



# 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

2 Sunday of Great Lent - 2 Неділя Посту  
MARCH 13, 2022



### St. Gregory of Palamas

On the 2nd Sunday of Great Lent, the Church opens before us the well-known page of the Holy Gospel about the cure of a paralytic man, who was brought to Christ by his four friends. This is a good example for the fast. The example, that only together people can be saved, supporting each other, loving, believing, helping and then God will help each of

us. Because as He himself gets us out from the depth of sin, so He wants us to help each other.

Sometimes we can't help by outward works, but we can help by inner ones, to help by a prayer. Every day prayer for each other, relatives, friends and even for enemies must be pronounced with such persistence and love as those people, carrying a paralytic man, tried to get into the house where Christ was.

Today the Church also commemorates Saint Gregory Palamas. It was St. Gregory who bore living witness that men can become divine through the grace of Lord in the Holy Spirit; and that even in this life, by prayer and fasting, human beings can become participants of the uncreated light of God's divine glory.

"Absence of passions and the possession of virtue constitute love for God; for hatred of evil, resulting in the absence of passions, introduces in its place the desire for and acquisition of spiritual blessings. How could the lover and possessor of such blessings not love God above all, the Master who is Benediction itself, the only provider and guardian of every good thing? For in a special way such a person is in God, and by means of love he also bears God within himself, in accordance with the words, 'He who dwells in love dwells in God, and God in him'

*St. Gregory Palamas*



Second Sunday of Lent

Друга Неділя посту

**Sunday Tropar, tone 1:** Though the stone was sealed by the Jews\* and soldiers guarded Your most pure body,\* You arose, O Savior, 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.

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

**Kondak of the 2nd Sunday of Lent, tone 4:**

Now is the proper time for cultivating virtue,\* judgment is at the door.\* And so let us fast,\* let us show tears of remorse and bring alms;\* let us cry out:\* “Our sins are more numerous than the sands of the seas.\* Forgive us, Creator of all,\* that we may obtain crowns of incorruption.”

**Prokimen, tone 5:** You, O Lord, will guard us and will keep us from this generation, and for ever.

**Verse:** Save us, Lord, there are no devout men left.

**Epistle:** A reading from the Epistle to the Hebrews. (1: 10 - 2: 3)

Lord of old you established the earth, and the heavens are the work of your hands. They will perish, but you remain; all of them will grow old like a garment. You will roll them up like a cloak, like a garment they will be changed. But you are the same, and your years will have no end. To which of the angels has God even said, “Sit at my right hand till I make your enemies your footstool?” Are they not all ministering spirits, sent to serve those who are to inherit salvation? In view of this, we must attend all the more to what we have heard, lest we drift away. For if the word spoken through angels stood unchanged, and all transgression and disobedience received its due punishment, how shall we escape if we ignore a salvation as great as ours? Announced first by the Lord, it was confirmed to us by those who had heard him.

**Тропар воскресний, 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!

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

**Кондак другої неділі посту, глас 4:** Нині час

для діяння явився,\* при дверях суд, востаньмо, отже,\* постячися, принесім сльози благання з милостинями, взиваючи:\* ми согрешили більше піску морського,\* але ослаби, творче всіх,\* щоб ми прийняли нетлінні вінці.

**Прокімен, глас 5:** Ти, Господи, збережеш нас і захистиш нас від роду цього і повік.

**Стих:** Спаси мене, Господи, бо не стало праведного.

**Апостол:** До Євреїв послання святого апостола Павла читання. (1: 10 - 2: 3)

Ти, Господи, напочатку заснував землю і небеса -- діл рук твоїх. Вони загинуть, ти ж перебуваєш; усі, мов одежа, постаріються. Ти їх, неначе одєжину, згорнеш і, немов одежа, вони зміняться. Ти ж -- той самий, і літа твої не скінчаться. До кого з ангелів він коли мовив: “Сідай праворуч мене, доки не покладу твоїх ворогів підніжком під твої ноги?” Хіба ж не всі вони служебні духи, що їх посилають до послуг тим, які мають успадкувати спасіння? Тому ми мусимо вважати дуже пильно на те, що почули, щоб, бува, нас не знесло з дороги. Бо коли слово, оголошене ангелами, було таке зобов'язуюче, що всякий його переступ і непослух приймав справедливу кару, то як ми утечемо, коли занедбаємо таке велике спасіння? Воно, спочатку проповідане Господом, було підтверджене нам тими, що його чули.

**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, to David, and to His posterity for ever.

**Gospel:** Mark 2: 1 - 12

**Instead of 'It is truly right':** In you,\* Lady full of grace,\* all creation rejoices,\* the world of angels\* and the human race.\* Sanctified temple, spiritual paradise,\* boast of virgins,\* God\* took flesh from you\* and became a child,\* He was God\* before\* the ages.\* He made your womb\* a throne\* and made it\* more encompassing\* than the heavens.\* In you,\* Lady full of grace,\* all creation rejoices,\* glory be to you.

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

**Стихи на Алилуя:** 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 Марка 2: 1 - 12

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

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

## PARISH ANNOUNCEMENTS

➤ **GREAT FAST – ВЕЛИКИЙ ПІСТ** – has started on Monday, February 28th. 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.

➤ **PRAYER BOOKS FOR SALE** - If you wish to purchase your own (\$10 each) please contact Fr. Andriy.

➤ **SOROKOUSTY AND CONFESSIONS** - 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. In our parish Sorokousty will be celebrated **Friday at 6:00 pm. Confessions to follow.**

➤ **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.

➤ **HAPPY BIRTHDAY / HAPPY ANNIVERSARY:** to those who celebrate their Birthday or Anniversary. This week's birthday: **Zachary Netsko**. 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.

➤ **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

➤ **BISHOP THOMAS J. LOBSINGER, OMI MEMORIAL BURSARY PROGRAM** - The annual British Columbia and Yukon Bursary program known as the Bishop Thomas J. Lobsinger, OMI Memorial Bursary Program is underway. The 2022 program is now receiving applications. We are privileged to offer fourteen bursaries of \$1,000.00 each to Catholic students across the Province of British Columbia. These bursaries are made available on a one time only basis to young practicing Catholic students who are in post secondary education at a recognized institute of higher learning within the Province of British Columbia. Applications are accepted from January 1, 2022 until June 30, 2022 with the bursaries being awarded in the fall. The Terms of Reference may be found on our web site (kofcbc.org) after Jan 1, 2022.

**Requests for application should be addressed to:**

Knights of Columbus BC & Yukon  
2809 Mara Drive, Coquitlam, BC V3C 5T9  
Attn: Herb Yang, Bursaries Chairman  
Or email: [herbykofc@gmail.com](mailto:herbykofc@gmail.com)

We would like to congratulate the many recipients once again over the past years and look forward to the opportunity to assist many more young people in the advancement of their education.

## 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.*



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<https://www.facebook.com/natalia.dmyt/>

or contact Natalia Dmyterko 778-593-9546



➤ **EMERGENCY HUMANITARIAN AID TO THE PEOPLE IN UKRAINE** - The Ukrainian Catholic Church in Canada has partnered with the Catholic Near East Welfare Association in Canada (CNEWA) to provide immediate humanitarian support for the people of Ukraine. With the threat of further invasion by Russia, the already 8-year war in Ukraine has placed several million people in desperate need for food, shelter, medical attention, and more. Will you help your brother and sister in need? Please pray. Stay informed.

Donate: <https://cnewa.org/ca/campaigns/ukraine/>

# CNEWA

*a papal agency for humanitarian  
and pastoral support*



### PRAYER FOR PEACE IN UKRAINE

O Lord Jesus Christ, our God, we entreat You to hear the earnest prayer of Your beloved Church of Kyivan Rus' for her deeply afflicted children abiding in the land of Ukraine. Behold their grave sorrow and grievous plight, and speedily come to their aid. Deliver Your vulnerable people from unjust aggressors, foreign invasion and the terror of war. Strengthen courageous defenders of the nation to fight virtuously, inspired more by love of those they protect than hatred of the enemy.

O compassionate Lord, shelter the displaced, heal the wounded, console the orphan, protect the widow, comfort those who mourn, and mercifully receive into Your Kingdom those who have nobly died guarding their homeland against every aggression. Quickly make cease the spilling of blood of friend and foe alike, yet stir many to bravely struggle for that true justice which alone can bring lasting peace.

O kind-hearted Lord, as You are our peace, soften the hearts of the unmerciful and convert those who promote hostilities toward reconciliation, so that Your beloved children of the land of Ukraine, may abide in that tranquility, justice and freedom which reflects your Kingdom, where You reign with Your eternal Father, and Your most holy, good and life-giving Spirit, now, and forever and ever. Amen.

### МОЛИТВА ЗА МИР В УКРАЇНІ

Господи Ісусе Христе Боже наш, благаємо Тебе, вислухай щирю молитву Твоєї улюбленої Церкви Київської Русі за важко страждаючих дітей українського краю. Споглянь милостивим оком на їх лихоліття та ласкаво поспіши на допомогу. Звільни свій беззахисний народ від несправедливих загарбників, нашестя агресорів та терору війни. Зміцни силою Твоею усіх доблесних і відважних захисників для добросердечної боротьби, щоб вони радше керувалися любов'ю до беззахисних, аніж ненавистю до ворогів. О Премилосердний Господи, захорони переселенців, зціли поранених, борони сиріт, підтримай вдів, потіш скорботних та ласкаво приймай до Твого Царства всіх, хто благородно віддав своє життя в обороні Батьківщини від нападів ворогів. Поспіши зупинити кровопролиття як друга, так і недруга та запали серця багатьох до мужньої боротьби за істинну справедливість, що є джерелом тривалого миру. О добросердий Господи, Ти – наш мир, пом'якши зачерствілі серця, напевно тих, хто сприяє воєнним діям, до примирення, щоб Твій улюблений український народ втішався миром, справедливістю та свободою – ознаками Твого Царства, в якому Ти царюєш з Предвічним Твоїм Отцем, і Всесвятим, Благим і Животворним Твоїм Духом, нині, і повсякчас, і на віки віків. Амінь.

## PRAYERS AT MEALTIME

### **Before Breakfast**

O Most Holy Trinity, have mercy on us! Lord, cleanse us from our sins! Master, pardon our transgressions! Holy One, visit and heal our infirmities for Thy name's sake.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy! (3 times)

O Christ God, bless the food and drink of Thy servants, for Thou art holy, always, now and ever and unto ages of ages. Amen.

### **After Breakfast**

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without defilement you gave birth to God the Word: true Theotokos, we magnify you.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy! (3 times)

God is with us, through His Grace and love for mankind, always now and ever, and unto ages of ages. Amen.

### **Before Lunch**

Our Father, Who art in heaven, hallowed be Thy Name. Thy Kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy! (3 times)

O Christ God, bless the food and drink of Thy servants, for Thou art holy, always, now and ever and unto ages of ages. Amen.

### **After Lunch**

We thank Thee, Christ our God, for Thou hast satisfied us with Thine earthly gifts. Deprive us not of Thy Heavenly Kingdom, but as Thou camest among Thy disciples, O Savior, giving them peace, so come to us and save us!

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy! (3 times)

Blessed is God, Who has had mercy on us and fed us from His rich gifts, through His Grace and love for mankind, always, now and ever and unto ages of ages. Amen.

### **Before Supper**

The poor shall eat and be satisfied, and those who seek the Lord shall praise Him; their hearts shall live forever!

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy! (3 times)

O Christ God, bless the food and drink of Thy servants, for Thou art holy, always, now and ever and unto ages of ages. Amen.

### **After Supper**

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Your womb became a Heavenly Table, bearing the Heavenly Bread - Christ our God. Whoever eats of Him shall not die, O Birth-giver of God, according to the word of the Nourisher of all.

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without defilement you gave birth to God the Word: true Theotokos, we magnify you.

Thou, O Lord, hast made us glad by Thy works; in the works of Thy hands shall we rejoice. Lift up the Light of Thy countenance upon us, O Lord! Thou hast put joy in my heart. With the fruit of wheat, wine and oil have we been satisfied. In peace I will both lie down and sleep; for Thou alone, O Lord, makest me to dwell in hope.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy! (3 times)

God is with us, through His Grace and love for mankind, always now and ever, and unto ages of ages. Amen.