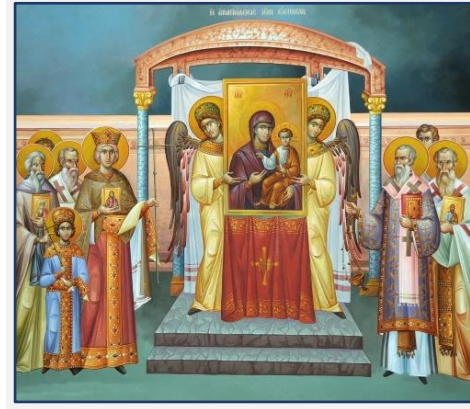




**EXALTATION OF THE HOLY CROSS PARISH**  
**UKRAINIAN CATHOLIC CHURCH**  
**ഞങ്ങൾ 1967-2019 ഞങ്ങൾ**  
**ПАРАФІЯ ВОЗДВИЖЕННЯ ЧЕСНОГО ХРЕСТА**  
**УКРАЇНСЬКА КАТОЛИЦЬКА ЦЕРКВА**

ഞങ്ങൾ PARISH BULLETIN № 11. SUNDAY, MARCH 10, 2019 A.D. ഞങ്ങൾ

**1<sup>ST</sup> SUNDAY OF THE LENT**  
**SUNDAY OF THE ORTHODOXY**



**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

Since 843 the dominant theme of the 1<sup>st</sup> Sunday of Lent has been that of the victory of the icons. In the 9<sup>th</sup> c., a group of individuals with their own brand of theology, viewed praying before icons and statues, the same as worshipping foreign Gods. The Holy Church condemned this heresy, and restored to us the veneration of the Holy Icons.

The teaching about icons, as defined at the 7<sup>th</sup> Ecumenical Council, is embodied in the texts sung on this Sunday. *“The grace of truth has shone out, the things once foreshadowed now are revealed in perfection. See, the Church is decked with the embodied image of Christ, as with beauty not of this world, fulfilling the tent of witness, holding fast the Orthodox faith.... For the image of him who became human is our glory: we venerate it, but do not worship it as God. Kissing it, we who believe cry out: O God, save your people, and bless your heritage.”*

Icons are not optional devotional extras, but an integral part of Christian faith and devotion. They are held to be a necessary consequence of Christian faith in the incarnation of the Word of God, in Jesus Christ. They have a sacramental character, making present to the believer the person or event depicted on them. So the interior of the churches of the byzantine rite is often covered with icons painted on walls and domed roofs, and there is always an icon screen, or iconostasis, separating the sanctuary from the nave, often with several rows of icons.

Icons are venerated by burning lamps and candles in front of them, by the use of incense and by kissing. But there is a clear doctrinal distinction between the veneration paid to icons and the worship due to God. The former is not only relative, it is in fact paid to the person represented by the icon. This distinction safeguards the veneration of icons from any charge of idolatry

**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 2:** We bow before Your most pure image, O kind Lord,\* and beg pardon for our sins, O Christ our God.\* Of Your own will You consented to ascend the Cross in the flesh to free Your handiwork from enslavement to the enemy.\* In thanksgiving we cry aloud to You:\* by coming to save the world, our Saviour, You filled all things with joy.

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

**Kontakion, Tone 8:** The uncircumscribed Word of the Father\* became circumscribed when He took flesh of you, O Mother of God,\* and when He restored the divine image to its ancient glory,\* He suffused it with the beauty of God.\* Therefore, confessing our salvation in deed and word,\* we portray it in images.

**Prokeimenon, Tone 4:** Blessed are You, Lord God of our fathers,\* and praised and glorified is Your Name for ever.

*verse:* For You are righteous in everything You have done to us.

**A Reading from the Epistle to the Hebrews (11:24-26,32-40; 12:1-2):** Brothers and Sisters, by faith Moses, when he was grown up, refused to be called a son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ to be greater wealth than the treasures of Egypt, for he was looking ahead to the reward. And what more should I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets— who through faith conquered kingdoms, administered justice, obtained promises, shut the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Others were tortured, refusing to accept release, in order to obtain a better resurrection. Others suffered mocking and flogging, and even chains and imprisonment. They were stoned to death, they were sawn in two, they were killed by the sword; they went about in skins of sheep and goats, destitute, persecuted, tormented— of whom the world was not worthy. They wandered in deserts and mountains, and in caves and holes in the ground. Yet all these, though they were commended for their faith, did not receive what was promised, since God had provided something better so that they would not, apart from us, be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

**Alleluia, Tone 4:**

*verse:* Moses and Aaron are among His priests and Samuel among those who call upon His name.

*verse:* They called on the Lord, and He heard them.

**Gospel: John 1:43-51**

**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 2):** Пречистому образу твоєму поклоняємося, благий,\* просячи прощення прогрішень наших. Христе Боже,\* бо волею благоволив еси плоттю зійти на хрест,\* щоб ізбавити тих, що їх створив еси, від неволі ворожої.\* Тому благодарственно кличемо тобі:\* Ти радістю сповнив усе,\* Спасе наш, прийшовши спасти світ.

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

**Кондак (глас 8):** Неописанне Слово Отче\* із тебе, Богородице, воплощенням описалося\* і, осквернений образ у давнє зобразивши,\* з божественною добротою з'єднало,\* та, ісповідуючи спасення,\* ділом і словом ми це являємо.

**Прокімен (глас 4):** Благословен еси, Господи, Боже отців наших,\* і хвальне, і прославлене ім'я твоє на віки.

*Стих:* Бо праведний еси в усьому, що сотворив ти нам.

**До Євреїв послання читання (11,24-26. 32-40. 12,1-2):** Браття і Сестри, вірою Мойсей, коли був виріс, відрікся зватися сином дочки фараона; волів радше страждати разом з людом Божим, ніж дознавати дочасної гріховної втіхи, бо, дивлячись на нагороду, вважав за більше багатство наругу вибраного народу від скарбів Єгипту. І що ще скажу? Часу не вистане мені, коли заходжуся розповідати про Гедеона, про Варака, про Самсона, про Єфту, про Давида й Самуїла та пророків, що вірою підбили царства, чинили справедливість, обітниць осягнули, загородили пащі левам, силу вогню гасили, вістря меча уникали, ставали сильні, будучи недолугі, на війні проявили мужність, наскоки чужинців відбивали. Жінки діставали назад своїх померлих, які воскресали. Інші загинули в муках, відкинувши визволення, щоб осягнути ліпше воскресіння. Інші наруг і бичів зазнали та ще й кайданів і в'язниці; їх каменовано, розрізувано пилою, брано на допити; вони вмирили, мечем забиті; тинялися в овечих та козячих шкурах, збідовані, гноблені, кривджені; вони, яких світ був невартий, блукали пустинями, горами, печерами та земними вертепами. І всі вони, дарма що мали добре засвідчення вірою, не одержали обіцяного, бо Бог зберіг нам щось краще, щоб вони не без нас осягли досконалість.

Тому і ми, маючи навколо себе таку велику хмару свідків, відкиньмо всякий тягар і гріх, що так легко обмотує, і біжімо витривало до змагання, що призначене нам, вдивляючися пильно в Ісуса, засновника й завершителя віри, який, замість радості, що перед ним була, витерпів хрест, на сором не звертаючи уваги, і який возсів праворуч Божого престолу.

**Алилуя (глас 4):**

*Стих:* Мойсей і Арон між єреями його і Самуїл між тими, що призивають ім'я його.

*Стих:* Призивали Господа і він вислухав їх.

**Євангеліє (Ів 1,43-51)**

**Instead of *It is truly*...** In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

**Communion Hymn:** Praise the Lord from the heavens;\* praise Him in the highest. (Psalm 148:1)\* Rejoice in the Lord, O you just;\* praise befits the righteous. (Psalm 32:1) The just man shall be in everlasting remembrance;\* of evil hearsay he shall have no fear.\* Alleluia (x3).

#### ANNOUNCEMENTS

✦ **NEXT SUNDAY** Most Rev. Bishop Ken (Nowakowski) will join us for the Divine Liturgy and he will announce important information regarding the future of our parish. For this reason, there will be **ONLY ONE DIVINE LITURGY at 11:00 am. PLEASE, PLAN TO ATTEND THE SERVICE.**

✦ **GREAT FAST 2019 – Великий Піст** – has started on Monday, **March 4th**. 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.

✦ **DONATIONS:** Feb. 24th. - \$700. Candles - \$35. May God reward you richly for your generosity

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

✦ **BLESSING OF ICONS.** Today, according to the ancient tradition of our Church, we will bless the icons. Please, place your icons (holy pictures) on the tetrapod.



✦ **СПІЛЬНОТА «МАТЕРІ В МОЛИТВІ»** Запрошує всіх жінок приєднатися до молитовної зустрічі цієї неділі – 10 березня. Спільнота «Матері у молитві» об'єднує жінок, які присвячують свій час молитві за дітей – і не лише за своїх, а й за дітей усього світу. Самі матері ведуть молитви, пропонують намірення на молитву. Під час зустрічей жінки діляться своїми проблемами, своїм духовним досвідом, підтримують одна одну.

✦ **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.

✦ **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.

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

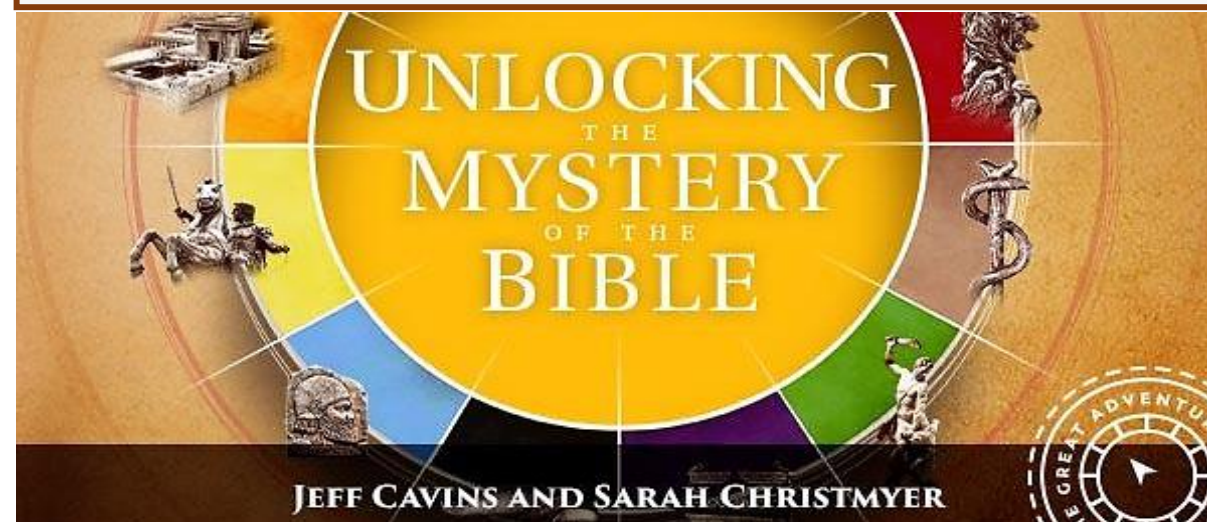
✦ **CONGRATULATION!** May the Almighty God bless in good health and salvation in Many Happy and Blessed Years of Life to **ANATOLIY ROMANCHUK** who celebrated her birthdays. Mnohaya i Blahaya Lita!

**Замість *Достойно:*** Тобою радується, Благодатная, всяка твар, ангельський собор і чоловічеський рід, освящений храме і раю словесний, дівственна похвало, що із неї Бог воплотився і младенцем став – перед віками суцїй Бог наш. Лоно бо твоє престолом сотворив і утробу твою просторишою небес учинив. Тобою радується, Благодатная, всяка твар, слава тобі.

**Причасний:** Хваліте Господа з небес,\* хваліте Його на висотах.\* Радуйтеся, праведні, у Господі,\* правим належить похвала. В пам'ять вічну буде праведник, злих слухів не убоїться. Аلیلуя (x3).

#### ANNOUNCEMENTS

## YOU ARE INVITED TO THE BIBLE STUDY MARCH 19 at 7:00pm



### An Engaging Journey Through the Bible

This eight-part study (30-minute sessions) provides the easiest way to understand the Bible. *Unlocking the Mystery of the Bible* makes the complex simple. It helps you uncover the story woven throughout Scripture so that you can get the “big picture” of the Bible and understand what it is all about. The Bible is a story about the Father’s unfailing love for you - a love that you are now called to share with others.

#### You will:

- Make sense of the Bible and see how it relates to your everyday life
- Discover the remarkable connections between the Old and New Testaments
- See how the sacraments, the Church and our entire Catholic Faith is rooted in Scripture ... and much more!

**APRIL 17  
7:30 pm**



**HOLY UNCTION  
COMMUNAL ANOINTING  
ЧИН ГОБОРЇВАННЯ**

✠ **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, LINDA CHUCHRYN, ANNA MARKIW, RENE HITCHEN and those who have asked us to pray for them.

✠ **BEQUEATHS AND WILLS:** 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.*"

**NEWS**



**Chancery Office  
Eparchy of New Westminster**

**To the Faithful of the Eparchy of New Westminster**

10 March 2019

**Glory to Jesus Christ!**

**Dear Sisters and Brothers,**

We have now completed our first week of the Great Fast. Our Lenten journey towards the celebration of Easter-Pascha has begun -- a blessed time of increased prayer, fasting and works of charity.

There are so many different forms of prayer: petition, praise, intercession, thanksgiving. But Lent is a special time to stand before our Heavenly Father as we are, acutely aware of our own sinfulness and inadequacy, yet mindful of His grace. This prayer of contrition, to judge oneself before the Lord, is, in fact, one of the meanings derived from the Hebrew word for prayer, *tefillah*. Whether together in community during liturgical prayer or privately in the depths of our heart, let us ask our Lord to heal us and to restore our relationship with Him.

Through the practice of Lenten Fasting we can curb and take charge of the desires of the flesh. We know that food is a gift and that is why we say a prayer of blessing before meals. But hunger is a gift as well, especially when we willfully deny ourselves nourishment or some pleasure. I remember when I was a young boy; my Mom would endlessly warn me not to eat candy or chocolate before supper because I would ruin my appetite. Sadly, more often than not, I did not heed her good advice, and would sneak a chocolate or a candy and then just as she warned, I didn't feel like eating the wonderful meal that she had prepared for the family. During Lent our

physical hunger is a sign of spiritual hunger. Our empty stomach is an image of us emptying our hearts of self-centeredness, so that we can be filled by God. When we fast or abstain from certain foods, when we deny ourselves certain activities, we are not only preparing our bodily appetites for the Easter feast, but we are also preparing our spirit for the celebration of life everlasting, which He has already prepared for us.

The third element of our Lenten spiritual journey consists in almsgiving or performing acts of charity, the sharing of our time, talents or treasure with those in need wherever they may be--in our own family, our community and neighborhood, or in distant lands. Almsgiving helps us move beyond ourselves and focus on those who are less fortunate, our sisters and brothers in need. Jesus told us that whatever we do to the least among us, we do it unto Him.

I want to encourage you, Dear Sisters and Brothers, to take advantage of this special time of prayer, of fasting, of almsgiving, and invite us all, as members of the Eparchy of New Westminster, to common action. Each year during the Great Fast I have encouraged all to come together as one Eparchial family and support a particular cause. In past years we have supported Caritas Ukraine, the Ukrainian Catholic University in Lviv, etc. This year I would like to ask you to make a donation to CATHOLIC MISSIONS IN CANADA. Founded in 1908, Catholic Missions in Canada, at the time called "The Catholic Church Extension Society of Canada," has come to the aid of isolated missions across our country where a lack of resources makes it impossible to maintain a Catholic presence without outside financial help. In fact, Catholic Missions in Canada came to the financial aid of the first Ukrainian Catholic Bishop in Canada, Blessed Nykyta Budka, who arrived in Canada in 1912. Since that time our Ukrainian Catholic Church has benefited greatly from its financial support. Catholic Missions in Canada has been and continues to be one of our greatest benefactors. Without their help our Eparchy would have a very difficult time providing pastoral ministry to our faithful in British Columbia. Many of our parishes struggle to meet their financial obligations, perhaps to cover costs of property insurance or other running costs, Missions In Canada helps us make up these shortfalls. We receive funding from Catholic Missions in Canada for our annual Eparchial summer Camp, Camp Saint Volodymyr. They have supported the education and formation of some of our Eparchial Clergy. In fact, I am personally indebted to Catholic Missions in Canada. They supported my formation to the priesthood when I was a seminarian!

If I have succeeded in convincing you to make a generous donation this Lent to Catholic Missions in Canada, you can use the special envelopes that will be provided to you. For donations of \$20.00 or more you will also receive a charitable donation receipt. Our Eparchial collection will take place on Sunday 31 March. However, if you are not able to be in church that Sunday, you can use the envelope earlier or even later. All funds collected in the parishes will be forwarded to the Eparchial Chancery Offices and then sent to Catholic Missions in Canada as our Eparchial donation. We will report back to you, so that you can know how much we've collected this year. Together as an Eparchial Family, let us make this Great Fast a special journey of prayer, fasting and generosity, ever mindful of the blessings of Pascha that await us!

**With prayerful best wishes, I remain,  
Sincerely yours in the Lord,  
+Ken**

**LITURGICAL SCHEDULE, MARCH 11 - MARCH 17, 2019 A.D.**

<b>TUESDAY, MARCH 12</b>	<b>DIVINE LITURGY</b>	<b>09:30am</b>
<b>WEDNESDAY, MARCH 13</b>	<b>LITURGY OF THE PRE-SANCTIFIED GIFTS</b>	<b>06:00pm</b>
<b>THURSDAY, MARCH 14</b>	<b>AKATHIST OF THE SUFFERING OF CHRIST</b>	<b>09:30am</b>
<b>FRIDAY, MARCH 15</b>	<b>SOROKOUSTY</b>	<b>09:30am</b>
	<b>LITURGY OF THE PRE-SANCTIFIED GIFTS</b>	<b>07:00pm</b>
<b>SUNDAY, MARCH 17</b>	<b>DIVINE LITURGY (ENG/UKR)</b>	<b>11:00 AM</b>



*Your story continues at...*

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Mike Garisto, pre-need counsellor:  
**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](http://www.bcucf.ca)  
Sponsored by the BC Ukrainian Cultural Festival Society, a non-profit organization

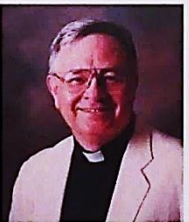




*The Catholic Bible Seminar Series*  
**Hear Fr. Jim Nisbet in person**

**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>