



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

Sunday after Theophany - Неділя по Богоявленні JANUARY 9, 2022



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.



Sunday after Theophany

Неділя по Богоявленні Г.Н.І.Х

First Antiphon: When Israel came forth from Egypt,* the house of Jacob from a people of alien tongue.

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

Judah became his sanctuary,* Israel his domain.

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

The sea beheld and fled,* Jordan turned back.

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

Why is it, O sea, that you flee?* O Jordan, that you turn back?

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

Glory be . . . now and forever . . . : Only Begotten Son

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

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

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.

Festive Tropar, tone 1: At your baptism in the Jordan, O Lord,* worship of the Trinity was revealed;* for the Father's voice bore witness to You, calling You his beloved Son,* and the Spirit in the form of a dove confirmed the truth of these words.* O Christ God, who appeared and enlightened the world,* 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!

Перший Антифон: Во ісході Ізраїлевім із Єгипту,* дому Якова із людей варварів.

Молитвами Богородиці, Спасе, спаси нас.

Стала Юдея святиня його,* Ізраїль володіння його.

Молитвами Богородиці, Спасе, спаси нас.

Море виділо і побігло,* Йордан повернувся назад.

Молитвами Богородиці, Спасе, спаси нас.

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

Молитвами Богородиці, Спасе, спаси нас.

Слава . . . : і нині; Єдинородний Сину

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

Спаси нас, Сину Божий, що хрестився в Йордані від Івана, співаємо тобі: Алилуя!

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!

Тропар Богоявлення, 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.

Festive Kondak, tone 4: Today You have revealed Yourself to the universe,* and Your light O Lord has shone upon us* who spiritually sing to You:* You have come and revealed yourself, O inaccessible light.

Prokimen, 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.*

Epistle: A reading from the Letter of the Holy Apostle Paul to the Ephesians. (4: 7 - 13)

Brothers and Sisters! Each of us has received God's favor in the measure in which Christ bestows it. Thus you find Scripture saying: "When he ascended on high, he took a host of captives and gave gifts to men." "He ascended," what does this mean but that he had first descended into the lower regions of the earth? He who descended is the very one who ascended high above the heavens, that he might fill all men with his gifts. It is he who gave apostles, prophets, evangelists, pastors and teachers in roles of service for the faithful to build up the body of Christ, till we become one in faith and in the knowledge of God's Son, and form that perfect man who is Christ come to full stature.

Alleluia Verses: God gives me vindication, and has subdued peoples under me.*

Making great the salvation of the king, and showing mercy to His anointed, David, and to His posterity for ever.*

Gospel: Matthew 4: 12 - 17

Instead of 'It is truly right . . .': O my soul, glorify Christ the King* baptized in the River Jordan.* No tongue has the power* to fittingly extol you;* and even a supernatural mind* is powerless to glorify you, O Mother of God.* But in your graciousness, accept our faith* because you know our holy ambition;* for you are the protectress of Christians,* and we extol you.

Communion Hymn: The grace of God has appeared,* offering salvation to all men.

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

Кондак Богоявлення,, глас 4: Явився єси днесь вселенній,* і світло Твоє, Господи, знаменувалося на нас:* зі зрозумінням оспівуємо тебе:* прийшов єси і явився єси світло неприступне.

Прокімен, глас 1: Милість Твоя, Господи, хай буде над нами,* бо ми надіялись на Тебе.

Стих: Радуйтеся, праведні, в Господі, правим належить похвала.*

Апостол: До Ефесян послання святого апостола Павла читання (4: 7 - 13)

Браття і Сестри! Кожному з нас дана благодать за мірою Христових дарів. Тому і 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 будовання 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.

Стихи на Аलिлюя: Бог, що дає відплату мені, і покорив народи мені.*

Ти, що звеличуєш спасіння царя, і даєш милість помазаннику Своєму Давидові і родові його повіки.*

Євангелія: Від Матея 4: 12 - 17

Замість Достойно . . .: Величай, душе моя, Царя Христа,* що хрестився в Йордані.* Не зуміє ніякий язик* достойно благохвалити,* тривожиться й ум, і то надсвітний,* 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.

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

PARISH ANNOUNCEMENTS

➤ **JORDAN HOME BLESSING:** Our 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. If you would like Fr. Andriy to visit your family & bless your home with Jordan water, please call/text 250-317-3881 or email pastor@crossparish.ca to make an appointment.



➤ **THANK YOU - ПОДЯКА** Holy Cross Parish would like to acknowledge and thank the Estate of Mr. Mike Zrymiak, our late long time parishioner for his most gracious and generous bequest in the amount of \$10,000 for 2021 with another \$10,000 to follow in 2022. Mike was an active and dedicated member of our parish who was committed to his faith. His involvement and support over the years will have a lasting impact on our parish. May God grant eternal rest to our ever to be remembered servant Mike, and make his memory be everlasting - Vichnaya Pamiat.

➤ **CHURCH CALENDAR 2022** - available at the entrance to the church. Please take one per family.

➤ **PARISH NEWSLETTER BY EMAIL** - A reminder that our Parish bulletin is available by email. Please contact Fr. Andriy pastor@crossparish.ca If you wish to submit information for the Parish bulletin, please advise Fr. Andriy or send this to the email no later than 11 am on Thursday of the week.

➤ **ЦЕРКОВНІ ВІСТІ ЕЛЕКТРОННОЮ ПОШТОЮ** - Парафіяльні вісті ви можете отримувати по електронній пошті. Будь ласка, зв'яжіться з о. Андрієм pastor@crossparish.ca Якщо хтось хоче додати оголошення до парафіяльних вістей, просимо звертатись до о. Андрія, або надіслати оголошення на електронну пошту не пізніше четверга 11 год. ранку.

➤ **CHANGED YOUR ADDRESS** - Please notify the Parish Office if you have changed your address or telephone number in order to keep our records up to date.

➤ **ЗМІНА АДРЕСИ** - Якщо ви змінили адресу, або номер телефону, просимо повідомити про це парафію, щоб у нас був оновлений список усіх парафіян.

➤ **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.

➤ **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: **Bohdan Skrypnyk, Darka Morin, Halyna Tymchuk.** May the Lord Our God continue to bless you abundantly and the Holy Mother of God protect you. Многая Літа!

➤ **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!

➤ **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."

CHRISTMAS CANDLE / РІЗДВЯНА СВІЧКА



Since 2012 the Ukrainian Catholic Eparchy of New Westminster has been collecting funds to help underprivileged and orphaned children in Ukraine through our Christmas Candle appeal. Our fundraising program, “**Christmas Candle/Різдвяна свічка**” is part of a larger global appeal sponsored by Caritas Ukraine. The appeal is once again taking place for the month of December and we encourage everyone to remember these children during our Christmas season with a donation. Donations can be made at any Ukrainian Catholic Parish in BC

or mailed and payable to the Ukrainian Catholic Eparchy of New Westminster and clearly marked with “Christmas Candle Project” on the envelope and cheque. For more information, please contact Dana Koren Lupynis, Natalia Lupynis or Emelia Lupynis at nweparchy.christmascandle@gmail.com and follow us on Facebook at Caritas “Christmas Candle/Різдвяна свічка” Campaign, sponsored by NWEparchy.

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.

An advertisement for "VANCOUVER VYSHYVANKA" embroidery services. The background is red with green pine branches and red ornaments at the top. The text "VANCOUVER VYSHYVANKA" is written in white. Below it, there are several small images of embroidered items: a white shirt with a blue patterned collar, a blue shirt with a white patterned collar, a dark blue shirt with a white patterned collar, a white shirt with a blue patterned collar, and a dark blue shirt with a white patterned collar. In the center, there is a green box with white text: "Embroidery for Christmas! Make an original gift for your family or friends for Christmas. Prices range between \$30-\$60 778-593-9546 www.facebook.com/natalia.dmyt". There are also small images of embroidered items on the sides: a white shirt with a blue patterned collar, a white shirt with a blue patterned collar, and a white shirt with a blue patterned collar.

WHY DO WE BLESS HOME WITH THE HOLY WATER OF THEOPHANY?



The blessing of homes constitutes an invocative blessing, meaning that by his prayer and by the sprinkling of Holy Water the priest invokes God's blessings and protection upon the home and those living in it. We bless homes for many reasons:

- † to reveal the home as what God had created it to be, a way to Heaven
- † to rid the home of every evil
- † to show that the family is a small Church unit in Christ
- † to consecrate the home and all activity in it to God
- † to fill the home and all who live in it with the fullness of God

Traditionally, the priest personally visits all his parishioners each year to pray with them in the place where they live, and to bless their surroundings with the newly sanctified water of Theophany. By sanctifying our homes we extend the grace of God to our individual dwellings.

Just as our souls, so also our homes become tainted by the sins of those living in them and consequently lose God's protective power. We cleanse our souls of sins at least once a year and the church is blessed with the newly blessed water every year, so should our homes be sanctified with Holy Water to invoke God's blessings and protection on it and its inhabitants. As we renew the insurance on our home every year, so we should renew our insurance of God's protection and His blessing which is of greater importance and more effective.

What should we do during a home blessing? As we welcome a priest during the holy season of Theophany to bless our home, let us be mindful that he is bringing to us the "blessing of the Jordan," and that unless God protects and blesses our home, we "labour in vain." (Ps. 12 7:1)

Each family is considered a small church and the family table is the home altar. When the priest comes, have as many family members there as possible. If you do not have an icon corner, ensure that you set up a place for prayer either at the kitchen or dining table. On the table include an icon and a lit candle. You may also include anything that you may want to have blessed (i.e. icon, cross, personal item, etc.) Make sure that the lights are on in every room.

The priest will begin the blessing at the icon corner or table. If you have children, they may lead the priest, while holding a candle, to each room in the house.

The Jordan home blessing is a wonderful time for you and your priest to get to know each other better.

(Source: goarch.org)