



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

4 Sunday of Great Lent - 4 Неділя Посту
MARCH 27, 2022



This Sunday, the Church calls our attention to St. John Climacus or St. John of the Ladder, because this Father, who lived in the seventh century, realized in his own life the ideal of penitence on which we should fix our eyes during Lent. "Let us honour John ... glory of ascetics..." we sing at the Vesper. At Matins, we address the saint thus: "As your body becomes thin through abstinence, so do you renew the power of your soul, enriching it with heavenly glory."

Saint John Climacus was the abbot of the Monastery of St. Katherine on Mt. Sinai. St. John wrote *The Ladder of Divine Ascent*, which is a guide to ascetic living (living a spiritually disciplined life). In this book, St. John writes about 33 rungs of the ladder we climb in our ascent to heaven. Each rung represents a different Christian virtue (obedience, repentance, love, humility, etc.).

"Repentance is the renewal of baptism. Repentance is a contract with God for a second life. A penitent is a buyer of humility. Repentance is constant distrust of bodily comfort. Repentance is self-condemning reflection, and carefree self-care. Repentance is the daughter of hope and the renunciation of despair. A penitent is an undisgraced convict. Repentance is reconciliation with the Lord by the practice of good deeds contrary to the sins. Repentance is purification of conscience. Repentance is the voluntary endurance of all afflictions. A penitent is the inflicter of his own punishments. Repentance is a mighty persecution of the stomach, and a striking of the soul into vigorous awareness."

(St. John of the Ladder. The Ladder of Divine Ascent)



Fourth Sunday of Lent

Четверта Неділя Посту

Sunday Tropar, 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!

Kondak of the 4th Sunday of Lent, tone 4: Our father, teacher John,* the Lord has placed you and your faithfulness at the summit of the ascetic life* like an unerring star illuminating* the very limits of the world.

Prokimen, tone 3: Sing to our God, sing; sing to our King, sing.

Verse: *Clap your hands, all you nations; shout unto God with the voice of joy.*

Epistle: A reading from the Epistle to the Hebrews. (6: 13 - 20)

Brothers and Sisters! When God made his promise to Abraham, he swore by himself, having no one greater to swear by, and said, "I will indeed bless you, and multiply you." And so, after patient waiting, Abraham obtained what God had promised. Men swear by someone greater than themselves; an oath gives firmness to a promise and puts an end to all argument. God, wishing to give the heirs of his promise even clearer evidence that his purpose would not change, guaranteed it by oath, so that, by two things that are unchangeable, in which he could not lie, we who have taken refuge in him might be strongly encouraged to seize the hope which is placed before us. Like a sure and firm anchor, that hope extends beyond the veil through which Jesus, our forerunner, has entered on our behalf, being made high priest forever according to the order of Melchizedek.

Alleluia Verses: *In You, O Lord, have I hoped that I may not be put to shame for ever.*

Be a protector unto me, O God, and a house of refuge to save me.

Gospel: Mark 9: 17 - 31

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

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

Кондак четвертої неділі посту, глас 4: На висоті правдивої повздержности Господь* тебе поставив як звізду необманну,* що просвічує світокраї,* наставнику Йоане, отче наш.

Прокімен, глас 3: Співайте Богові нашому, співайте; співайте цареві нашому, співайте.

Стих: *Всі народи, заплещіть руками, кликніть до Бога голосом радости.*

Апостол: До Євреїв послання святого апостола Павла читання. (6: 13 - 20)

Браття і сестри! Коли Бог учиняв Авраамові обітницю, не маючи поклястися ніким вищим, то поклявся самим собою, кажучи: "Справді поблагословлю тебе щедро й розмножу тебе вельми." І він, завдяки довгій терпеливості, осягнув обітницю: люди клянуться більшим від себе, і всякі їхні суперечки кінчаються клятвою на ствердження. Тому й Бог, бажаючи дати спадкоємцям обітниці якнайсильніший доказ, що його рішення непорушене, вжив клятви, щоб двома незмінними речами, в яких неможливо, щоб Бог казав неправду, ми мали сильну заохоту - -- ми, що прибігли прийняти надію, призначену нам. В ньому маємо, неначе якір душі, безпечний та міцний, що входить аж до середини за завісу, куди вийшов за нас, як предтеча, Ісус, ставши архиєреєм повіки, на зразок Мелхиседека.

Стихи на Алілуя: *На Тебе, Господи, уповаю, щоб не осоромитись навіки.*

Будь мені Богом захисником і домом пристановища, щоб спасти мене.

Свангелія: Від Марка 9: 17 - 31

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.

The just man shall be in everlasting remembrance; of evil hearsay he shall have no fear. Alleluia! Alleluia! Alleluia!

Замість 'Достойно...': Тобою радується, Благодатная, всяка твар, ангельський собор і чоловічеський рід, освящений храм і раю словесний, дівствена похвало, що із неї Бог воплотився і младенцем став, перед віками суший 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.

Пам'ять про праведника буде вічна, лихої слави він не лякається. Аلیلуя! Аلیلуя! Аلیلуя!

PARISH ANNOUNCEMENTS

➤ **EASTER BAKE SALE - IN SUPPORT OF UKRAINE** - We are taking orders for our annual Easter sale. Please send a message to Nataliia Pochtar or give her a call 604-715-5355. Orders will be distributed on **April 3rd, 9th and 10th from 10:15 AM – 1 PM.**



➤ **SOROKOUSTY AND CONFESSIONS - Friday at 7:00 pm. Confessions to follow.**

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

➤ **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: **Katrusia Tymchuk**. May the Lord Our God continue to bless you abundantly and the Holy Mother of God protect you. Многая Літа!

➤ **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!

➤ **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

➤ **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."

➤ **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.

OTHER RELIGIOUS NEWS / ANNOUNCEMENTS

➤ IN PRAYERFUL SUPPORT OF THE INDIGENOUS DELEGATION'S VISIT WITH POPE FRANCIS

As indicated earlier, an Indigenous Delegation from Canada will meet with Pope Francis from March 28 to April 1 in Rome, represented by members of the First Nations, Métis, and Inuit communities.

Bishop David encourages our parishes to stand in prayerful solidarity with all of those who will be meeting with the Holy Father so that this will be a true encounter on our journey toward reconciliation.

On behalf of the Our Lady of Guadalupe Circle, you will find two initiatives to support you in preparing for this historical encounter:

1. A [prayer card](#) which contains a prayer for the intercession of Our Lady of Guadalupe. You are invited to download this card and share it with your parishioners.



"Who is this that comes forth like the dawn, as beautiful as the moon, as resplendent as the sun...?" Song 6:10 (Vg)

O Blessed Virgin, Our Lady of Guadalupe
Intercede for us with your Son
That we who live in this land,
Indigenous and non-Indigenous together
may experience healing and
reconciliation,
on a renewed journey for justice
and peace for our children.

Mother of the Church, pray for us.

Our Lady of Guadalupe Circle is a Catholic coalition of Indigenous people, bishops, clergy, lay movements and institutes of consecrated life, engaged in renewing and fostering relationships between the Catholic Church and Indigenous Peoples in Canada.

www.ourladyofguadalupecircle.ca

2. An [invitation from the Circle to join in a Sacred Fire](#) to be held across the land on the opening day of the Encounter March 28. As the encounter begins, on March 28, in solidarity with the Indigenous Fire Keepers keeping the Sacred Fire in your region and across this land, we invite all of you to light a candle and to pray. In Alberta, from 5:00 – 8:00 pm; in British Columbia, from 9:00 – 11:00 pm.

HELP UKRAINE

➤ **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 Canada – <https://cnewa.org/ca/campaigns/ukraine/>

Development and Peace / Caritas Canada –

https://www.devp.org/en/wp_press_release/solidarity-prayers-and-support-for-ukraine-development-and-peace-joins-relief-efforts/

Come back alive – <https://savelife.in.ua/en/donate/> (works directly with the command and personnel of military units, purchasing infrared thermal imaging cameras, night vision goggles, hemostatics etc)

Army SOS – <https://armysos.com.ua/pomoch-armii> (manages purchases of necessary ammunition, shields, intercommunication and reconnaissance facilities, etc. and delivers all goods directly)

Hospitallers – <https://www.facebook.com/hospitallers/posts/2953630548255167> (works directly on the frontline)

Phoenix Wings – <http://wings-phoenix.org.ua/en/about-fund/> (the appropriate equipment & uniform, personal non-lethal protection (vests, helmets), required treatment of the wounded soldiers, and repair of the buildings used by the army)

Ukrainian Women Veteran Movement – https://www.uwvm.org.ua/?page_id=3437&lang=en (a consolidation of female veterans, amongst other things organizes preparation for actions in case of emergencies and defense situations.

Vostok SOS – <https://vostok-sos.org/pidtrymaty/donation/> (raising funds for various needs of the army)

BCU Foundation website: Select FUDF FUND – Friends of Ukraine Defense Forces Fund – www.bcufoundation.com/donate-today/ or **E-transfer to:** fundFUDF@gmail.com

Ukrainian Canadian Congress – <https://www.canadahelps.org/en/dn/70605>

Canadian Red Cross –

<https://www.redcross.ca/about-us/media-news/news-releases/red-cross-launches-ukraine-humanitarian-crisis-appeal>

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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, нашествия агресорів та терору війни. Зміцни силою Твоєю усіх доблесних і відважних захисників для доброчесної 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 прийми 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, наверни тих, хто сприяє воєнним діям, до примирення, щоб Твій улюблений українській 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.



~ EMAIL PRE-ORDERS TO ~
nataliiaapochtar@yahoo.ca | 604-716-5355

Small Decorated Babka - \$10
Medium Plain Babka - \$10
Medium Paska - \$10
Small Bird Paska - \$3

We are also selling:
Kovbasa
Borscht
Cookies
Hrustyky

RAFFLE TICKETS

Orders will be distributed on April 3rd, 9th and 10th from 10:15 AM – 1 PM