



# HOLY EUCHARIST

## UKRAINIAN CATHOLIC CHURCH

Українська Католицька Церква Пресвятої Євхаристії

Sunday, September 11, 2022

### Church Address

505 Watt Street

### Office & Mailing Address

460 Munroe Avenue  
Winnipeg, MB R2K 1H4

### Office Hours

Mon-Fri 9:00 am - 3:00 pm

### Office Telephone

204-667-8866

### Pastoral Emergencies

204-881-3150

### Email

heparish@gmail.com

### Parish Website

holyeucharist.ca

### Facebook

holyeucharistwinnipeg

### Archeparchy Website

archeparchy.ca

### LITURGICAL SERVICES

#### Sunday Services

6:00 pm (Sat) - Great Vespers

8:00 am - Ukrainian

10:00 am - English

### HOLY MYSTERIES

#### Confessions

4:30-6:00 pm Saturdays

or by appointment

#### Marriage

Please make arrangements with  
the Pastor

#### Baptism, Chrismation, Eucharist

Please make arrangements with  
the Pastor

## Sunday before the Exaltation of the Cross. Octoechos Tone 5

*Our Venerable Mother Theodora of Alexandria*

### *Troparia and Kontakia*

*Troparion, Tone 5:* Let us the faithful acclaim and worship the Word,\* co-eternal with the Father and the Spirit,\* and born of the Virgin for our salvation.\* For He willed to be lifted up on the cross in the flesh, to suffer death\* and to raise the dead by His glorious resurrection.

*Troparion, Tone 4:* Your nativity, O Virgin Mother of God,\* has made joy known to all the world,\* for from you dawned the Sun of Righteousness, Christ our God.\* He abolished the curse and gave the blessing,\* and by making death of no effect He bestowed on us eternal life.

Glory be to the Father and to the Son and to the Holy Spirit.

*Kontakion, Tone 5:* You, my Saviour, descended to Hades,\* and as the Almighty, You shattered its gates.\* With Yourself You, as the Creator, raised the dead and shattered the sting of death,\* and delivered Adam from the curse, O Lover of Mankind.\* And so we cry out: "Save us, O Lord."

Now and for ever and ever. Amen.

*Kontakion, Tone 4:* By your birth, O immaculate one,\* Joachim and Anna were freed from the reproach of childlessness,\* and Adam and Eve\* from the corruption of death.\* And your people, redeemed from the guilt of their sins,\* celebrate as they cry out to you:\* "The barren one gives birth to the Mother of God\* and nourisher of our life."

### *Prokeimenon, Tone 6*

Save Your people, O Lord, \* and bless Your inheritance.

*verse:* Unto You I will cry, O Lord, my God, lest You turn from me in silence. (Psalm 27:9,1)

### *Epistle - Galatians 6:11-18*

Brothers and Sisters, see with what large letters I have written to you with my own hand! As many as desire to make a good showing in the flesh, these would compel you to be circumcised, only that they may not suffer persecution for the cross of Christ. For not even those who are circumcised keep the law, but they desire to have you circumcised that they may boast in your flesh. But God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom the world has been crucified to me, and I to the world. For in Christ Jesus neither circumcision nor uncircumcision avails anything, but a new creation. And as many as walk according to this rule, peace and mercy be upon them, and upon the Israel of God. From now on let no one trouble me, for I bear in my body the marks of the Lord Jesus. Brethren, the grace of our Lord Jesus Christ be with your spirit. Amen.

### *Alleluia, Tone 1*

*verse:* I have exalted one chosen from the people and with my holy oil anointed him.

*verse:* My hand shall always be with him and my arm shall make him strong. (Psalm 88:20-21,22)

### *Gospel - John 3:13-17*

The Lord said, "No one has ascended to heaven but He who came down from heaven, that is, the Son of Man who is in heaven. And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only begotten Son, that whoever

### **Anointing of the Sick**

Please make arrangements with the Pastor

### **Funerals**

Please make arrangements with the Pastor

### **Divine Liturgy Intentions**

Please make arrangements with the Pastor

### **Catechism**

Contact forthcoming

### **Pastor**

Fr. Michael Winn

Office: 204-667-8866

### **Parish Office Administration**

Carlene Deptuch

Office: 204-667-8866

heparish@gmail.com

### **Parish Facility Rentals**

204-667-8866

### **Perogy Hotline**

204-667-6304

### **Parish Bookstore**

204-334-2081

### **ORGANIZATIONS**

#### **Parish Pastoral Council**

Curtis Shupenia

204-667-8866

#### **UCWLC**

Emily Hawrysh

204-668-8013

*Travelling Icon*

Evelyn Tymchak

204-667-6791

#### **Millennium Seniors' Club**

Bernice Hrehirchuk

204-669-2068

#### **Young Adults (18-35)**

Contact forthcoming

believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved."

### **Hymn to the Mother of God**

O my soul, magnify the Virgin Mary, born from a barren womb.

*And the Irmos, Tone 8:* Virginity is alien to mothers\* and childbearing is

foreign to virgins;\* yet in you, O Mother of God, both of them came together.\* Therefore we and all the nations of the earth\* without ceasing magnify you.

### **Communion Hymn**

Praise the Lord from the heavens;\* praise Him in the highest.\* Alleluia, alleluia,\* alleluia. (Psalm 148:1)

## **ANNOUNCEMENTS**

**Cinema Divina** is a gathering of young adults in Winnipeg. We will watch about 10 movies between September and April 2023 with the same consideration and approach as we give to *lection divina*, asking the questions: does the Lord reveal Himself in this movie in any way, even in a seed-form? and, what do I hear the Lord saying to me/us? Our first movie is *Les Misérables* on Sunday, September 18 at the Parish Centre. For more information, please call Fr. Michael.

Thank you to everyone who helped with our **Thrift Sale** yesterday.

The **UCWLC Craft Sale** will be on Saturday, October 15, 2022. More details in early October.

Starting Thursday, September 22 and continuing every Thursday morning, 6:30-7:00 am, we will have a special time for **Prayer for Families**. This special gathering is aimed at young men and fathers who can gather to pray for their families before heading off to work (but anyone is welcome to come and pray with us).

The **Seniors Club** will meet this Wednesday at 12:30 pm in the Multi-Purpose Room of the Parish Centre.

**Blessed Virgin Mary Parish** continues its **100th anniversary celebrations** on October 16, 2022 with a Divine Liturgy at the church at 3 PM, celebrated by Metropolitan Lawrence, followed by a Banquet at Canad Inns Garden City. Banquet tickets are available at \$75/person and can be purchased by contacting the parish office at 204-582-7535 by Sept. 25. Tickets are limited; best to buy now!

Free Open House on Tuesday, September 20, 2022, 6:30-8:00 pm. Holy Eucharist Parish Centre. **Introduction to Modern Square Dancing**. A great form of exercise while having fun! Open to couples and singles. No dance experience required. Bring comfortable, soft soled indoor shoes. Outdoor shoes not allowed on dance floor. Very informal—square dance attire not required. Taught by experienced square dance caller. For more information, contact: Fred & Lorraine Barnett (Square Dance Caller Couple). Email: papafred08@gmail.com or phone/text: 204-510-2505.

Vesna Ukrainian Dance School is offering Ukrainian Dance instruction on Monday nights. Ages 3 to Young Adult. No experience required. Classes at Sts. Peter and Paul Parish. Accepting Fall Registration. Classes start late September. For information or registration call 479-7137.

Unfortunately, we were unable to start with coffee after the 10:00 am Divine Liturgy today. We do need some volunteers and one person to coordinate. Please call Fr. Michael or the Parish Office if you are interested.

The **Parish Office** will be closed to the public on Tuesday, September 13 in order to dedicate specific time for re-organization. Emergency calls can be sent to 204-881-3150.







## Exaltation of the Holy Cross September 14

Tuesday, September 13, 5:00 pm  
*Great Vespers with Lytia*

Wednesday, September 14, 9:00 am  
*Festal Divine Liturgy*

A tradition which took shape early and was definitely established in the Sixth century reports that Saint Helen, the mother of Emperor Constantine, rediscovered near Golgotha the three crosses which served to execute Christ and the two thieves. The healing of a dying woman permitted Bishop Makarios to recognize, as being the Lord's Cross, the one whose contact effected the miracle.

The Holy Cross was preserved in the Basilica of the Resurrection until May 4, 614, the date on which the Persians carried it away after having taken the city of Jerusalem and destroying the Basilica. In 628, Emperor Heraclius defeated Chosroes and brought the Holy Cross back to Jerusalem. Heraclius took the venerable wood upon his shoulders and carried it back to Calvary with great pomp. According to legend, upon reaching the door of the church, the Emperor, magnificently dressed and wearing

gold, was stopped by an invisible force. Zachary, the Bishop of Jerusalem, said to him: "Be careful, Emperor, that with these ornaments of triumph, you don't imitate sufficiently the poverty of Jesus Christ and the humility with which He carried His Cross." The Emperor laid aside his splendid clothes to dress himself in an ordinary cloak, and with bare feet, he was able to continue on his way.

The site where tradition places the discovery of the Holy Cross by Saint Helen is venerated in the crypt of the Holy Resurrection, in Jerusalem. This commemorative chapel was made form part of an ancient drain which existed in the time of Our Lord in Jerusalem. Filled up later on, it was used by Constantine's architects in the crypt of the basilica.

A part of the Cross, brought to Rome in the Sixth century, was exposed for the veneration of the faithful by order of the oriental Pope Sergius I (687-701), in the Church of the Saviour.

That is why, equally in the East and the West, the feast of the Holy Cross had a considerable importance in the liturgical calendar from this epoch. It is made on Good Friday which is a direct reference. But, whereas the feast of Good Friday insists more on the historic event of Christ's Redemption, in His sufferings and death, today's feast more particularly represents for us the glorious aspect of this event, consequently, the instrument of execution on which the Lord died.

The Church calls to mind for us in the Office the Old Testament signs, the heralds of the Cross: the tree of Eden, by which we were lost (the Cross was meant to save us); Noah's ark which accomplished the salvation of the just (the Cross affected the same to sinners); Jacob crossing his hands to bless his son Joseph; Moses extending his arms to open in the Red Sea a door of salvation to the Israelites, then throwing some wood into the waters of Mara to sweeten their bitterness; the same Moses striking the rock with his staff to make life-giving water spring forth, and praying, with hands crossed, for the victory of the Jewish people over Amalec; the rod of Aaron; the brazen serpent, the predisposition in the Cross taken by the Jewish people around the Ark of the covenant...

The Cross is the instrument of the passion, the stool upon which the Lord rested His feet, the trophy of victory, the rampart of the Church, the cure of all ills, the honour of Christians.

Nevertheless, the texts of the Divine Liturgy maintain still more the spirit of the sorrowful Passion of the Lord, abandoned by His Father on the Cross, "a scandal for the Jews and a folly for the Greeks" (i.e., the pagans).

This feast places before us the most profound mystery of suffering, which is no longer for us a revolting fatality, but a proof of supernatural love which lies for us in the Lord for the purification of our faults and already, by desire, in the exaltation of His Glory.

## Parish Schedule September 11-18, 2022

*Sunday services are live-streamed  
and are available at [holyeucharist.ca](http://holyeucharist.ca)*



### THE ROSARY

The Prayer Rule of the Mother of God  
In the Ukrainian Catholic Church

Now Available at the Parish Bookstore!

Special Price of \$15

### Please remember in your prayers our parishioners!

Lavinia Aftanas, Elizabeth Boychuk, Jane Budzen, Jennie Huchko, Jack Kisil, Nadia Kowal, Olga (Ollie) Kowlaski, Milly Maniowich, Irene Omeniuk, Fr. Victor Yakowchuk.

Offerings	Sunday, Aug 28	Sunday, Sep 04
Envelopes	\$ 895.00	\$ 1570.00
Open collection	\$ 55.50	\$ 42.05
Candles	\$ 10.00	\$ 5.25
Mission	\$ 0.00	\$ 50.00
Lenten Mission	\$ 0.00	\$ 0.00
Charity Fund	\$ 0.00	\$ 0.00
Direct Deposit	\$ 0.00	\$ 0.00
Sacred Art	\$ 0.00	\$ 0.00
CCCB	\$ 0.00	\$ 0.00
Total	\$ 960.50	\$ 1667.30

### Sunday, September 11

Sunday before the Exaltation of the Cross. Octoechos Tone 5. Gal 6:11-18; Jn 3:13-17

08:00 am Divine Liturgy [Ukr] (for parishioners)

10:00 am Divine Liturgy [Eng] (for parishioners)

### Monday, September 12

Leave-taking of the Feast of the Nativity of the Mother of God; Holy Priest-Martyr Autonomous

Gal 2:11-16; Mk 5:24-34

No Services

### Tuesday, September 13

Commemoration of the Dedication of the Holy Church of the Resurrection of Christ Our God; Fore-feast of the Exaltation of Cross; Priest-Martyr Cornelius the Centurion

Gal 2:21-3:7; Mk 6:1-7

09:00 am Divine Liturgy

05:00 pm Great Vespers with Lytia

07:00 pm Adult Faith Inquiry Class

### Wednesday, September 14

Universal Exaltation of the Precious and Life-Giving Cross. *Holy Day of Obligation. Abstinence from meat and foods that contain meat.*

1 Cor 1:18-24; Jn 19:6-11, 13-20, 25-28, 30-35

09:00 am Divine Liturgy

12:30 pm Seniors Club

### Thursday, September 15

Post-feast of the Cross; Holy Great-Martyr Nicetas

Gal 3:23-4:5; Mk 6:30-45

09:00 am Divine Liturgy

### Friday, September 16

Post-feast of the Cross; Holy Great-Martyr Euphemia *Abstinence from meat and foods that contain meat.*

Gal 4:8-21; Mk 6:45-53

No Services

### Saturday, September 17

Saturday after the Exaltation of the Cross; Holy Martyr Sophia, & 3 Daughters Faith, Hope and Love

1 Cor 1:26-29; Jn 8:21-30

08:00 am Divine Liturgy

04:30 pm Confessions

06:00 pm Great Vespers

### Sunday, September 18

Sunday after the Exaltation of the Cross. Octoechos 6. Venerable Father Eumenes, Bishop of Gortyna

Gal 2:16-20; Mk 8:34-9:1

08:00 am Divine Liturgy [Ukr] (for parishioners)

10:00 am Divine Liturgy [Eng] (for parishioners)

07:00 pm Cinema Divina