



Campaign Life Coalition Presents

LIFE CHAIN

◆ SUNDAY · OCT · 5 · 2025 ◆

TIME: 2-3 PM

Join thousands across Canada standing against abortion in a peaceful, prayerful demonstration!

LOCATION: Great Northern Rd & Willoughby St

CONTACT: Bill Murphy 705-759-6086

campaignlifecoalition.com/life-chain | 1-800-730-5358 | lifechain@clife.ca

Campaign Life Coalition

@CampaignLife

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CampaignLifeTV



ST. MARY'S CATHOLIC CHURCH

(Byzantine-Ukrainian Rite)

293 St. George's Avenue East
Sault Ste. Marie, Ontario
P6B 6E8 Phone: (705) 942-1377

Established in 1917



DIVINE LITURGY

Saturday: 4:15 pm. - all in English

Sunday: 9:30 am. - all in Ukrainian

11:00 am. - all in English

BAPTISM: by prior arrangement

MARRIAGE: Please call the parish office
3 months notice is required.

RECONCILIATION:

Saturday: 3:15 - 3:45 pm.

Before & after weekday Liturgy

Anytime by appointment

SACRAMENT OF THE SICK

HOME VISITATION:

Please call the parish office to make arrangements.

WELCOME to our parish...Enter expectantly...

Breathe prayerfully....

Worship reverently...

Relax restfully...

Greet others in love...

Leave touched by God, & come again soon!

Parish Priest:	Rev. Michael Hayes	Cell Phone: 705-297-7489 pastor.soostmaryukr@outlook.com
Office Manager:	Charlotte Conrad	
Office Hours: Tuesday-Friday 10am-4pm Closed on statutory holidays		
Parish Phone: 705-942-1377 Parish Email: soostmaryukr@outlook.com Website: www.stmarysukrssm.ca Facebook: www.facebook.com/StMarySoo		

We are each of us angels with only one wing...
And we can fly embracing each other...
Luciano DeCrenzcenzo

September 14, 2025 – ☩ The Universal Exaltation of the Precious and Life-Giving Cross.

Intentions this Sunday

Saturday at 4:15pm: +Karen Conway (req. by the Thursday Perogy Makers); Sunday at 9:30am: Parishioners; Sunday at 11am: +Karen Conway (req. by family).

First Antiphon

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.

Third Antiphon

The Lord reigns, let the peoples tremble;* He is enthroned upon the cherubim, let the earth quake.

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.

Great is the Lord in Sion* and supreme above all peoples.
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.

Let them profess Your great name* for it is awesome and holy.
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.

Entrance

Exalt the Lord our God and bow in worship at the footstool of His feet for it is holy.

Troparia and Kontakia

Troparion, Tone 1: Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against

Перший антифон

Боже, Боже мій, зваж на мене, чому Ти оставив мене?* Далеко від спасення мого слова гріхопадінь моїх. *Молитвами Богородиці,* Спасе, спаси нас.*

Боже мій, закличу вдень і не вислухаєш,* і вночі, і не в безумство мені. *Молитвами Богородиці,* Спасе, спаси нас.*

А Ти у святому живеш,* хвало ізраїлева. *Молитвами Богородиці,* Спасе, спаси нас.*

Слава. І нині. Єдинорódний Сýну.

Третій антифон

Господь воцарився, нехай гніваються люди,* возсідає на херувимах, нехай порушиться земля.

Тропар (г. 1): Спасі, Гóсподи, люде́й Твоі́х* і благослові насліддя Твоє,* перемо́ги благові́рному наро́дові на супро́тивників дару́й* і хресто́м Твоі́м* охорони́ люд Твій.

Господь у Сіоні великий* і високий є над усіма людьми.

Тропар (г. 1): Спасі, Гóсподи, люде́й Твоі́х* і благослові насліддя Твоє,* перемо́ги благові́рному наро́дові на супро́тивників дару́й* і хресто́м Твоі́м* охорони́ люд Твій.

Нехай ісповіда́ться імені Твоє́му вели́кому,* бо стра́шне і свя́те воно́.

Тропар (г. 1): Спасі, Гóсподи, люде́й Твоі́х* і благослові насліддя Твоє,* перемо́ги благові́рному наро́дові на супро́тивників дару́й* і хресто́м Твоі́м* охорони́ люд Твій.

Вхідне

Вознесі́ть Го́спода Бо́га на́шого і поклоня́йтеся підні́жжю ні́г Йо́го, бо свя́те воно́

Тропарі й кондаки

Тропар (г. 1): Спасі, Гóсподи, люде́й Твоі́х* і благослові насліддя Твоє,* перемо́ги благові́рному наро́дові на

What are the Holy Days and Why are they Important?

Our older parishioners might remember a time when the Holy Days were serious business. To miss Church on a Holy Day without good reason was considered mortally sinful. And then, all of a sudden, this was all relaxed—about 50 or 60 years ago. The days one went to Church (other than Sunday) were reduced to Christmas and Good Friday. Any talk of the Holy Days pretty much disappeared. We went from one extreme to the other: From being barred from communion for missing the Holy Days (without confession) to Holy Days disappearing altogether.

Here's the thing: They never disappeared and they're still important. They are commemorations of the central events and people of salvation history. The Church insists we attend the Divine Liturgy on these days so that we encounter the awesome reality that these feasts communicate to us and to give thanks to God for them. They are an opportunity to experience God's work in the world, in history, and in our lives. When the Church insists we participate in the Liturgy on these days, she does so as a caring mother, teacher, and guide so that we can experience all that God has in store for us. May we pay heed to the Church's instruction, lest we miss out on the gift of salvation communicated to us in these feast days.

When are the Holy Days of Obligation?

Among all Christians, the primary Holy Day is Sunday, on which we celebrate the weekly commemoration the Lord's Resurrection. We are to attend the Divine Liturgy every Sunday and to refrain from unnecessary work so that we may, as the Thanksgiving Hymn after communion says, 'Meditate all the day upon Your (God's) justice'.

For us, as members of the Ukrainian Greek-Catholic Church, the other Holy Days of Obligation are as follows (other Catholic jurisdictions have different lists of days):

- Nativity of the Mother of God (September 8)
- Exaltation of the Holy Cross (September 14)
- Entrance of the Mother of God into the Temple (November 21)
- Nativity of Our Lord Jesus Christ (December 25)
- Theophany of Our Lord Jesus Christ (January 6)
- Encounter of Our Lord in the Temple (February 2)
- Annunciation of the Mother of God (March 25)
- Ascension of Our Lord (40th Day after Pascha, always on a Thursday)
- Chief Apostles Peter and Paul (June 29)
- Transfiguration of Our Lord (August 6)
- Dormition of the Mother of God (August 15)
- Your parish's patronal feast day, if not one of the feasts listed above

On these days, parish clergy are required to offer the Divine Liturgy, with the intention being for all parishioners, and the faithful are required to attend the Divine Liturgy. Again, this requirement is not of a heartless drillmaster demanding obedience, but of a caring mother, teacher, and guide who desires us to encounter the Lord and receive all He has to offer us.

So when these days come up, please make an effort to attend the Liturgy or, if that's not possible, Vespers the evening before. Or come to both! – Fr. Michael



Starting on Thursday
September 25, 2025 at 6:00 PM
St. Veronica's Church (559 Douglas St.)

Alpha is a series of sessions exploring the basics of
Christian faith and is designed to create
conversation. (11 week event)

Register at www.veronica.church
or call the office at (705) 253-9411

IS THERE MORE TO LIFE THAN THIS?

Free
Meal

Inspiring
Video

Answers to
life's big
questions



"Remind me never to ask the Youth Group
to help fold the church bulletins again."

enemies,* and protect Your community by Your cross.

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

Instead of Holy God

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

Glory be to the Father and to the Son and to the Holy Spirit.
Now and forever and ever. Amen.

And we glorify Your holy Resurrection.

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

Prokeimenon

Tone 7: Exalt the Lord our God,* and bow in worship at the
footstool of his feet, for it is holy.

Repeat: 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.

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

Epistle 1 Corinthians 1:18-24

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.

Gospel John 19:6-11, 13-20, 25-28, 30-35

Hymn to the Mother of God, in the place of It is truly right

O my soul, magnify the most precious cross of the Lord.
You are a mystical Paradise, O Mother of God, who though
untilled, 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

Let the light of Your countenance, O Lord,* shine upon us.*
Alleluia, alleluia,* alleluia.

At the end of Liturgy we sing:

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

супротивників даруй* і хрестом Твоїм* охороні люд Твій.

Слава Отцю, і Сіну, і Святому Духові. І нині, і повсякчас, і
на віки віків. Амінь.

Кондак (г. 4): Вознісся Ти на хрест добровільно.* Новому
людові Твоєму, що Твоє ім'я носить,* даруй щедроти Твої,
Христе Боже.* Возвесели силою Твоюю благовірний
народ,* перемоги на супротивників дай йому,* що за поміч
має Твоє оружжя миру, непоборну перемогу.

Замість Трисвятого

Хресту Твоєму поклоняємось, Владико, і святее
воскресіння Твоє славім (3).

Слава Отцю, і Сіну, і Святому Духові, і нині, і повсякчас, і
на віки віків. Амінь.

І святее воскресіння Твоє славім.

Хресту Твоєму поклоняємось, Владико, і святее
воскресіння Твоє славім.

Прокімен

(г. 7): Вознесіть Господа Бога нашого і поклоняйтеся
підніжжю ніг Його, бо святе вонό.

Всі: Вознесіть Господа Бога нашого і поклоняйтеся
підніжжю ніг Його, бо святе вонό.

Стих: Господь воцарівся, нехай обурюються народи.

Всі: Вознесіть Господа Бога нашого і поклоняйтеся
підніжжю ніг Його, бо святе вонό.

Апостол 1 Кор. 1, 18-24

Алилуя (г. 1)

Стих: Пом'яни громаду Твою, яку придбав Ти від початку.

Стих: Бог же – цар наш спередвіку, учинив спасіння
посеред землі.

Євангеліє Ів. 19, 6-11, 13-20, 25-28, 30-35

Замість Достойно

Величай, душе моя, пречесний хрест Господній.

Таїнственный рай Ти, Богородице, що неводільно
виростила Христа. Він на землі насадив хресне життєносне
дерево. Йому, що його нині возносять, поклоняючися, Тебе
величаємо.

Причасний

Знаменувалося на нас* світло лиця Твого, Господи.*
Алилуя, алилуя,* алилуя.

Після літургії співаємо:

Хресту Твоєму поклоняємось, Владико, і святее
воскресіння Твоє славім (3).

Liturgical Schedule

Monday, Sept 15 ☩ The Holy Great-Martyr Nicetas.	Galatians 2:11-16 Mark 5:24-34			
Tuesday, Sept 16 ☩ The Holy Great-Martyr Euphemia, the All-Famed.	Galatians 2:21-3:7 Mark 6:1-7			
Wednesday Sept 17 Holy Martyr Sophia, and Her Three Daughters Faith, Hope, and Love.	Galatians 3:15-22 Mark 6:7-13	10am	Rosary and Divine Liturgy	
Thursday, Sept 18 Our Venerable Father Eumenes, Bishop of Gortyna, Wonderworker.	Galatians 3:23-4:5 Mark 6:30-45			
Friday, Sept 19 The Holy Martyrs Trophimus, Sabbatius, and Dorymedontus.	Galatians 4:8-21 Mark 6:45-53			<i>Abstain from meat and meat products.</i>
Saturday, Sept 20 Saturday after the Exaltation of the Holy Cross	1 Corinthians 1:26-29 John 8:21-30	4:15pm 5:30pm	Divine Liturgy (English) Great Vespers	Intention: +Mary, +Steve, +Dennis Tarasuk
Sunday, Sept 21 Sunday after the Exaltation of the Holy Cross;	Galatians 2:16-20 Mark 8:34-9:1	9:30am 11am	Divine Liturgy (Ukrainian) Divine Liturgy (English)	Intention: Parishioners Intention: Parishioners

Other Events This Week

- Monday, Sept 15 – Senior Exercise Clas from 11-11:30am
- Wednesday, Sept 17 – Senior Exercise Class from 11-11:30am.
- Thursday, Sept 18 – Cabbage Roll and Perogy making from 7am to noon. Lunch is provided.
- Sunday, September 21 – All-You-Can-Eat Brunch 10am-12:30pm.

ANNOUNCEMENTS

- We welcome our guests and visitors. Thank you for worshipping with us!
- LIFE CHAIN: Sunday, October 5 from 2-3pm at the corner of Great Northern Rd and Willoughby St. A yearly silent and prayerful demonstration in support of the most vulnerable and least protected members of society: the unborn. Every year, approximately 100,000 are killed in Canada. All are invited to stand in silent witness.
- THANK YOU to all who contributed to last week’s Praznyk celebration.
- BRUNCH NEXT WEEKEND: Sunday, September 21, 10am-12:30pm. Adults \$15; children (6-12) \$6; children 5 and under: free. Tell your friends!
- Want to get to know Jesus better? Consider joining ALPHA at St. Veronica’s Parish, starting September 26 at 6pm. Each session involves a meal, a video about our faith, and then a discussion about the video. Register at www.veronica.church.

Outreach to Homebound Parishioners: Know of someone who might like a priest’s visit? Contact the office or Fr. Michael to arrange.

PRAYER LIST OF SICK, SHUT-INS, AND DEAR ONES FAR AND NEAR: Lorraine Wilson, Msgr. Anton Szymychalski, Fr. Jaroslaw Lazoryk, Wanda Duczmal, Debbie Bromeley, Antoinette Blunt, Katherine Pasternak, Walter Borowicz, Pat Stratichuk, Elsie

Barrett, Betty Pauliuk, Doris Lebel, Jo-Anne Stone, Denise Jacques, Phil Marinelli, Theresa Barsanti, Patty-Ann Bellerive, Jim Parniak, Connie Sampson, Fr. Oleh Yuryk, Fr. John Barszczyk, Dorothy McIntyre, Andrea Stone Pietramale, Lynn Dunne, Fr. Andrew Kormanik, Ray Robinson, Hunter Stone, Gavin Stone, Gerard Dosko, Anderson Knight, Jann, Ron Barasanti, Peter Harlow, Larisa Pochmursky, Elizabeth Cepecawer, MaryAnn & Art Spadoni, Paul Taillefer, Erin, Dave Kowalyk, Mary Romanchuk, McGill Perry, Tammy Zalewski, Fernando Mannarino, Dave Redfern, Ora, Paul M, June, Bob, Dustin Wenmany and Tracey Burmaster, Mel Stanghetta, Norna Martynuck, Sylvie B, Bill McConnell, Anastasiia Pavliuk, Wanda Featherston, Roger McMillan, Clark Hutton, Gerry, Moira O’Pallie, Chris Applejohn, Barb and Gerry.

Lord, Jesus Christ, You Who travelled throughout Galilee healing the sick, enabling the blind to see and the lame to walk, bring healing to Your people who need it this day. Grant relief to the ones who suffer pain and physical torment. Give peace to those whose minds are tortured by mental illness and anxiety. Comfort those who are alone in their suffering; may Your people reach out to them and to all the needy this day. Send Your grace to the caregivers that they may be gentle and effective agents of Your loving mercy. May our sufferings be joined with Yours to bring healing throughout the world. Amen

DONATIONS - Sunday, September 7/25

Collection: \$610.00 – Building Fund: \$145.00 – Church New Year: \$70.00
Online donations received via Canada Helps (August 2025): \$675.50

THANK YOU!

“On Call Priest”

A priest is available in the city for emergencies 24/7. You can notify the chaplain, nurse or nursing home coordinators to contact the priest ON CALL. (705-256-6675)

HOST FAMILIES NEEDED

The NET (National Evangelization Team) is a group of mature, faith filled young adults (ages 18-30) that will be in Sault Ste. Marie offering Confirmation and School Retreats October 10-20. Host Families are needed to provide a place for the missionaries to sleep during their stay (Missionaries are prepared to sleep on couches and floor spaces if no beds are available). A host family also provides meals during the Team's stay. Host families take in two or more same gendered team members. If you are able to assist by providing accommodations for some or all of this time period, please reach out to Stephanie Parniak by Monday September 29th at stephanie.parniak@hscdsb.on.ca or by calling 705-989-5454.

The Little Word “But” – From: Grace in Every Season

“But” is a strange little word. It is small but powerful, and can be used to break the family spirit of charity. This is especially true when it is used to, not always deliberately but at least semi-deliberately, to undermine morale. It also undermines authority.

Let’s take an example. Someone begins the conversation, “That was a good meeting and so-and-so was really terrific, *but...*” And with a few sentences, the person sows in the the minds of others doubts, hostilities, tensions, anxiety, and a host of questions that needn’t have arisen.

That is how a little word of three letters can smash the family spirit of charity in two minutes. It can do more than that. Someone is given a task to do so. Listen to the response: “But look, I have to do this...” or “But I haven’t finished this...” or, “But one moment, don’t you think it woud be better to do it this way?” “But...but...but...” There are so many *but*s in our conversations that it almost makes me cry!

The little word *but* is the very soul or argumentativeness and rationalization. Used in this way, it is better left out of your conversation.

You can bring it when someone praises you; then you can say, “But you don’t know me...I’m not as good as all that.” Then it will be in its proper place.