



EXALTATION OF THE HOLY CROSS PARISH

UKRAINIAN CATHOLIC CHURCH



Парафія Воздвиження Чесного Хреста

УКРАЇНСЬКА КАТОЛИЦЬКА ЦЕРКВА

✠ PARISH BULLETIN № 7, FEBRUARY 16, 2020 A.D. ✠

Meatfare Sunday



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

PRIEST: Rev. Andrii Malysh

Fr. Andriy's cell: 604-440-3860

pastor@crossparish.ca

ADDRESS: 13753 - 108th Avenue,

Surrey BC, V3T 2K6

E-MAIL: info@crossparish.ca

PHONE: 604-584-4421 (parish hall)

WEB: www.crossparish.ca

We are the cusp of Great Lent, the annual pilgrimage of the entire Church towards the Death and Resurrection of our Lord. This yearly journey, if we participate, helps to prepare us well for the eternal life with the Lord. Today, this Sunday of Meatfare, we are given a gift—to examine our lives against a prototype of the Christian life. It all has to do with mercy.

Our Lord Jesus Christ has loved us and has been tremendously merciful to us. His Death and Resurrection is our life! It is because he first loved us that we, in turn, can love. John wrote about this in his first epistle:

Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world... We love Him because He first loved us (1 John 4:17-19).

We love our Lord by loving and showing mercy to those whom we know and meet. Simply speaking, we are to put into practice the very ideals that are presented to us in today's Gospel, and, with God's grace, we are to try to perfect these in our life.

The Catechism of the Ukrainian Catholic Church, *Christ Our Pascha*, puts it this way:

In the very next paragraph, it states that "Neglecting mercy is a sin against Christian love. 'As you did it not to one of the least of these, you did it not to me' (Mt 25:45)."

Let's receive this gift today, examine ourselves against it, and, with God's grace, put it into practice... among ourselves, and among those whom we meet.

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

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

Kontakion (Tone 1): When You come on earth, O God, in glory,* and the universe trembles,* while the river of fire flows before the seat of judgement,* and the books are opened and all secrets disclosed,* then deliver me from the unquenchable fire,* and count me worthy to stand at Your right hand,* O Judge who are most just.

Prokeimenon (Tone 3) Great is our Lord and great is His strength;* and of His knowledge there is no end.

Verse: Praise the Lord, for a psalm is good; may praise be sweet to Him.

A Reading from the letter of St. Paul to the Corinthians (1Cor 8:8-9,2):

Brethren, food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse. But beware lest somehow this liberty of yours become a stumbling block to those who are weak. For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols? And because of your knowledge shall the weak brother perish, for whom Christ died? But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ. Therefore, if food makes my brother stumble, I will never again eat meat, lest I make my brother stumble. Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are you not my work in the Lord? If I am not an apostle to others, yet doubtless I am to you. For you are the seal of my apostleship in the Lord.

Alleluia (Tone 8):

Verse: Come, let us rejoice in the Lord; let us acclaim God our Saviour.

Verse: Let us come before His face with praise, and acclaim Him in psalms.

Gospel: (Matthew 25:-31-46)

The Lord said, "When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides *his* sheep from the goats. And He will set the sheep on His right hand, but the goats on the left. Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom

Тропар (глас 3): Нехай веселяться небеснії, нехай радуються земляни,* бо показав владу рукою Своєю Господь,* Він смертю смерть подолав,* первистоком з-поміж мертвих став,* визволив нас із глибин аду,* і подав світові велику милість.

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

Кондак (глас 1): Коли прийдеш, Боже, на землю зо славою і затріпоче все,* а ріка вогненна потече перед судищем,* і книги розгорнуться,* і таємне з'явиться,* – тоді ізбав мене від вогню негасимого* і сподоби мене праворуч Тебе стати,* Судде найправедніший.

Прокімен (глас 3): Великий Господь наш і велика сила Його, і розумові Його немає міри.

Стих: Хваліте Господа, бо благий псалом, Богові нашому нехай солодке буде хваління

До Коринтян послання Св. Апостола Павла читання: (1Кр 8:8-9,2):

Браття і Сестри, страва не зближує нас до Бога: ні як не їмо, не тратимо нічого, ні як їмо, не користаємо нічого. 9. Але глядіть, щоб ця ваша свобода не стала причиною падіння для слабких. 10. Бо коли хто бачить тебе, що маєш знання, як ти у капищі сидиш за столом, чи його совість, тому що слабка, не буде заохочена їсти ідоложертовне? 11. І так через твоє знання може погибнути немічний брат, за якого помер Христос. 12. Грішивши так проти братів і ранивши їх слабку совість, грішите проти Христа. 13. Тому, як страва призводить брата мого до гріха, повік не буду їсти м'яса, щоб не блазнити мого брата. 1. Хіба я не вільний? Хіба я не апостол? Хіба я Ісуса, Господа нашого, не бачив? Хіба ви не моє діло у Господі? 2. Коли іншим я не апостол, то – вам, бо ви достовірний доказ у Господі мого апостольства.

Алилуя (глас 8):

Стих: Прийдіте, возрадуємося Господеві, воскликнім Богу, Спасителеві нашому.

Стих: Ідім перед лицем Його з ісповіданням і псалмами воскликнім Йому

Євангеліє: (Мт 25: 31-46)

Сказав Господь: Коли Син чоловічий прийде у славі своїй, і всі ангели з ним, він сяде на престоли своєї слави. 32. І зберуться перед ним усі народи, і він відлучить їх одних від одних, як пастух відлучує овець від козлів; 33. і поставить овець праворуч себе, а козлів ліворуч. 34. Тоді цар скаже тим, що праворуч нього: Ходіте, благословенні Отця мого, візьміть у спадщину царство, що було приготоване вам від створення світу. 35. Бо я голодував, і ви дали мені їсти; мав спрагу, і ви мене

prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.”“Then the righteous will answer Him, saying, ‘Lord, when did we see You hungry and feed *You*, or thirsty and give *You* drink? When did we see You a stranger and take *You* in, or naked and clothe *You*? Or when did we see You sick, or in prison, and come to You?’ And the King will answer and say to them, ‘Assuredly, I say to you, inasmuch as you did *it* to one of the least of these My brethren, you did *it* to Me.’ “Then He will also say to those on the left hand, ‘Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.’ “Then they also will answer Him, saying, ‘Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?’ Then He will answer them, saying, ‘Assuredly, I say to you, inasmuch as you did not do *it* to one of the least of these, you did not do *it* to Me.’ And these will go away into everlasting punishment, but the righteous into eternal life.”

Communion Verse: Praise the Lord from the heavens;* praise Him in the highest. * Rejoice in the Lord, O you just;* praise befits the righteous.* Alleluia. (3x)

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напоїли; чужинцем був, і ви мене прийняли; 36. нагий, і ви мене одягли; хворий, і ви навідались до мене; у тюрмі був, і ви прийшли до мене. 37. Тоді озвуться праведні до нього: Господи, коли ми бачили тебе голодним і нагодували, спрагненим і напоїли? 38. Коли ми бачили тебе чужинцем і прийняли, або нагим і одягнули? 39. Коли ми бачили тебе недужим чи в тюрмі і прийшли до тебе? 40. А цар, відповідаючи їм, скаже: Істинно кажу вам: усе, що ви зробили одному з моїх найменших братів, ви мені зробили. 41. Тоді скаже й тим, що ліворуч: Ідіть від мене геть, прокляті, у вогонь вічний, приготований дияволу й ангелам його; 42. бо я голодував, і ви не дали мені їсти; мав спрагу, і ви мене не напоїли; 43. був чужинцем, і ви мене не прийняли; нагим, і ви мене не одягнули; недужим і в тюрмі, і ви не навідались до мене. 44. Тоді озвуться і ті, кажучи: Господи, коли ми бачили тебе голодним або спраглим, чужинцем або нагим, недужим або в тюрмі, і тобі не послужили? 45. Він відповість їм: Істинно кажу вам: те, чого ви не зробили одному з моїх найменших братів, і мені не зробили. 46. І підуть ті на вічну муку, а праведники – на життя вічне.

Причасний: Хваліте Господа з небес,* хваліте Його на висотах.* Радуйтеся, праведні, у Господі, правим належить похвала. Алилуя (x3)

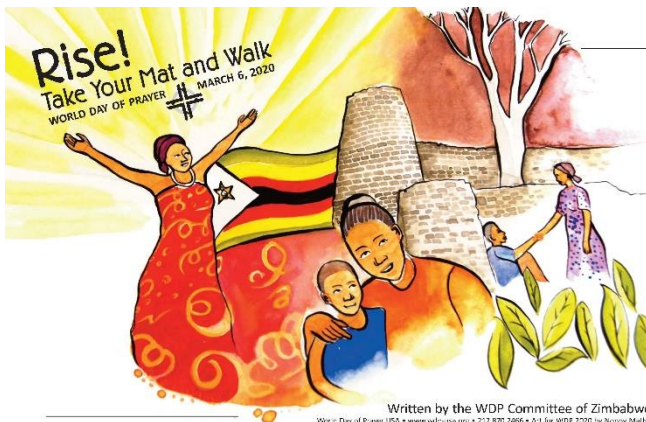
Announcements

✠ **NEW Happy Birthday** to Bruce Hitchen and all those who celebrated their birthdays or anniversaries this past week. May the Lord Our God continue to bless you abundantly and the Holy Mother of God protect you at all times. Многая Літа!

✠ **NEW FAREWELL RECEPTION FOR BISHOP KENNETH:** Holy Eucharist Cathedral parish would like to invite you on February 29, 2020 to a farewell reception for Bishop Ken that will begin with Divine Liturgy at 11:00AM with reception to follow. Let us take this opportunity to celebrate Bishop Ken's new appointment as Bishop of the Holy Family of London Eparchy and most importantly his 12 years of dedicated service, enthusiastic leadership and prayerful ministry in the Eparchy of New Westminster.



✠ **NEW Eparchial Sobor Meeting** (our parishes in Vancouver, New Westminster, Surrey and Richmond) will take place at our parish hall at **10:30am, Feb 22** in which delegates from our parish will participate.



✠ **NEW World Day of Prayer 2020** will take at the Holy Eucharist Ukrainian Catholic Cathedral, 501-4 th Avenue. The World Day of Prayer is a global ecumenical movement which brings Christians of many traditions together to observe a common day of prayer. This year's theme is "Rise! Take Your Mat and Walk," which provides an opportunity to pray, celebrate, and give hope to women

touched by injustice, especially in Zimbabwe. Everyone is welcome to attend the WDP service which will be followed by refreshments and fellowship.

✠ **NEW The Great Canon of St. Andrew** will be served at the first week of Great Lent on Monday, Tuesday and Thursday Feb 24, 25, 27 at the Cathedral, New Westminster at 07:00pm and on Wednesday Feb 26 at 07:00pm at the Holy Cross Parish in Surrey.

✠ **NEW Parish Council** meeting will be held on **February 20th** at 7:00 PM at our Parish Hall.

✠ **NEW UCWLC Meeting** on **March 1st** after the combined 10am Divine Liturgy.

✠ **NEW Sunday Collections:**

Feb 9: \$505

May God bless and reward you for your generosity & support!

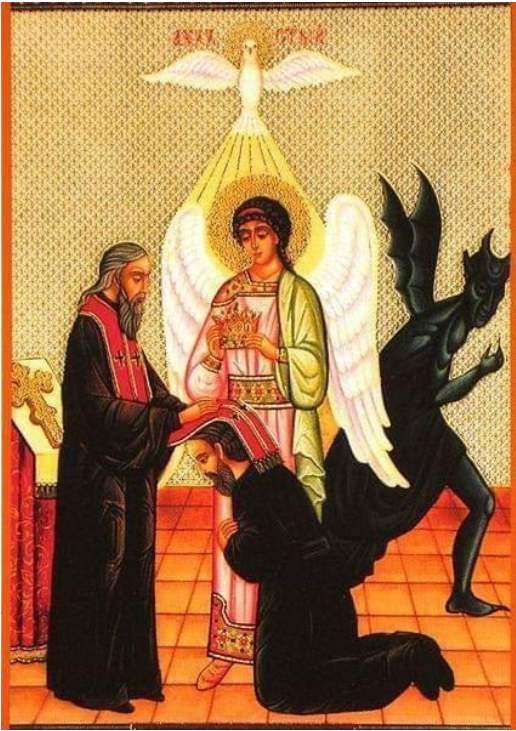
✠ **Pastoral Care to the sick, elderly and dying.** If you or anyone in your family would like to receive communion, anointing of the sick or a pastoral visit, please give us a call. If you want an emergency visit in the hospital or Hospice, ask the nursing station to contact the Catholic pastor on call.

HELPFUL GUIDELINES FOR CONFESSION

Before confession one should attempt to recall all the sins which one has committed voluntarily or involuntarily. One must attentively reexamine one's life in order to recall not only those sins committed since the last confession, but also those which have not been confessed through forgetfulness or shame. Then, with compunction and a contrite heart, approach the Cross and the Gospel and begin the confession of your sins.

1. Confess your sins honestly, remembering that you open them not to a man, but to God Himself. God knows your sins already and only wants your admission of them. You should not be embarrassed before the priest for he is a person just as you are. He knows human shortcomings well, and a person's tendency towards sin. Never feel embarrassed to confess before the priest. You will never lose his good opinion; on the contrary, your spiritual father will have all the more love for you when he sees your open, honest confession.
2. Be specific when you confess, listing all your sins separately. St. John Chrysostom says: "One must not only say: I have sinned, or I am sinful, but one must declare each type of sin." "The revelation of sins," says St. Basil the Great, "is subject to the same law as the declaration of physical ills..." The sinner is spiritually ill, and the spiritual father is the physician or healer. It stands to reason that one must confess or tell about one's sins in the same way as one who is physically ill describes the symptoms of his illness to a physician from whom he expects to receive healing.
3. Do not mention anyone else during confession, i.e. do not complain about anyone or confess anyone else's sins. When you fall into this trap you no longer are confessing your own sins, but are bordering on judgment of others.

4. Do not attempt to justify yourself in any way during confession: blaming weakness, custom, etc. The more one justifies himself during confession, the less one is justified by God. The more one honestly denounces, judges and accuses oneself, the more one is justified in the eyes of God.
5. When questioned by the priest, answer honestly and try your best to remember your sins. If the priest asks questions he is not trying to embarrass you, but is trying to help you come to a deeper sense of repentance and closeness to God.



6. Unless asked by your spiritual father, do not list the sins you have not committed or things you have not done. By doing this, we can become like the Pharisee of the Gospel.

7. You must confess with sorrow and a contrite heart the sins by which you have grieved our Lord God. And you must always confess with a sense of remorse and seriousness, never casually, or in laughter.

8. Confess your sins with faith in Jesus Christ, and with hope in His mercy. Only with faith in Jesus Christ and hope in Him can each of us receive forgiveness of our sins. Without faith, we cannot receive remission. An example of this is Judas—who was remorseful of what he did, but did not have faith in Jesus, nor hope in His mercy, and thus ended his own life.

9. Finally, it is important to say something about what is often called: *'the seal of confession'*. The Church of Christ binds the priest to reveal nothing of what is said in the context of your sacramental confession (even in a civil court of law!) So be at peace...

FUNDRAISER FOR HOLY CROSS PARISH



EXPRESS

LITURGICAL SCHEDULE, 18 - 23 February, 2020 A.D.

TUE-FRI, FEB 18-21	DIVINE LITURGY (Holy Eucharist Cathedral in New Westminster)	08:30 AM
SATURDAY, FEB 22	DIVINE LITURGY (Holy Eucharist Cathedral in New Westminster)	08:00 AM
	VESPERS (Holy Eucharist Cathedral in New Westminster)	06:00 PM
SUNDAY, FEB 23	DIVINE LITURGY (ENG)	09:00 AM
	DIVINE LITURGY (UKR)	11:00 AM

SUNDAY DIVINE LITURGY SCHEDULE FOR February&March 2020

- SUNDAY, Feb 23:** **09:00am** – DIVINE LITURGY (ENG)
 11:00am – DIVINE LITURGY (UKR)
- SUNDAY, Mar 1:** **10:00am** – DIVINE LITURGY (ENG&UKR)
 11:30am – UCWLC Meeting
- SUNDAY, Mar 8:** **09:00am** – DIVINE LITURGY (ENG)
 11:00am – DIVINE LITURGY (UKR)
- SUNDAY, Mar 15:** **09:00am** – DIVINE LITURGY (ENG)
 11:00am – DIVINE LITURGY (UKR)
- SUNDAY, Mar 22:** **09:00am** – DIVINE LITURGY (ENG)
 11:00am – DIVINE LITURGY (UKR)



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