



EXALTATION OF THE HOLY CROSS PARISH
 UKRAINIAN CATHOLIC CHURCH
ഞാൾക്കാഴ്ച 1967-2019 ഞാൾക്കാഴ്ച
ПАРАФІЯ ВОЗДВИЖЕННЯ ЧЕСНОГО ХРЕСТА
 УКРАЇНСЬКА КАТОЛІЦЬКА ЦЕРКВА

ഞാൾക്കാഴ്ച PARISH BULLETIN № 10. SUNDAY, MARCH 03, 2019 A.D. ഞാൾക്കാഴ്ച

**SUNDAY
OF FORGIVENESS**



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

- ADDRESS:** 13753 - 108th Avenue,
Surrey BC, V3T 2K6
- E-MAIL:** office.holycross@gmail.com
- PHONE:** 778-387-7071(Fr. Andrii)
604-584-4421 (parish hall)
- WEB:** www.crossparish.wordpress.com

The Sunday of Forgiveness, the last of the preparatory Sundays before Great Lent, has two themes: it commemorates Adam's expulsion from Paradise, and it accentuates our need for forgiveness.

There are obvious reasons why these two things should be brought to our attention as we stand on the threshold of Great Lent. Lent is a time when we weep with Adam and Eve before the closed gate of Eden, repenting with them for the sins that have deprived us of our free communion with God. But Lent is also a time when we are preparing to celebrate the saving event of Christ's death and rising, which has reopened Paradise to us once more. So sorrow for our exile in sin is tempered by hope of our re-entry into Paradise.

The second theme, that of forgiveness, is emphasized in the Gospel reading for this Sunday and in the special ceremony of mutual forgiveness at the end of the Vespers on Sunday evening. Before we enter the Lenten fast, we are reminded that there can be no true fast, no genuine repentance, no reconciliation with God, unless we are at the same time reconciled with one another. A fast without mutual love is the fast of demons. We do not travel the road of Lent as isolated individuals but as members of a family. Our asceticism and fasting should not separate us from others, but should link us to them with ever-stronger bonds.

<http://lent.goarch.org/forgiveness>

Troparion, Tone 8: You came down from on high, O Merciful One,* and accepted three days of burial* to free us from our sufferings.* O Lord, our life and our resurrection,* glory be to You.

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

Kontakion, Tone 6: O Master, Guide to Wisdom*, Bestower of prudent counsel,* Instructor of the foolish and Defender of the poor ones;* make firm my heart and give it understanding.* Give me a word, O Word of the Father:* Behold, I shall not stop my lips from crying out to You:* In Your mercy, have mercy on me who am fallen.

Prokeimenon, Tone 8: Pray and give praise to the Lord our God.* Pray and give praise to the Lord our God.

verse: In Judea God is known; His name is great in Israel.

A Reading of the Epistle to the Romans (13:11-14:4): Brothers and Sisters, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. Welcome those who are weak in faith, but not for the purpose of quarrelling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

Alleluia, Tone 6

verse: It is good to give praise to the Lord, and to sing to Your name, O Most High.

verse: To announce Your mercy in the morning and Your truth every night. (Psalm 91:2,3)

Gospel: Matthew 6:14-21

Communion Hymn: Praise the Lord from the heavens;* praise Him in the highest. Alleluia. (x3)

ANNOUNCEMENTS

✠ **GREAT FAST 2019 – Великий Піст** – will begin this year on Monday, **March 4th**. Please remember that the First Day of Lent is a STRICT FAST from all meat, eggs, and dairy products. Originally, this “Black Fast” was kept for the entire 40 day of Lent. Our Holy Mother Church has since lessened our load by applying this strict fast to just the First and Last day of Lent (Good Friday). Outside of the regular meatless Friday we should also try to keep Wednesday meatless, increase our almsgiving and works of charity, as well increase the amount of time we spend in prayer.

✠ **PARISH COUNCIL MEETING** is scheduled on **THURSDAY, MARCH 7TH AT 6:00PM**.

✠ **TAX RECEIPT:** please make sure you pick up your TAX RECEIPT which is in an envelope slot.

Тропар (глас 8): З висоти зійшов Ти, Милосердний,* і триденне погребення прийняв Ти,* щоб нас звільнити від страждань.* Життя і воскресіння наше,* Господи, слава Тобі..

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

Кондак (глас 6): Премудрости наставнику,* розуму подателю,* немудрих учителю і нищих захиснику,* утверди. врозуми серце моє, Владико.* Ти дай мені слово, Отче Слово,* бо оце уста моїм не забороню, щоб звали тобі:* Милостивий, помилуй мене, падшого.

Прокімен (глас 8): Помоліться і воздайте* Господеві, Богу нашому (Пс 75,12).

Стих: Відомий у Юдеї Бог, в Ізраїлі велике ім'я його (Пс 75,2).

До Римлян Послання Святого Апостола Павла читання: (13,11-14,4):

Браття і Сестри, вже пора вам прокинутись із сну: тепер бо ближче нас спасіння, ніж тоді, як ми увірували. Ніч проминула, день наблизився. Відкиньмо, отже, вчинки темряви й одягнімось у зброю світла. Як день, – поведьмося чесно: не в ненажерстві та пияцтві, не в перелюбі та розпусті, не у сварні та заздрощах; але вдягніться у Господа Ісуса Христа і не дбайте про тіло задля похотей. Слабкого в вірі приймайте, не вступаючи з ним у суперечки. Один вірить, що можна все їсти, а слабкий (у вірі) їсть городину. Хто їсть, хай тим, що не їсть, не гордує; а хто не їсть, хай того, що їсть, не судить, бо Бог його прийняв.

Ти хто такий, що чужого слугу судиш? Своему господареві стоїть він або падає; а стоятиме, бо Господь має силу втримати його.

Алилуя (глас 6):

Стих: Благо є сповідуватись Господеві і співати імені твоему, Всевишній (Пс 91,3).

Стих: Сповідати зарання милість твою і істину твою на всяку ніч (Пс 91,3).

Євангеліє: (Мт 6, 14-21)

Причасний: Хваліте Господа з небес,* хваліте Його на висотах (Пс 148,1). Алилуя (x3).

ANNOUNCEMENTS

✠ **BLESSING OF ICONS.** Next Sunday is the Sunday of Orthodoxy. According to the ancient tradition of our Church we bless the icons on this Sunday. Please, bring your icons that you would like to be blessed.

✠ **SOROKOUSTY.** Lent is not only a time for fasting and penance, but also a time for praying for the departed souls. One special way you can do this during Great Lent is through the service of the Sorokousty.

The families who wish their deceased family & relatives be commemorated please arrange to have their names on the list of the names for the deceased at the back of the church. In our parish Sorokousty will be celebrated every Friday during Great Lent at 09:30 am.

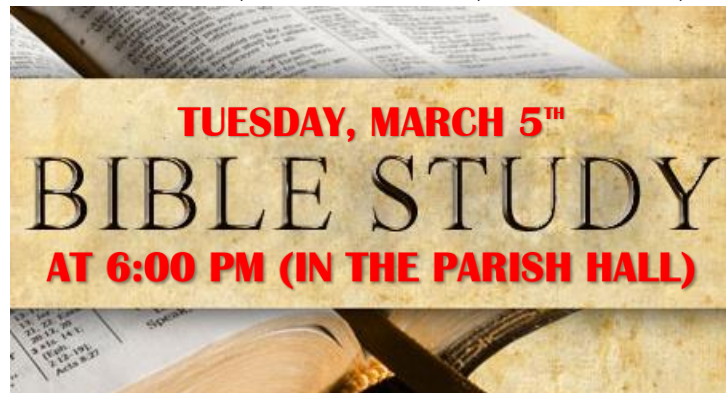
✠ **WEEKDAY LITURGIES DURING THE GREAT LENT** - Normally during Lent, we do not celebrate a regular Divine Liturgy during the weekdays. This is due to the penitential nature of Lent, versus the joyous Easter nature of our regular Divine Liturgy. To get around this, our Church, many centuries ago, instituted the Divine Liturgy of Pre-Sanctified Gifts - a combination of Vespers (evening Prayers) combined with Holy Communion, with Bread that had been consecrated at the previous Sunday Divine Liturgy. This service is celebrated usually on Wednesdays and Fridays during the Great Fast.

✠ **FOR SECURITY** reasons the hall will be locked between Masses. The key can be found in the envelope box near the Church entrance door. For those needing to use the hall or bathroom, Kindly Lock the Hall & return key to location.

✠ **BIG THANK YOU** to Michelle Oucharek-Deo and her sisters for a generous gift, a brand-new microwave to our kitchen. May God reward you richly for your generosity

✠ **KOFC MEETING** will take place on **Tuesday, MARCH 12th**, at the parish hall at 7:30p.m.

✠ **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, VICTOR NYKYTIUK, LINDA CHUCHRYN, ANNA MARKIW, TETYANA YAKOVCHUK and those who have asked us to pray for them.



✠ **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.

✠ **CONGRATULATION!** May the Almighty God bless in good health and salvation in Many Happy and Blessed Years of Life to **LESYA ROMANCHUK** who celebrated her birthdays. Mnohaya i Blahaya Lita!

✠ **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."

✠ **"OLD" CHURCH BULLETINS BOX** – since our Sunday bulletins contain scripture readings & icons, they need to be disposed of properly/respectfully after use. Please do not throw them into the garbage but recycle them after shredding if possible. In order to assist with this request, we have provided a special box for used bulletins in the church entrance. If you bring your old bulletins they will be shredded properly/respectfully.

WHAT IS A LENTEN SERVICE ...

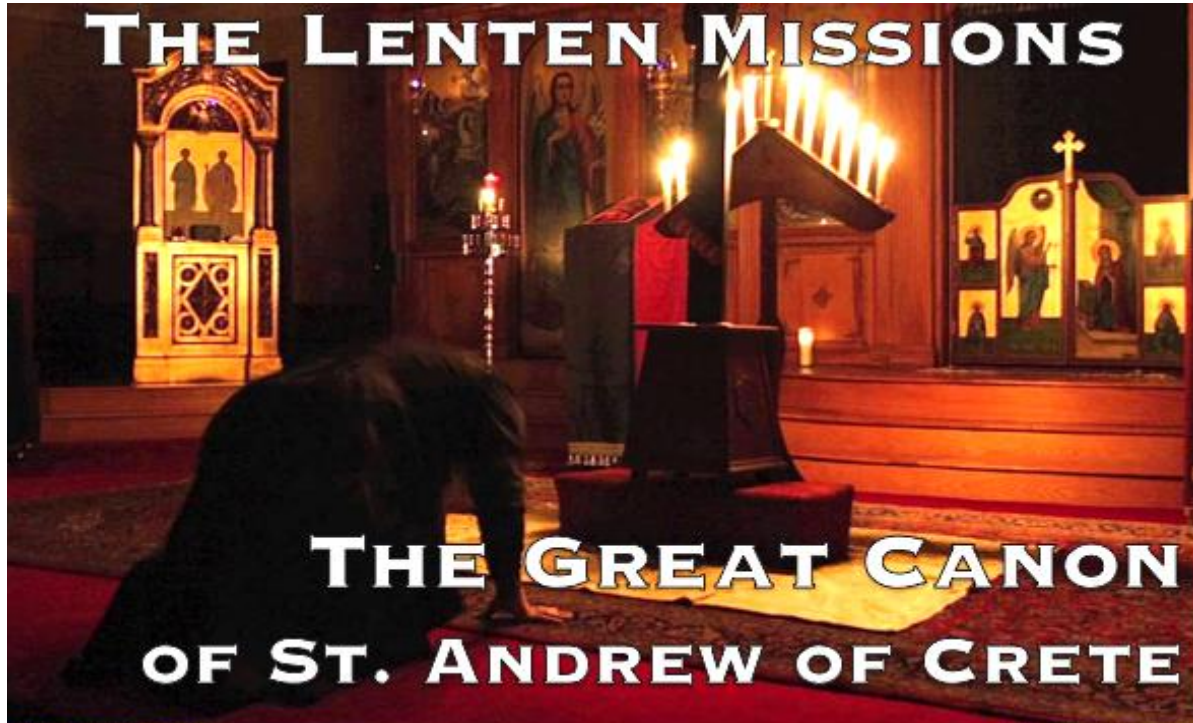
...COMMUNAL RIGHT OF MUTUAL FORGIVENESS?

When the disciples of the Lord asked him to teach them how to pray (Luke 11:1-13), He left us with what we refer to as the Lord's Prayer, the "Our Father". In this prayer we pray as a community or family, we do not say "My Father who are in Heaven..." we pray: "Our Father..." We ask God to forgive us our trespasses as we forgive those who trespass against us. Before beginning our Great Fast (Lenten) Journey together, as a parish family community, it is important for us to express to each other our desire to forgive each other for anything that we may have done that may have hurt or offended someone over the past year, or indeed during our life time so that we can be free without these heavy burdens to walk together as a united family as true daughters and sons of God! This Communal Right of Mutual Forgiveness is not the Mystery/Sacrament of Reconciliation (Confession) and does not replace that Mystery/Sacrament, but rather is a tangible sign to each other of our forgiveness and also the experience of being forgiven. Hence there is no need to name our offenses, but rather with total sincerity in our hearts let us say to each other: "Forgive me sister/ brother" and answer with sincerity and love, "May God have mercy on you and I know that I forgive you."

... LITURGY OF THE PRE-SANCTIFIED GIFTS?

The Divine Liturgy being the banquet of Christ is a festive, joyous, and triumphant celebration. The ancient discipline of the Byzantine Rite did not permit such celebration during the season of Great Fast (Lent), this being the time of penance and mourning for sin. The Church, knowing that Christ is our greatest strength and support during our earthly pilgrimage, allows us to celebrate a communion service on certain days of the Great Fast. This service, called the Liturgy of the Pre-Sanctified Gifts is not a true Divine Liturgy because it contains no consecration of bread and wine into Body and Blood of Christ. The Holy Communion that we receive at a Liturgy of Pre-Sanctified Gifts is the specie of consecrated bread only. Unconsecrated wine is added for reasons of taste and facility in swallowing the Holy Communion. This special service, a combination of Vespers and communion ritual, is traditionally celebrated on Wednesdays and Fridays of the six weeks of Great Fast, and on Monday, Tuesday, and Wednesday of Holy Week. Its authorship is sometimes attributed to St Gregory Dialogos who prior to becoming Pope of Rome (St Gregory the Great) served in Constantinople as a papal envoy. It is more probable that St Gregory merely recorded

THE LENTEN MISSIONS



THE GREAT CANON OF ST. ANDREW OF CRETE

MONDAY, MARCH 4 & WEDNESDAY, MARCH 6

AT 7:00PM

AT THE HOLY EUCHARIST CATHEDRAL

501 – 4TH STREET, NEW WESTMINSTER, V3L 1S2

(* CONFESSION AVAILABLE)



TUESDAY, MARCH 5 & THURSDAY, MARCH 7

AT 7:00PM

AT THE EXALTATION OF THE HOLY CROSS PARISH

13753 – 108 AVENUE, SURREY, V3T 2K6

(* CONFESSION AVAILABLE)

this ancient Liturgy from oral tradition and on his return to Rome introduced it to the Western Church.

... CANON OF ST. ANDREW?

The Great Canon of St Andrew, Bishop of Crete, is the longest canon in all of our services. There is no other sacred hymn which compares with this monumental work, which St Andrew wrote for his personal meditations. Nothing else has its extensive typology and mystical explanations of the scripture, from both the Old and New Testaments. One can almost consider this hymn to be a “survey of the Old and New Testament”. Its other distinguishing features are a spirit of mournful humility, hope in God, and complex and beautiful Trinitarian Doxologies and hymns to the Theotokos in each Ode.

The canon is a dialog between St. Andrew and his soul. The ongoing theme is an urgent exhortation to change one’s life. St Andrew always mentions his own sinfulness placed in juxtaposition to God’s mercy, and uses literally hundreds of references to good and bad examples from the OT and NT to “convince himself” to repent. The troparia of the Great Canon in all its twelve Odes are usually chanted by the priest in the center of the church, with the choir singing the Irmos and Katavasia. There are varying traditions about bows and prostrations. Some prostrate and some make the sign of the cross and bow three times after the Irmos and each troparion.

REFLECTIONS

The Christ In Us

He sat against the corner wall, indifferent and detached
His ragged clothes a musty mix, his crumpled socks unmatched
Beside him was his beggar’s bowl, an ancient sailor’s hat
Within the crown were several coins and others on his mat
With quickened step I hastened by, I felt upset within
Why can’t he work like others do I cannot pity him
He raised his gaze and looked at me, it gave me quite a start
His eyes were clear and full of soul, a glance that reached my heart
Throughout that morn I laboured hard to earn my daily bread
Although I tried to think of work, I thought of him instead
His gaze had reached an inner spot within my troubled mind
I did not know the gift he passed, to it I still was blind
The urgency built up in me to seek him out again
I hurried out and as I went the answer suddenly came
Within his eyes I’d looked at Christ, He works through anyone
He’ll touch you through your friend, your spouse, your daughter or your son
I reached him and he looked at me, the message now so clear
To give a cup to one who thirsts, without contempt or fear
I laid my offering in his hat, he whispered, “Thank you, friend.”
His eyes revealed the love of God, and gratitude of Man

MICHAEL ZRYMIAK

LITURGICAL SCHEDULE, MARCH 3 - MARCH 10, 2019 A.D.

MONDAY, MARCH 04	CANON OF ST. ANDREW / LENTEN MISSION	07:00pm
TUESDAY, MARCH 05	CANON OF ST. ANDREW / LENTEN MISSION	07:00pm
WEDNESDAY, MARCH 06	CANON OF ST. ANDREW / LENTEN MISSION	07:00pm
THURSDAY, MARCH 07	CANON OF ST. ANDREW / LENTEN MISSION	07:00pm
FRIDAY, MARCH 08	SOROKOUSTY	09:30am
	LITURGY OF THE PRE-SANCTIFIED GIFTS	07:00pm
SUNDAY, MARCH 10	DIVINE LITURGY (ENG) CATECHISM	09:00 AM
	DIVINE LITURGY (UKR)	11:00 AM




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604-312-9799

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Join us for the 24th Annual
BC Ukrainian Cultural Festival
Dance, Music, Food, Arts & Crafts

When: Saturday, May 4th, 2019
Time: 9:00AM - 6:30PM
Location: Clarke Theatre
Heritage Park Secondary School
33700 Prentis Ave, Mission, BC

Admission:
Adults & Seniors \$8
Youth (7-18 Years) \$5
Children (6 and Under) \$1

www.bcucf.ca
Sponsored by the BC Ukrainian Cultural Festival Society, a non-profit organization

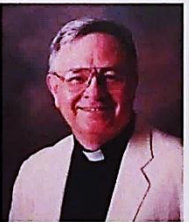




The Catholic Bible Seminar Series
Hear **Fr. Jim Nisbet** in person

March 22, 23 & 24, 2019 September 13, 14 & 15, 2019

2 Samuel
and
1 Kings
St. Mary's (Ukr.)
Catholic Centre
3150 Ash Street
Vancouver, BC



Gospel of Matthew
(Part 3) and
Gospel of Mark
St. Luke's Parish
Family Centre
20285 Dewdney Trunk Road
Maple Ridge, BC

Friday Evening (7 - 9 PM) Saturday & Sunday 9 AM - 4 PM
Registration: \$70 a person; \$130 Married Couples (Day & student rates available).
For more information visit: <http://biblestudies4.wixsite.com/biblecentre/registration>