



EXALTATION OF THE HOLY CROSS PARISH

UKRAINIAN CATHOLIC CHURCH

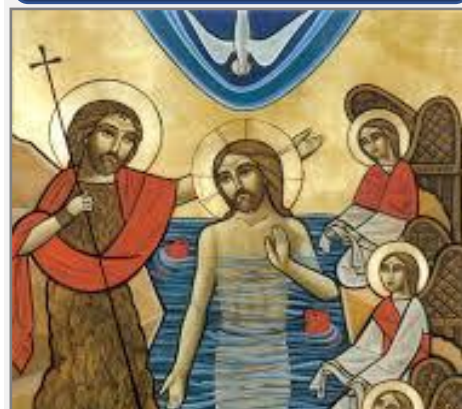
ഞങ്ങൾ 1967-2019 ഞങ്ങൾ

ПАРАФІЯ ВОЗДВИЖЕННЯ ЧЕСНОГО ХРЕСТА

УКРАЇНСЬКА КАТОЛИЦЬКА ЦЕРКВА

ഞങ്ങൾ PARISH BULLETIN № 02. SUNDAY, JANUARY 13, 2019 A.D. ഞങ്ങൾ

SUNDAY AFTER THE THEOPHANY OF OUR LORD JESUS CHRIST



HOLY MYSTERIES

CONFESSION:

30 min before the Divine Liturgy *or* by appointment

HOLY COMMUNION:

for the sick, by appointment, any time

BAPTISM: by appointment

MARRIAGE: six months notice should be given to the parish priest, and he should be contacted before any other arrangements are made

FUNERAL: by appointment

CONTACT US

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With Christ's Nativity and Baptism, what before was cloaked in shadows and darkness comes to light. In today's Gospel we hear how Christ fulfilled the prophecy that "the people which sat in darkness saw great light; and to them which sat in the region and shadow of death light is spring up." Generations had awaited the coming of the Messiah and were illumined by the manifestation of the life-giving Trinity at Christ's Baptism.

For each of us, who once sat in darkness, we have been illumined by the light of Christ; at our baptism we depart the region and shadow of death, as we are buried and resurrected with Christ in the water of baptism. Christ's birth and baptism inaugurate our new life, which we participate in by our own baptism.

When Adam transgressed, death and sin entered the world; The whole created world became subject to death and decay; but in the hymns for Theophany we hear how the 'nature of water is sanctified.'; Christ, in coming to the world as one of us, and suffering, dying, and arising from the dead, frees us from the power of sin and death. We see the entire world made new by Christ with the Great Blessing of the Waters that takes place at Theophany. Christ came into the world to sanctify the world.

Our life as Christians is a life of continually progress; our life in the Church is a journey, and the closer we come to God, the more we desire Him. Let us instill afresh in ourselves that desire to draw closer to God, by keeping the commandments, by purifying our souls and bodies by prayer; and let us partake of the heavenly bread, which has come down to us for the life and salvation of the world. Christ has come to fill the whole world; but in order to do so, we must let him into our hearts.

First Antiphon

Verse: When Israel came forth from Egypt, the house of Jacob from an alien people * Judah became His sanctuary, Israel His dominion.

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

Verse: The sea beheld this and fled,* the Jordan turned back on its course.

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

Verse: Why was it, O sea, that you fled,* that you, O Jordan, turned back on your course?

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

Glory be ... Only-begotten Son...

Third Antiphon

We sing our usual Antiphon Come, let us sing joyfully... with the festal refrain:

Son of God, baptized by John in the Jordan, save us who sing to You: Alleluia.

Instead of "Come let us worship...": Come, let us worship and fall down before Christ. Son of God, baptized by John in the Jordan, save us who sing to You: Alleluia.

Troparion, Tone 1: Though the stone was sealed by the Judeans,* and soldiers guarded Your most pure body,* You arose, O Saviour, on the third day,* and gave life to the world.* And so the heavenly powers cried out to You, O Giver of Life:* Glory to Your resurrection, O Christ!* Glory to Your kingdom!* Glory to Your saving plan,* O only Lover of mankind.

Troparion, Tone 1: When You, O Lord, were baptized in the Jordan,* worship of the Trinity was revealed;* the voice of the Father bore witness to You,* naming You the "beloved Son,"* and the Spirit in the form of a dove confirmed the Word's certainty.* Glory to You, O Christ God,* who appeared and enlightened the world.

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

Kontakion, Tone 4: Today You have appeared to the world* and Your light, O Lord, has been signed on us,* who with knowledge sing Your praises.* You have come, You have appeared, O unapproachable Light.

Prokimenon, Tone 1: Let Your mercy, O Lord, be upon us* as we have hoped in You.

verse: Rejoice in the Lord, O you just; praise befits the righteous.

Prokeimenon, Tone 7: The just man shall be glad in the Lord and shall hope in Him.

A Reading of the Epistle of St. Paul to the Ephesians 4:7-13: *Brethren*, each of us was given grace according to the measure of Christ's gift. Therefore it is said, When he ascended on high he made captivity itself a captive; he gave gifts to his people.' (When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ.

Антифон 1

Стих: Во ізході Ізраїлевім із Єгипту, дому Якова із людей варварів;* Стала Юдея святиня його, Ізраїль – володіння його (Пс 113,1-2).

Приспів: Молитвами Богородиці, Спасе, спаси нас.

Стих: Море виділо і побігло, Йордан повернувся назад (Пс 113,3).

Приспів: Молитвами Богородиці, Спасе, спаси нас.

Стих: Що з тобою, море, що ти побігло, і з тобою, Йордане, що ти повернувся назад?

Приспів: Молитвами Богородиці, Спасе, спаси нас.

Слава Отцю, ...

Антифон 3

Співаємо звичайні третій антифон, Прийдіте... але зі приспівом:

Спаси нас, Сину Божий, що хрестився в Йордані від Івана, співаємо Тобі: Аلیلуя.

Замість «Прийдіте поклонімся»: Прийдіте поклонімося і припадім до Христа. Спаси нас, Сину Божий, що хрестився в Йордані від Івана, співаємо Тобі: Аلیلуя.

Тропар (глас 1): Хоч запечатали камінь юдеї* і воїни стерегли пречисте тіло Твоє,* воскрес Ти, Спасе, на третій день,* даруючи життя світові.* Тому сили небесні взивали до Тебе, Життєдавче:* Слава воскресінню Твоєму, Христе,* слава царству Твоєму,* слава провидінню Твоєму,* єдиний Чоловіколюбче!!

Тропар (глас 1): Коли в Йордані хрестився ти, Господи,* Троїчне явилось поклоніння:* бо Родителя голос свідчив тобі,* возлюбленим Сином тебе називаючи;* і Дух у виді голубинім засвідчив твердість слова.* Явився ти, Христе Боже,* і світ просвітив, слава тобі.

Слава Отцю, і Сину, і Святому Духові. І нині, і повсякчас, і на віки вічні. Амінь.

Кондак (глас 4): Явився еси днесь вселенній* і світло твоє, Господи, знаменувалося на нас,* що зі зрозумінням оспівуємо тебе:* Прийшов еси і явився еси – Світло неприступне.

Прокімен (глас 1): Будь, Господи, милість твоя на нас,* бо уповали ми на тебе.

Стих: Радуйтеся, праведні, у Господі, правим належить похвала.

Прокімен (глас 7): Возвеселиться праведник в Господі, і уповає на Нього.

До Ефесян послання Св. Апостола Павла читання (4,7-13): *Браття*, кожному з нас дана благодать за мірою Христових дарів. Тому й сказано: "Вийшов на висоту, забрав у полон бранців, дав дари людям." А те "вийшов" що означає, як не те, що він був зійшов і в найнижчі частини землі? Той же, хто був зійшов на низ, це той самий, що вийшов найвище всіх небес, щоб усе наповнити. І він сам настановив одних апостолами, інших – пророками, ще інших – євангелистами і пастирями, і вчителями, для вдосконалення святих на діло служби, на будівництво Христового тіла, аж поки ми всі не дійдемо до єдності в вірі й до повного спізнання Божого Сина, до звершености мужа, до міри повного зросту повноти Христа.

Alleluia (Tone 5): Alleluia, alleluia, alleluia!

verse: Your mercies, O Lord, I will sing for ever; from generation to generation I will announce Your truth with my mouth.

verse: For You have said: Mercy shall be built up for ever; in the heavens Your truth shall be prepared.

Gospel: (Matthew 4:12-17)

Instead of "It is truly...": O my soul, magnify Christ the King, baptized in the Jordan.

Irmos (Tone 2): Every tongue is at a loss to praise you as is your due, O Mother of God. Even a spirit from above is filled with dizziness when seeking to sing your praises. But since you are good, accept our faith, for you know well our love inspired by God. For it is you who protect all Christians; therefore, we magnify you.

I Communion Verse: The Grace of God has appeared, bringing salvation to all (Ti 2:11).

II Communion Verse: Praise the Lord from the heavens; praise Him in the highest. Alleluia! (3x).

According to Galician usage, we sing: All creation is filled with rejoicing today, for Christ is baptized in the Jordan. *Instead of "We have seen the true light..." (1x) "May our mouths be filled..." (3x) and "Blessed be the Name of the Lord..." (3x).*

ANNOUNCEMENTS



ANNUAL PARISH GENERAL MEETING. will take place on **Sunday, February 10TH, 2019.** The meeting will follow the Divine Liturgy at 10:00 a.m. **On that day, we will celebrate only one Divine Liturgy (Bilingual). PLEASE PLAN ON ATTENDING.**

- ✠ **PARISH COUNCIL MEETING** is scheduled on **Thursday, JANUARY 10th at 7:00pm.**
- ✠ **KOFC MEETING** will take place on **Tuesday, FEBRUARY 12th**, at the parish hall at 7:30p.m.
- ✠ **2019 PILGRIMAGE TO LOURDES, PARIS, SENLIS & UKRAINE** with Sisters Angelica & Myrna Arychuk. For details see poster or call Myrna Arychuk at 604 617 7200
- ✠ **CONGRATULATION!** May the Almighty God bless in good health and salvation in Many Happy and Blessed Years of Life to **ALLA NYKYTIUK, HALYNA TYMCHUK, LAWRENCE KOTYLAK** who celebrated their birthdays. Mnohaya i Blahaya Lita!
- ✠ **DONATIONS:** Dec 23th. - \$735. Candles - \$65 May God reward you richly for your generosity
- ✠ **BLESSING OF THE CARS.** According to our annual tradition on **today** after the Divine Liturgies Fr. Andrii will bless your cars with the Holy Water.
- ✠ **PROMOTION** – in honor of the 50th Anniversary of the UCWLC at the Exaltation of the Holy Cross parish, Ivanka Maik, the President of the local branch, extends her small gift of no-cost membership to the UCWLC for new members for 2019. Effective only till January 14.
- ✠ **PRAYER REQUEST:** pray for the sick and infirmed of our Parish in your prayers: OLIVE NOSATY, MARY SHEMLEY, MARK QU, STELLA ANDRUSIAK, KATRUSIA & JERRY SWERYDA, ANGELA KILLEN, and those who have asked us to pray for them.
- ✠ **UCWLC - ANNUAL GENERAL MEETING** is scheduled on Sunday **January 20th 2019** after the Second Divine Liturgy (appr. att 1:00 p.m.)

Алилуя (глас 5): Алилуя, алилуя, алилуя!

Стих: Милості твої, Господи, повік оспівуватиму, сповіщу з роду в рід істину твою устами моїми (Пс 88,2).

Стих: Бо сказав ти: Повік милість збудується, на небесах приготується істина твоя (Пс 88,3)

Євангеліє: (Мт 4,12-17):

Замість Достойно: Величай, душе моя, Царя Христа, що хрестився в Йордані.

Ірмос (глас 2): Не зуміє ніякий язик достойно благохвалити, тривожиться й ум, і то надсвітній, коли оспівує тебе, Богородице; одначе ти, благая, прийми віру, бо любов нашу божественну знаєш, бо ти є християн заступниця, тебе величаємо.

Причасний: Явилася благодать Божа спасительна всім людям (Тит 2,11).

Дригий: Хваліте Господа з небес, хваліте Його на висотах (Пс 148,1). Алилуя (х3).

Згідно Галицької традиції, ми співаємо: Всесвіт днесь радістю сповняється, Христос хрестився в Йордані. *Замість "Ми бачили світло істинне..." (х1) "Нехай сповняться уста..." (х3) і "Нехай буде ім'я..." (х3).*

ANNOUNCEMENTS

✠ **JORDAN HOUSE BLESSING.** Our Ukrainian Catholic Church has a beautiful tradition of visiting people's homes in the new year with blessed Jordan waters. Spiritually, it is meant to cleanse the home of any evil or strife that has built up over the past year, so that we can start the new year on a positive note. In our parish the house blessing will begin on Tuesday, January 8th. If you would like Fr. Andrii to visit your family & bless your home with Jordan waters please fill out the Jordan Home Blessing sign-up sheet or contact him @ office.holycross@gmail.com or @ 778.387.7071

✠ **REMINDER FOR FAMILIES OF INDIVIDUALS WHO ARE ADMITTED TO HOSPITAL.** If you or family member is admitted to hospital and you wish to have a priest visit, please be sure to have someone call the rectory to make this request. Your pastor may have no other way of knowing that you are in hospital, as privacy legislation restricts the information that can be given to him by the hospital.

✠ **BEQUEATHS AND WILLS:** Leaving a bequeath is a process of giving a donation through your will. It is simply a distribution from your estate to a charitable organization through your last will and testament. In your kindness please remember Exaltation of the Holy Cross Ukrainian Catholic Church in your bequeath and will. If anyone wishes to make such a bequeath in their will, the following clause may be included or added to a will: "I give, devise, and bequeath to Exaltation of the Holy Cross - 13753 108th Avenue, Surrey BC, V3T 2K6, the sum of \$_____ (or ____% of my estate), to be used for the benefit of the parish and it's pastoral activities."

READING PLAN FOR JANUARY

<i>Gospel Reading</i>	<i>From</i>	<i>To</i>	<i>Psalm(s)</i>
1:26-38	Jan 13, 2019	Jan 19, 2019	Pss 4-5
1:39-56	Jan 20, 2019	Jan 26, 2019	Pss 6-7

NEWS

Patriarch Sviatoslav: Unification of UGCC and OCU is quite feasible *(RISU.ORG.UA)*

The Head of the Ukrainian Greek Catholic Church, Patriarch Sviatoslav (Shevchuk) does not think that the unity between the UGCC and the Orthodox Church of Ukraine in the long run is an utopian idea. The UGCC Primate expressed this position in the traditional Christmas interview for Channel 5, the Department of Information of the UGCC reports.

“On the contrary,” said His Beatitude Sviatoslav, “this is a good joyful prospect, as the entire Christian world, in particular the Catholic and Orthodox community, is looking for ways to unite. At the universal level, there is a dialogue to restore this unity. First of all, it is about Eucharistic communion.” According to him, it is not about restoring some structures or re-subordinating one Church to another. “The highest sign of ecclesial unity is the sacrament of the Eucharist. Therefore, when it comes to finding ways to restore unity among Christians, it is about restoring unity in faith, and therefore in its expression in liturgical life.

Therefore, when someone breaks this unity, he breaks the Eucharistic communion. It was the case between Moscow and Constantinople, after the decision of the Mother Church about granting autocephaly to the Orthodox Church of Ukraine,” said the head of the UGCC.

Patriarch Sviatoslav noted that he had agreed with the Primate Epifaniy on cooperation. “First of all,” the Primate said, “we want to explore together the common heritage of Kyiv Christianity. For it has happened historically that the Greek-Catholic Church often fell under the influence of the West, in particular the Latin Church. The Orthodox Church fell under the influence of Moscow, that is, under the influence of this glorious or infamous Nikon reform, which is expressed in certain ritual moments ...”

The Head of the UGCC stressed that both Churches should jointly engage in the development of a theological tradition, to improve the pastoral ministry. “One thing is the union, and the other thing is unity. In many cases, we can already unite,” said the Primate.

Patriarch Sviatoslav has expressed his hope that the Orthodox Church of Ukraine, which is now gaining international recognition, will join the universal movement to seek the unity of the Church of Christ.

“From the Orthodox side, the Ecumenical Patriarch leads this process, and from the Catholic side – the Apostolic Capital of Rome. By the way, after all the intentions to grant autocephaly to the Orthodox Church of Ukraine, Moscow left this ecumenical dialogue ... I think the Ukrainian Church has to actively enter into it, actively participate in this movement, and then in Ukraine we will see its real fruit. As, apparently, no one needs the universal unity of the Churches as much as we do,” said the Head of the UGCC.

ANDREY SHEPTYTSKY INSTITUTE HAS LAUNCHED ITS INAUGURAL PODCAST

The Sheptytsky Institute has just launched its inaugural podcast episode, for the feast of Theophany: <https://itunes.apple.com/ca/podcast/true-light/id1448517556...>! Its purpose is to share the riches of Eastern Christianity with the faithful and seekers at large, and is aimed at anyone equipped with a smartphone or a computer, interested or intrigued by the notion of coming closer to Christ! The catechesis topics will informally follow the outline of Christ Our Pascha, the Catechism of the Ukrainian Greco-Catholic Church, and follow the flow of the liturgical year. Come have a listen!

QUOTE OF THE DAY

Come then, be begotten again, O man, into the adoption of God. And how? Says one. If you practise adultery no more, and commit not murder, and serve not idols; if you are not overmastered by pleasure; if you do not suffer the feeling of pride to rule you; if you clean off the filthiness of impurity, and put off the burden of sin; if you cast off the armour of the devil, and put on the breastplate of faith, even as Isaiah says, Wash, and seek judgment, relieve the oppressed, judge the fatherless, and plead for the widow. And come and let us reason together, says the Lord. Though your sins be as scarlet, I shall make them white as snow; and though they be like crimson, I shall make them white as wool. And if you be willing, and hear my voice, you shall eat the good of the land. ... For he who comes down in faith to the layer of regeneration, and renounces the devil, and joins himself to Christ; who denies the enemy, and makes the confession that Christ is God; who puts off the bondage, and puts on the adoption,— he comes up from the baptism brilliant as the sun, flashing forth the beams of righteousness, and, which is indeed the chief thing, he returns a son of God and joint-heir with Christ. To Him be the glory and the power, together with His most holy, and good, and quickening Spirit, now and ever, and to all the ages of the ages.

St. Hippolytus

VIBRANT PARISH PRAYER

O Lord Jesus Christ, our Good Shepherd, as you once gathered lost sheep that they might hear Your voice and be your flock, so also today graciously look down from heaven upon our parish community, and send down on it your Holy Spirit, that it might be a place to receive the joy of Your Good News. Strengthen us with your presence, and always gather us together in prayer. Grant us the spirit of serving others, so that in our parish all might encounter You, the merciful God. Bless our spiritual leaders with Your wisdom, and inspire us to generously give of our time, talents and treasure for the building up of Your Kingdom. Unite us in peace and harmony, as befits Your community of love. Instill in us a missionary spirit, and let our parish community shine with the light of the Gospel, with prayer and good works, inviting all to share in the divine life, so that Your Name, O Savior, may be praised, together with Your Eternal Father, and your most-holy, good and life-giving Spirit. Amen.

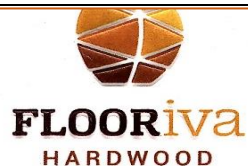
BASIC GUIDELINES FOR RECEPTION OF HOLY COMMUNION

1. *You are a member of the Catholic Church*
(Orthodox faithful are welcome to receive Communion);
2. *You have participated in the Sacrament of Confession at least during the Easter or Christmas seasons this past year if not more frequently;*
3. *You attend Divine Services regularly;*
4. *Your lifestyle is consistent with the teaching of the Catholic Church;*
5. *You have kept the Liturgical fast – no food at least one hour prior to the Divine Liturgy. (water and medicine does not break the fast).*
6. *You have been in church from the beginning of the service, or at least heard the Gospel.*
7. *To the best of your ability, you are in the state of Grace.*

If for any of these or other reasons you cannot receive Holy Communion, you are welcome to come for a blessing. Please indicate to the priest that you would like to receive his blessing.

LITURGICAL SCHEDULE, JAN. 15 - JAN. 20, 2019 A.D.

TUESDAY, JAN. 15	DIVINE LITURGY	09:15am
WEDNESDAY, JAN. 16	DIVINE LITURGY	09:15am
THURSDAY, JAN. 17	DIVINE LITURGY	09:15am
FRIDAY, JAN. 18	DIVINE LITURGY	09:15am
SATURDAY, JAN. 19	NO SERVICE	
SUNDAY, JANUARY 20	DIVINE LITURGY (ENG)	09:00 AM
	CATECHISM	10:00 AM
	DIVINE LITURGY (UKR)	11:00 AM



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