



EXALTATION OF THE HOLY CROSS Ukrainian Catholic Parish



Українська Католицька Парафія ВОЗДВИЖЕННЯ ЧЕСНОГО ХРЕСТА

WELCOME

A warm welcome to parishioners and visitors joining us today.

Our doors are wide open:
to all who mourn or need comfort;
to all who are weary and need rest;
to all who seek friendship;
to all who desire to grow
in relationship with God;
to all who yearn to pray;
to all who need a Saviour,
and in the name our Lord, says:
WELCOME!

CONTACT US

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HOLY MYSTERIES

Baptism: by appointment

Confessions: by appointment

Marriages: please contact the Priest at least six months in advance before any other arrangements are made

Ministry of the Sick - Hospital

Visits: Parishioners with special circumstances that wish to be visited, please contact the Parish Priest.

Funerals: by appointment

17 Sunday after Pentecost - after the Exaltation of the Cross
17 Неділя після П'ятидесятниці
SEPTEMBER 19, 2021

WAYS TO CELEBRATE THE FEAST WITH THE FAMILY

1. **Have a Cross Scavenger Hunt.** Ask the children to search the house to find all of the crosses that they can. These may include crosses in icons, on the wall, as necklaces, etc. Or, buy some cheap small plastic crosses and actually hide them around the house. At the end of the game tell the story of St. Helen and the finding of the True Cross.

2. **Make a Cross.** This feast lends itself easily to a craft project. Children can make crosses out of virtually any material. You can use card stock and have children decorate and cut out crosses.

3. **Practice Making the Sign of the Cross.** This is also a perfect day to practice making the sign of the cross. With very young children (1-3), hold their hands and physically move them as they practice. You can explain that we make the sign of the cross to ask for God's blessing and protection and to show our love for Christ.

4. **Practice Venerating Crosses.** Families can also practice how to venerate crosses, the way to make a bow, and having a reverent attitude when kissing the cross.

5. **Read about Christ and the Cross.** Finally, read the Gospel of Christ's crucifixion to the children. You can use a children's Bible with illustrations or read from the Bible while the children look at an icon of the crucifixion. The children will likely have many questions about the Cross, about Jesus's death, and even about death itself. This is a fantastic time to talk about Christ's love for humanity and his victory over death

Sunday after the Exaltation of the Holy Cross

Неділя по Воздвиженні Чесного Хреста

First Antiphon: My God, my God, look upon me, why have You forsaken me? Why can't my sinful words reach You, my salvation.

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

When I cry to You during the day, O my God, You do not listen, and there is no rest for me at night.

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

Nonetheless You are there in the holy place, O Israel's boast.

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

Glory be to the Father. . . Only Begotten Son. . .

Third Antiphon: *Regular 3rd Antiphon but with the following refrain:*

O Son of God, crucified in the flesh, save us who sing to You: Alleluia!

Tropar of the Exaltation, tone 1: Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross.

Sunday Tropar, 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!

Sunday Kondak, tone 8: When You rose from the tomb,* You also raised the dead and resurrected Adam.* Eve exults in Your resurrection,* and the ends of the world celebrate Your rising from the dead,* O most merciful One.

Instead of: "Holy God. . .": To Your cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

Перший Антифон: Боже, Боже мій, зваж на мене, чому Ти оставив мене. Далеко від спасіння мого слова гріхопадінь моїх.

Молитвами Богородиці, Спасе, спаси нас.

Боже мій, закличу в день, і не відслухаєш, і в ночі, і не в безумство мені.

Молитвами Богородиці, Спасе, спаси нас.

А ти у святому живеш, хвало ізраїлева.

Молитвами Богородиці, Спасе, спаси нас.

Слава Отцю . . . Єдинородний Сину . . .

Третій Антифон: *Звичайний 3-ий Антифон, але з цим припівом:*

Спаси нас, Сину Божий, що плоттю розп'явся, співаємо Тобі: Апилюя.

Тропар Воздвиження, глас 1: Спаси, Господи, людей Твоїх* і благослови спадкоємство Твоє!* Дай перемогу благовірному народові над супротивниками* і хрестом Твоїм охорони люд Твій.

Тропар воскресний, 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 воскресний, глас 8: Коли Ти воскрес із гробу,* то й померлих підняв,* і Адама воскресив,* радіє Єва воскресінням Твоїм* і кінці світу прославляють* Твоє з мертвих воскресіння,* Благомилостивий.

Замість "Святий Боже . . .": Хресту Твоєму поклоняємось, Владико, і святее воскресіння Твоє славим.

Prokimen, tone 8: Pray and give praise to the Lord our God.

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

Epistle: A reading from the letter of the Holy Apostle Paul to the Galatians. (2: 16 - 20)

Brothers and Sisters: Knowing that a man is not justified by legal observance but by faith in Jesus Christ, we too have believed in him in order to be justified by faith in Christ, not by observance of the law; for by works of the law no one will be justified. But if, in seeking to be justified in Christ, we are shown to be sinners does that mean that Christ is encouraging sin? Unthinkable! If, however, I were to build up the very things I had demolished, I should then indeed be a transgressor. It was through the law that I died to the law, to live for God. I have been crucified with Christ, and the life I live now is not my own; Christ is living in me. I still live my human life, but it is a life of faith in the Son of God, who loved me and gave himself for me.

Alleluia Verses: *Come, let us rejoice in the Lord; let us acclaim God our Savior.*

Let us come before His countenance with praise and acclaim Him with psalms.

Gospel: Mark 8:34 - 9:1

Instead of "It is truly right. . .": My soul, extol the venerable cross* of the Lord.* O Mother of God, you are a hidden paradise* which mysteriously brought forth Christ* by whom a life-giving tree of the cross* has been planted on earth.* Today this cross is being exalted,* and we, adoring it, glorify You.

Communion Hymn: The Light of Your face, O Lord, is raised over us.

Praise the Lord from the heavens; praise Him in the highest. Alleluia! Alleluia! Alleluia!

Прокімен, глас 8: Помоліться і хвалу віддайте Господеві, Богу нашому.

Стих: *Відомий Бог у Юдеї, в Ізраїлі велике ім'я Його.*

Апостол: До Галатів послання святого апостола Павла читання (2: 16 - 20)

Браття і Сестри! Довідавшись, що людина оправдується не ділами закону, а через віру в Ісуса Христа, ми й увірували в Христа Ісуса, щоб оправдатися нам вірою в Христа, а не ділами закону; бо ніхто не оправдається ділами закону. Коли ж, шукаючи оправдання у Христі, виявилось, що й ми самі грішники, то невже Христос, служитель гріха? Жадним Родом! Бо коли я знову відбудовую те, що зруйнував був, то я себе самого оголошую переступником. Я бо через закон для закону вмер, щоб для Господа жити: я - розп'ятий з Христом. Живу вже не я, а живе Христос у мені. А що живу тепер у тілі, то вірою в Божого Сина, який полюбив мене й видав себе за мене.

Стихи на Аलिлюя: *Прийдіте, радісно заспіваймо Господеві, воскликнім Богу, Спасителю нашому.*

Прийдімо з похвалами перед обличчя Його, і псалмами воскликнім Його.

Євангелія: Марко 8: 34 - 9:1

Замість 'Достойно . . .': Величай, душе моя,* пречесний хрест Господень.* Таїнственный рай ти, Богородице,* що невіддільно виростила Христа.* Він на землі насадив* хресне життєносне дерево.* Йому, що його нині возносять, поклоняючися,* тебе величаємо!

Причасний: Знаменувалося на нас світло лица Твого Господи.

Хваліте Господа з небес, хваліте Його на висотах. Алилуя! Алилуя! Алилуя!



PARISH ANNOUNCEMENTS

➤ **FIRST SOLEMN HOLY COMMUNION CLASSES - ПЕРШЕ ВРОЧИСТЕ СВЯТЕ ПРИЧАСТЯ** - First Parents/Children meeting after the Ukrainian Divine Liturgy on **Sunday, October 3**

➤ **PLAST GROUP MEETINGS - ПЛАСТ** - The parish will provide space free of charge to a resurrected BC Lower Mainland Plast chapter, run by volunteers from among the parish membership and Ukrainian diaspora. The group will involve 8-, 9- and 10-year olds in a scouting movement focused on Ukrainian culture, traditions and interaction. The meetings will take place every **Thursday in the Parish hall from 6:30 to 8:30 pm** (subject to COVID related restrictions), will be open to all children regardless of denomination and will be led by experienced Plast facilitators. Space is limited. More info about Plast movement can be found at <https://en.plast.org.ua/> and from Tanya Yakovchuk

➤ **PARISH FALL CLEAN UP INITIATIVE** - Subject to weather, on **Saturday 25 September**, the volunteers are invited to assist with the fall church clean up and general grounds maintenance before the monsoon/winter season. Start at 9:30 AM and facilitated by the Parish Council members.

➤ **OFFERING PRAYERS:** parish members requesting the celebration of a Divine Liturgy for a special intention (such as: Thanksgiving, the Infirm, General Intentions, the Deceased, Help of the Holy Spirit, for the Travelers, etc.), please contact Fr. Andriy.

➤ **SACRAMENT OF RECONCILIATION** – dear parishioners, due to the Covid 19 pandemic, we were not able to hold our annual Advent & Lenten missions and thus missed an opportunity for the Sacrament of Confession. Now that we can gather again in church, you are encouraged to partake of this very important Sacrament.

➤ **REMINDER.** Beloved in Christ, please always remember that we never take a day off or a vacation from God, or from our obligation to attend Divine Liturgy on Sundays. When traveling, working or studying, make sure you check out the service schedule for the area churches at our eparchial website: www.nweparchy.ca and attend the Divine Liturgy.

➤ **DONATIONS** - Amid Covid-19 outbreak causing these challenging times we continue to rely on your generosity. for the parish would be greatly appreciated. We still have expenses and rely on your support. You can make donations on our web-site. <https://crossparish.ca/donation/> or sending them by mail: Holy Cross Parish 13753 - 108th Avenue, Surrey BC, V3T 2K6

➤ **THANK YOU TO ALL OUR SUPPORTERS – ДЯКУЄМО** – Our gratitude to everyone for your prayers & ongoing financial support of our parish and for all other ways in which you assist our church community. God bless you all!

➤ **PARISH CALENDAR OF BIRTHDAYS AND ANNIVERSARIES** - if you would like to be included in our Parish Family Calendar of Birthday and Anniversaries celebrations, please notify Fr. Andriy

➤ **HAPPY BIRTHDAY / HAPPY ANNIVERSARY:** to those who celebrate their birthday or anniversary. This week's birthday: **Volodymyr Zastavetskyi**. May the Lord Our God continue to bless you abundantly and the Holy Mother of God protect you. Многая Лїта!

➤ **REMEMBER TO PRAY FOR:** your family; your fellow parishioners; especially the shut-in or those in the hospital; those seeking God's answer to their prayers or those rejoicing with God's answer; those celebrating a birthday or anniversary; those called to their eternal reward and for the family they leave behind; as well as any other need.

➤ **A GIFT OF TIME** - Everyone has been affected by the COVID pandemic. For some the effects have been physical however many people have been affected psychologically experiencing stress, anxiety and depression. While there may be people who have more money and possessions, we all have the same amount of time: exactly 24 hours every day. The greatest gift you can give someone is your time. We encourage you to reach over the phone to connect with your fellow parishioners and share with them your gift of time. Let it be your gift to them and a gift to yourself as well as we all connect as a spiritual family.

➤ **BEQUESTS AND WILLS:** Leaving a bequest 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. It can be as small or as large a donation as you wish. It is important that you talk to your lawyer about the process. In your kindness, please remember Holy Cross Ukrainian Catholic Parish in your bequests and wills. If anyone wishes to make such a bequest in their will, the following clause may be included or added to a will: "I give, devise, and bequeath to Holy Cross Ukrainian Catholic Church at 13753 - 108th Avenue, Surrey BC, the sum of \$ _ (or _% of my estate), to be used for the benefit of the church/parish and it's needs and pastoral ministry."

OTHER RELIGIOUS NEWS / ANNOUNCEMENTS

➤ **PARISH HUB** - As a part of the Edmonton Eparchy's Evangelize 2021 Plan, Bishop David announced the creation of Parish Hub, an online website where individuals can access and share information that is directly related to developing, growing, and managing our parishes. This was recently launched so content is still gradually being added. Parish Hub can be found at: <https://eeparchy.com/parish-hub/>

➤ **LAY LEADERSHIP FORMATION OPPORTUNITIES** - Interested in learning more about God, your faith, and the Church? Sign up for an online course (or two or three) or even work towards a Certificate in Eastern Christian Traditions at Newman Theological College (Edmonton). The course offerings include Scripture, Eastern Christianity Theology I and II, Eastern Catholic Worship and Spirituality, the Holy Mysteries (Sacraments), and Praying with Icons. Each course consists of 10 online sessions, spanning 5 weeks, requiring some 4 hours of work per week (2 hours per lesson). No exams. Cost of registration per course \$85.00 plus the cost of books. To register and for more information, visit www.Newman.edu/CCS

SCHEDULE FOR THIS WEEK

You can check our schedule at: <http://crossparish.ca/about/parish-calendar>

19	SEP, SUN	● 09:00 – 10:00	Divine Liturgy (English)
		● 10:30 – 11:30	Divine Liturgy (Ukrainian)
20	SEP, MON	● 10:00 – 11:00	meeting Mike Garisto Knights of Columbus
21	SEP, TUE	● 09:30 – 10:30	Divine Liturgy
23	SEP, THU	● 18:30 – 20:30	Plast - Пласт
25	SEP, SAT	● 09:30 – 10:30	Parish Fall Clean Up
26	SEP, SUN	● 09:00 – 10:00	Divine Liturgy (English)
		● 10:30 – 11:30	Divine Liturgy (Ukrainian)



BECOMING BYZANTINE

A Free Webinar and Video Series on Byzantine Catholic
Faith, Worship, & Life Based Upon the Christ Our Pascha Catechism

Fr. Daniel Dozier – Fr. Deacon Anthony Dragani – Robert Klesko

4TH SUNDAY OF THE MONTH - 7pm EST/4pm PST – SEPTEMBER TO AUGUST

JOIN US FOR A FREE WEBINAR and VIDEO LECTURE SERIES ON THE LIGHT OF THE BYZANTINE EAST!

- Are you a Western Christian (Catholic or Protestant) who is interested in exploring the Byzantine Catholic faith for your own development in faith?
- Are you contemplating joining or recently joined a Byzantine or Greek-Catholic parish?
- Are you a Byzantine Christian who wants to learn more about your own rich tradition?

Join us for a series of Free 90-Minute Webinars on **BECOMING BYZANTINE: An Introduction to Byzantine Catholic Faith, Worship, and Life Based on the Christ our Pascha Catechism** offered through a free webinar series and 20-minute follow-up pre-recorded video lessons. Join our presenters who will share their own thoughts and insights on the teachings of *Christ Our Pascha via Webinar and Video*:



Fr. Daniel Dozier, MA, MATS (Byzantine Catholic, Seminary Associate Professor, author of *20 Answers on Eastern Catholicism* from Catholic Answers)



Fr. Deacon Anthony Dragani, PhD (Ukrainian Greek Catholic, Theology Professor, Author, Blog: east2west.org)



Robert Klesko, MA (Byzantine Catholic, EWTN Theology Advisor, Deacon Candidate)



Fr. Joseph Matlak, STL (Ukrainian Greek Catholic, High School Chaplain, Speaker)



Fr. Michael Winn, STL (Ukrainian Greek Catholic, Former Seminary Rector, English Language Editor of the *Christ Our Pascha Catechism*, Blog: royaldoors.net)



REGISTER TODAY!

<https://buytickets.at/vineyardofthelordcatholicministries/561626>

A free online version of *Christ Our Pascha Catechism* is available at catechism.royaldoors.net



Starts Sunday, September 26 - 7pm EST/4pm PST