



# HOLY EUCHARIST

## UKRAINIAN CATHOLIC CHURCH

Українська Католицька Церква Пресвятої Євхаристії

Sunday, September 18, 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 after the Exaltation of the Cross. Octoechos Tone 6

*Venerable Father Eumenes*

### Antiphon 1

O God, my God, hear me; why have You forsaken me? The words of my transgressions put salvation far from me.

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

O God, I will call to You by day but You will not listen; and by night, yet it will not be foolish of me.

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

But You, the praise of Israel, dwell in the holy place.

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

Glory... Now... Only-begotten Son...

### Antiphon 3

Come, let us sing joyfully to the Lord, let us acclaim God, our Saviour.

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

Let us come before His face with praise, and acclaim Him in psalms.

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

For God is the great Lord, and the great king over all the earth.

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

### Entrance

Come, let us worship and fall down before Christ.

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

### Troparia and Kontakia

*Troparion, Tone 6:* Angelic powers were upon Your tomb\* and the guards became like dead men;\* Mary stood before Your tomb\* seeking Your most pure body.\* You captured Hades without being overcome by it.\* You met

the Virgin and granted life.\* O Lord, risen from the dead,\* glory be to You!

*Troparion, 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.

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

*Kontakion, Tone 6:* With His life-giving hand\* Christ our God, the Giver of life,\* raised all the dead from the murky abyss\* and bestowed resurrection upon humanity.\* He is for all the Saviour,\* the resurrection and the life, and the God of all.

Now and for ever and ever. Amen.

*Kontakion, Tone 4:* By Your own choice, O Christ our God,\* You were lifted on the cross.\* Grant Your mercies to Your new community\* that bears Your Name.\* By Your power gladden the faithful people,\* and grant them victory against enemies.\* May they have the help of Your instrument of peace,\* the invincible sign of victory.

### Prokeimenon, Tone 7

Exalt the Lord our God,\* and bow in worship at the footstool of his feet, for it is holy.

*verse:* The Lord reigns, let the people tremble. (Psalm 98:5,1)

### Epistle - Galatians 2:16-20

Brothers and Sisters, knowing that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified. But if, while we seek to be justified by Christ, we ourselves

**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

also are found sinners, is Christ therefore a minister of sin? Certainly not! For if I build again those things which I destroyed, I make myself a transgressor. For I through the law died to the law that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

**Alleluia, Tone 1**

*verse:* Remember Your congregation which You acquired from the beginning.

*verse:* But God is our king before the ages; He has wrought salvation in the midst of the earth. (Psalm 73:2,12)

**Gospel - Mark 8:34-9:1**

The Lord said, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For

whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels." And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."

**Hymn to the Mother of God**

O my soul, magnify the most precious cross of the Lord.

*And the Imros, Tone 8:* You are a mystical Paradise, O Mother of God, who though untitled, have brought forth Christ. He has planted upon earth the life-giving Tree of the Cross. Therefore today as we raise it on high we bow low and we magnify you.

**Communion Hymn**

Praise the Lord from the heavens;\* praise Him in the highest. (Psalm 148:1)\*Let the light of Your countenance, O Lord,\* shine upon us.\* Alleluia, alleluia,\* alleluia. (Psalm 4:7)

**At the end of Liturgy we sing:**

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. (3)

## The Welcome Home

The Welcome Home has begun a new season and is in need of items for our weekly Food Bank program. The cost of living is a challenge for many of our folks and our food bank is as important as ever! Also, Thanksgiving will be upon us soon enough and we will be preparing hampers for our families again. Non-perishables that are needed now include:

- *Proteins:* canned ham, chicken, tuna, salmon, sardines and beans.
- *Sides:* KD-Kraft dinner, rice, side kicks, minute noodles, packets of porridge, dry chicken noodle soup.
- *Canned goods:* vegetables, tomatoes, pasta sauces.
- *Extras:* instant coffee, breakfast cereals, puddings, canned fruit or fruit cups, cookies.
- *Hygiene items:* individual size shampoo, conditioner, deodorant, face soap, lotions, lip balm.



Your kindness and generosity are always welcomed with grateful hearts and prayers for God's blessing on you and your loved ones. If you are looking for something meaningful to do, please consider volunteering your time! Give us a call! 204-946-5352.

**N.B. Bring you donations to Holy Eucharist on Sunday and we will deliver them for you!**



## ANNOUNCEMENTS

We will continue our **Thrift Sale** this coming Tuesday and Wednesday (September 20 & 21) from 1:00-8:00 pm. Please share the news!

There will be a meeting on Thursday, September 22 at 2:30 pm in the Parish Centre for all **Bingo Volunteers** (new and old) for the final parish Bingo (which will be in mid-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.

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

**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.

The **Ukrainian Park Annual Fundraiser** will have a “No Show Banquet” on Saturday October 22, 2022. This year's event requires your donations to support, preserve and continue the upkeep of the park as the natural, prayerful and relaxing place we have all known for so many years. Efforts are underway to upgrade and renew the main camp kitchen facilities requiring an amount to be raised of \$180,000.00. Tickets are \$80.00 each allowing participation in an Elimination Draw for a chance to win \$1000.00. Your ticket includes a fifty-dollar tax receipt acknowledging your generous support of our park. (Draw only tickets with no donation portion are also available for \$30.00 each) The Elimination Draw will take place at the Archeparchy Chancery 233 Scotia St., attendance is limited to invitation. We look

forward to the return of our youth and children camps in the 2023 Summer. Ticket sales end on October 19, 2022. Contact Taras Veryha at 204-254-4466 or at parkdirect@archeparchy.ca.

**Annual Life Chain** will be on Sunday, October 2, 2:00-3:00 pm at 665 Willian Ave. at Sherbrook. Be a witness for life!



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Holy Eucharist Parish presents

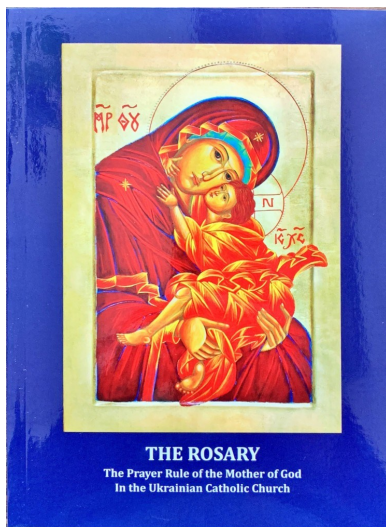
**Cinema Divina**

Seeing movies through the lens of scripture

**7:00 pm Sunday  
September 18**

460 Munroe Ave, Winnipeg  
Telephone: 204 881-3150

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**Now Available at the  
Parish Bookstore!**

**Special Price of \$15**

### Prayer of Elders of Optina

O Lord, grant that I may meet all that this coming day brings to me with spiritual tranquility. Grant that I may fully surrender myself to Your holy Will. At every hour of this day, direct and support me in all things. Whatsoever news may reach me in the course of the day, teach me to accept it with a calm soul and the firm conviction that all is subject to Your holy Will. Direct my thoughts and feelings in all my words and actions. In all unexpected occurrences, do not let me forget that all is sent down from You. Grant that I may deal straightforwardly and wisely with every member of my family, neither embarrassing nor saddening anyone. O Lord, grant me the strength to endure the fatigue of the coming day and all the events that take place during it. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

### Please remember in your prayers our parishioners!

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

Offerings	Sunday, Sep 04	Sunday, Sep 11
Envelopes	\$ 1570.00	\$ 1785.00
Open collection	\$ 42.05	\$ 53.00
Candles	\$ 5.25	\$ 9.00
Mission	\$ 50.00	\$ 30.00
Andrew's Pence	\$ 0.00	\$ 90.00
Seminary	\$ 0.00	\$ 20.00
Direct Deposit	\$ 545.00	\$ 0.00
Sacred Art	\$ 0.00	\$ 0.00
CCCB	\$ 0.00	\$ 0.00
<b>Total</b>	<b>\$ 2212.30</b>	<b>\$ 1987.00</b>

## Parish Schedule September 18-25, 2022

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

### 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

### Monday, September 19

Post-feast of the Cross; Holy Martyrs Trophimus, Sabbatius and Dorymedontus  
Gal 4:28-5:10; Mk 6:54-7:8  
*No Services*

### Tuesday, September 20

Post-feast of the Cross; Holy Great-Martyr Eustathius and those with him (276-82). Gal 5:11-21; Mk 7:5-16  
09:00 am Divine Liturgy (Karen Genaille by Curtis Shupenia)  
07:00 pm Adult Faith Inquiry Class

### Wednesday, September 21

Leave-taking of the Cross; Holy Apostle Codratus of Magnesia. Gal 6:2-10; Mk 7:14-24  
09:00 am Divine Liturgy (+Helen and +Mike Slobodian by Family)  
12:30 pm Seniors Club

### Thursday, September 22

Holy Priest-Martyr Phocas; Holy Prophet Jonah; Venerable Jonah the Presbyter  
Eph 1:1-9; Mk 7:24-30  
06:30 am Prayer for Families  
02:30 pm Meeting for Bingo Volunteers

### Friday, September 23

Conception of the Honourable and Glorious Prophet, Forerunner and Baptist John  
*Abstinence from meat and foods that contain meat.*  
Gal 4:22-31; Lk 1:5-25  
09:00 am Divine Liturgy

### Saturday, September 24

Holy First-Martyr and Equal-to-the-Apostles Thekla  
1 Cor 10:23-28; Mt 24:34-44  
09:00 am Divine Liturgy  
10:00 am First Confessions  
04:30 pm Confessions  
06:00 pm Great Vespers

### Sunday, September 25

16th Sunday after Pentecost. Octoechos Tone 7.  
Venerable Mother Euphrosyne  
2 Cor 6:1-10; Mt 25:14-30  
08:00 am Divine Liturgy [Ukr] (for parishioners)  
10:00 am Divine Liturgy [Eng] (for parishioners) - Solemn Communion