurius. Post-feast of the Entrance of the Mother of God. Nativity Fast. Saint with Six Stichera. 2 Thessalonians 1:1-10; Luke 12:13-15, 22-31. 12 pm Theosis Studios	25 🐟 Our Holy Fathers and Hieromartyrs Clement, Pope of Rome, and Peter, Bishop of Alexandria. Leave-taking of the Feast of the Entrance of the Mother of God. Nativity Fast. 2 Thessalonians 1:10-2:2; Luke 12:42-48. 9 am Cabbage Roll Bee  6 pm ALPHA (4) 	26 🐟 Our Venerable Father Alypius the Stylite; The Blessing of the Church of the Holy Great-Martyr George in Kiev. Nativity Fast. Abstinence from meat and foods that contain meat. 2 Thessalonians 2:1-12; Luke 12:48-59. 9 am Divine Liturgy Parish Bingo Fundraiser 6 pm Bible Study (Messiah 1) 	27 🐟 The Holy Martyr James of Persia; Our Venerable Father Palladius. Nativity Fast. 2 Thessalonians 2:13-3:5; Luke 13:1-9. 5:30 pm Appointment Thursdays are normally Fr. Bo's day off	28 🐟 ✚ The Venerable-Martyr Stephen the New; The Holy Martyr Irenarchus. Nativity Fast. Saint with Six Stichera. Abstinence from meat and foods that contain meat. 2 Thessalonians 3:6-18; Luke 13:31-35. 5:30 pm Appointment	29 🐟 The Holy Martyr Paramon; The Holy Martyr Philomenus; Venerable Acacius of whom testimony is found in "The Ladder of Divine Ascent." Nativity Fast. Galatians 1:3-10; Luke 9:37-43.
30 Twenty-fifth Sunday after Pentecost; Octoechos Tone 8; ✚ The Holy and All-Praiseworthy Apostle Andrew the First-Called. Polyeleos Feast. Nativity Fast. Resurrection Gospel 3. Ephesians 4:1-6; 1 Corinthians 4:9-16; Luke 10:25-37; John 1:35-51. 9:30 am Rosary 10 am “Children's” Divine Liturgy (Bilingual) No Sunday School due to Children's Liturgy, Yes Coffee. 2 pm “Christmas Delivery” Choir Concert 	1 🐟 The Holy Prophet Nahum. Nativity Fast. 1 Timothy 1:1-7; Luke 14:12-15. 8:45 am Appointment 12 pm Theosis Studios 5:30 pm Ladies' Club Christmas Meeting and Meal	2 🐟 The Holy Prophet Habakkuk; Blessed Hieromartyr Ivan Slezuk, Bishop. Nativity Fast. 1 Timothy 1:8-14; Luke 14:25-35. 2 pm Chosen (4) 6 pm Chosen (4) 	3 🐟 The Holy Prophet Zephaniah. Nativity Fast. Abstinence from meat and foods that contain meat. 1 Timothy 1:18-20; 2:8-15; Luke 15:1-10. 9 am Divine Liturgy 3 pm Presentation on Elder Abuse 7 pm Online Presentation on Eastern Monasticism via NTC	4 🐟 ✚ The Great-Martyr Barbara; Our Venerable Father John of Damascus. Nativity Fast. Saint with Six Stichera. 1 Timothy 3:1-13; Luke 16:1-9. 6 pm Bishop's Gala  Cancelled: 5:30 pm Appointment	5 🐟 ✚ Our Venerable and God-bearing Father Sabbas the Sanctified. Polyeleos Feast. Nativity Fast. Galatians 5:22-6:2; Matthew 11:27-30. 5:30 pm Appointment	6 🐟 ✚ Our Holy Father Nicholas the Wonderworker, Archbishop of Myra in Lycia. All-Night Vigil Feast. Nativity Fast. Hebrews 13:17-21; Luke 6:17-23. 

Sunday, November 16, 2025

Twenty-third Sunday after Pentecost; Octoechos Tone 6; The Holy Apostle and Evangelist Matthew.

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 3: O Matthew, proclaimer of God's word,* you earnestly turned from the tax collector's booth* and followed the Master, who our His love* appeared to us on earth and summoned you.* You shone to the world as chosen apostle and loud herald of the Good News.* Because of this we feast your memory;* pray to God all-merciful* for the forgiveness of sins.

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: Casting off the yoke of the custom house* you yoked yourself to justice;* revealed as an excellent merchant* you gained wisdom—wealth from on high.* From whence you preached the word of truth,* arousing sluggish souls by describing the hour of judgment.

Prokeimenon, Tone 6

Save Your people, O Lord, * and bless Your inheritance.

verse: Unto You I will cry, O Lord, my God, lest You turn from me in silence. (Psalm 27:9,1)

Epistle: Ephesians 2:4-10 (NRSV)

Brothers and Sisters, God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God—not the result of works, so that no one may boast. For we are what he has

made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

Alleluia verses, Tone 6:

He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven.

He says to the Lord: You are my protector and my refuge, my God, in Whom I hope.

The heavens shall confess our wonders, O Lord, and Your truth in the church of the saints.

Gospel: Luke 8:26-39 (NRSV)

At that time Jesus arrived at the country of the Gerasenes, which is opposite Galilee. As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. When he saw Jesus, he fell down before him and shouted at the top of his voice, "What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me"—for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.) Jesus then asked him, "What is your name?" He said, "Legion"; for many demons had entered him. They begged him not to order them to go back into the abyss. Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. When the swineherds saw what had happened, they ran off and told it in the city and in the country. Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. Those who had seen it told them how the one who had been possessed by demons had been healed. Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but Jesus sent him away, saying, "Return to your home, and declare how much God has done for you." So he went away, proclaiming throughout the city how much Jesus had done for him.

Communion Hymn

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

Their utterance has gone forth into all the earth,* and their words unto the ends of the world.

Alleluia, alleluia,* alleluia.