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

Luciano DeCrenzenzo

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**March 8, 2026** Third Sunday of the Great Fast: Veneration of the Holy Cross; Octoechos Tone 6; Our Venerable Father and Confessor Theophilactus, Bishop of Nicomedia.

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*Intentions this Sunday*

Saturday at 4:15pm: Parishioners; Sunday at 9:30am: Parishioners; Sunday at 11am: Parishioners.

***First Antiphon***

Shout to the Lord, all the earth,\* sing now to His name, give glory to His praise.\* *Through the prayers of the Mother of God,\* O Saviour, save us.*

Say unto God, "How awesome are Your works!\* Because of the greatness of Your strength Your enemies will flatter You".\* *Through the prayers of the Mother of God,\* O Saviour, save us.*

Let all the earth worship You and sing to You,\* let it sing to Your name, O Most High!\* *Through the prayers of the Mother of God,\* O Saviour, save us.*

Glory. Now. Only-begotten Son.

***Third Antiphon***

Come, let us sing joyfully to the Lord,\* let us acclaim God, our Saviour. *Son of God, risen from the dead,\* save us who sing to You: Alleluia.*

Let us come before His face with praise,\* and acclaim Him in psalms.\* *Son of God, risen from the dead,\* save us who sing to You: Alleluia.*

For God is the great Lord,\* and the great king over all the earth.\* *Son of God, risen from the dead,\* save us who sing to You: Alleluia.*

***Entrance***

Come, let us worship\* and fall down before Christ.\* *Son of God, risen from the dead,\* 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

***Перший антифон***

Воскликніть Господеві, вся зємле,\* співайте ж імені Його, віддайте славу в хвалі Йому! *Молитвами Богородиці,\* Спасе, спаси нас.*

Скажіть Бóгові: як страшні діла Твої!\* У мно́жестві сили Твоїї леститимуть Тобі ворогі Твої. *Молитвами Богородиці,\* Спасе, спаси нас.*

Вся зємля нехай поклóниться Тобі і співає Тобі,\* нехай же співає імені Твоєму, Всевішній!\* *Молитвами Богородиці,\* Спасе, спаси нас.*

Слава. І нині. Єдинорóдний Сїну.

***Третій антифон***

Прийдіте, возрадуємся Господеві, воскликнім Богу, Спасителеві нашому. *Спасі нас, Сїну Бóжий,\* що воскрес із мєртвих, співаємо Тобі: Аلیلїя.*

Ідїм перєд лицєм Його з ісповіданням, і псалма́ми воскликнім Йому. *Спасі нас, Сїну Бóжий,\* що воскрес із мєртвих, співаємо Тобі: Аلیلїя.*

Бо Бог – великий Господь і цар великий по всій зємлі. *Спасі нас, Сїну Бóжий,\* що воскрес із мєртвих, співаємо Тобі: Аلیلїя.*

***Вхідне***

Прийдіте поклóнїмся\* і припадїм до Христа.\* *Спасі нас, Сїну Бóжий,\* що воскрес із мєртвих, співаємо Тобі: Аلیلїя.*

***Тропарі й кондаки***

*Тропар воскресний (г. 6):* А́нгельські сили – на гробі Твоїм,\* а сторо́жа омертвіла.\* Ма́рія ж стояла у гробі,\* шукаючи пречістого тіла Твого.\* Полонїв Ти ад, та не перемóжений ним,\* зустрїв Ти Дїву, даруючи життя.\* Воскрєслий з

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.  
Now and forever and ever. Amen.

*Kontakion, Tone 7:* No longer does the flaming sword guard the gate of Eden;\* the tree of the Cross has quenched its flames gloriously.\* The sting of death and the victory of Hades are banished,\* and You O my Saviour came and called to those in Hades: "Return again to Paradise!"

**Instead of Holy God, we sing:**

To Your Cross, O Master,\* we bow in veneration,\* and we glorify Your holy Resurrection!

**Prokeimenon**

*Tone 6:* Save Your people, O Lord, and bless Your inheritance.

*Repeat:* 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.

*Repeat:* Save Your people, O Lord, and bless Your inheritance.

**Epistle** Hebrews 4:14-5:6

**Alleluia, Tone 8**

*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** Mark 8:34-9:1

**Hymn to the Mother of God**

In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider that all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

**Communion Hymn**

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

**At the end of Liturgy:**

To Your Cross, O Master,\* we bow in veneration,\* and we glorify Your holy Resurrection! (3 times)

мертвих Господи, слава Тобі.

*Тропар Хресту (г. 1):* Спасі, Господи, люде́й Твои́х\* і благослові насліддя Твоє,\* перемо́ги благовірному наро́дові на супротивників даруй\* і хресто́м Твои́м\* охорони́ люд Твій.

Слава Отцю, і Сину, і Святому́ Духові. І ніні, і повсякчас, і на віки віків. Амінь.

*Кондак Хресту (г. 7):* Вже полум'яне ору́жжя не охороняє врат єде́мських,\* на ньо́го бо прийшло пресла́вне пога́шення – Дре́во хре́сне;\* сме́рти жало́ і а́дову перемо́гу про́гнано,\* і став Ти, Спа́се мій,\* пе́ред ти́ми, що в а́ді, кли́чучи:\* Уви́дїть зно́ву в рай.

**Замість Трисвятого:**

Хресту́ Твоє́му поклоня́ємось, Владі́ко, і святе́е воскресі́ння Твоє́ сла́вим!

**Прокімен**

*(г. 6):* Спасі, Господи, наро́д Твій і благослові́ спадко́ємство Твоє́.

*Всі:* Спасі, Господи, наро́д Твій і благослові́ спадко́ємство Твоє́.

*Стих:* До Те́бе, Господи, взива́тиму, Бо́же мій, щоб не відверта́вся Ти мо́вчки від ме́не.

*Всі:* Спасі, Господи, наро́д Твій і благослові́ спадко́ємство Твоє́.

**Апостол** Євр. 4, 14 – 5, 6

**Алилуя (г. 8)**

*Стих:* Пом'яні́ грома́ду Твою́, яку придба́в Ти від поча́тку.

*Стих:* Бог же – цар наш спе́редвіку, учини́в спасі́ння посе́ред землі́.

**Євангеліє** Мк. 8, 34 – 9, 1

**Замість Достойно співаємо:**

Тобо́ю ра́дується, Благода́тная, все твори́ння, а́нгельський собо́р і лю́дський ри́д, освя́чений хра́ме і ра́ю словесний, дівства похвало́, із яко́ї Бог воплоти́вся і младе́нцем став – пе́ред віка́ми су́щий Бог наш. Лоно́ бо твоє́ престо́лом сотвори́в і утро́бу твою́ простори́шою небес учи́нів. Тобо́ю ра́дується, Благода́тная, все твори́ння, сла́ва то́бі.

**Причасний**

Знаменува́лося на нас сві́тло лиця́ Твого́, Господи.\*  
Алилу́я, алилу́я,\* алилу́я.

**Після Літургії**

Хресту́ Твоє́му поклоня́ємось, Владі́ко, і святе́е воскресі́ння Твоє́ сла́вим! (3)

## Liturgical Schedule

<b>Monday, March 9</b> + The Holy Forty Martyrs of Sebaste.	Isaiah 14:24-32 Genesis 8:21-9:7 Proverbs 11:19-12:6			<i>Abstinence from meat and foods that contain meat.</i>
<b>Tuesday, March 10</b> The Holy Martyr Codratus and those with him: Cyprian, Nika, Halyna, and others.	Isaiah 25:1-9 Genesis 9:8-17 Proverbs 12:8-22			
<b>Wednesday, March 11</b> Our Holy Father Sophronius, Patriarch of Jerusalem.	Isaiah 26:21-27:9 Genesis 9:18-10:1 Proverbs 12:23-13:9			<i>Abstinence from meat and foods that contain meat.</i>
<b>Thursday, March 12</b> Our Venerable Father and Confessor Theophanes of Sigriana.	Isaiah 28:14-22 Genesis 10:32-11:9 Proverbs 13:19-14:6			
<b>Friday, March 13</b> The Transfer of the Relics of Our Holy Father Nicephorus, Patriarch of Constantinople.	Isaiah 29:13-23 Genesis 12:1-7 Proverbs 14:15-26	5pm	Liturgy of the Presanctified Gifts and Panakhyda for All Souls	<i>Abstinence from meat and foods that contain meat.</i>
<b>Saturday, March 14</b> All Souls Saturday; Our Venerable Father Benedict of Nursia.	Hebrews 6:9-12 Mark 7:31-37	4:15pm 5:30pm	Divine Liturgy (English) Great Vespers	Intention: Parishioners
<b>Sunday, March 15</b> Fourth Sunday of the Great Fast	Hebrews 6:13-20 Mark 9:17-31	9:30am 11am	Divine Liturgy (Ukrainian) Divine Liturgy (English)	Intention: Parishioners Intention: Parishioners

## Other Events This Week

Monday, March 9 at 11am: Senior Exercise Class

Wednesday, March 11 at 11am: Senior Exercise Class

Thursday, March 12 at 7am: Perogy and Cabbage roll making. Lunch provided.

Saturday, March 14 at 7pm: Narcotics Anonymous

Sunday, March 15: All-you-can-eat brunch from 10am-12:30pm.

## ANNOUNCEMENTS

1. We welcome our guests and visitors. Thank you for worshipping with us!
2. On the Sundays of Lent, we offer the Divine Liturgy of St. Basil the Great. See the supplement provided containing the texts which differ from the usual Liturgy of St. John Chrysostom. Expect the Liturgy to take 10-15 minutes longer than usual.
3. ALL SOULS SATURDAY this weekend. There will be a Panakhyda after Presanctified Liturgy on Friday commemorating all of the faithful departed.
4. All-you-can-eat brunch next Sunday from 10-12:30pm. Adults \$15; Children (6-12) \$6; Children (under 5) free.
5. ALL-DAY CONFESSIONS at Precious Blood Cathedral: Wednesday, March 18<sup>th</sup> from 9:30am-6pm.

6. NOTICE OF ANNUAL GENERAL MEETING: March 22, 2026. There will be one Liturgy that morning at 10am followed by a light lunch and then the meeting at 12pm.
7. Especially during Lent, please remember the many people in our community struggling to put food on their tables, struggling to buy basic self-care and cleaning items. **Let's work to fill our Salvation Army Donation boxes to over-flowing** and show our community that we care for them!!!

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**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, 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 Barsanti, 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, Irene O, Paul M, June, Bob, Dustin Wenmany, 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, Olena Hankivsky, David Bell, Gary Driver, Rod Stone.

*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*

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DONATIONS – March 1, 2026  
Collection: \$495; Building Fund: \$170  
**THANK YOU!!**

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**“On Call Priest”**

A priest is available in the city for emergencies 24/7 at 705-256-6675.

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The Third Sunday of the Great Fast: Veneration of the Holy Cross

***“The Cross is the proof of the love of God. The Cross is the unshaken wall, the unconquered weapon, the Kingdom of virtue. The Cross has torn asunder our mortgage and rendered useless The prison of death. The Cross has opened Paradise; it has admitted the thief and has guided the human race from impending disaster to the Kingdom of God.”***

***St. John Chrysostom***

This Sunday is the halfway point in Lent. Midway on our journey to Holy Week and Pascha, many of us are tiring of our spiritual disciplines. What we approached with joy the first week has now turned into a chore. We have become aware how little love we have in our hearts, which can be very discouraging. For this reason, the Church uses this Sunday to direct our attention to the Cross. The Cross is our strength and our salvation. We look to it and pray to Christ to give us strength to complete this journey. The Gospel passage for this Sunday challenges us again to commit our whole lives to Christ. As Christ was crucified for our salvation, we are called to take up our meager cross and follow Christ by crucifying our sinful desires and surrendering our will to His.

Jesus extends His invitation to us once again to “deny ourselves, take up our cross and follow Him.” According to accepted English dictionaries, “deny” means to refuse, reject, repudiate and/or to declare something untrue. If we limit ourselves to these definitions, we do an injustice to the deeper meaning of

Christian self-denial. For a clearer picture of what Jesus means, we must return to the original Greek text. The Greek is “aparnisastho” and it has the meaning of renunciation and absolute rejection of whatever is incongruous with Jesus’ planned salvation for us.

There are those of us who have a narrow and limited understanding of self-denial. We pick and choose at random what we will give up and what we will do in the name of Christianity. We proceed to label them “Our little crosses we must bear.” “I’ll give up movies and/or TV during lent.” Thus we end up with a list of trivialities that have no bearing on the “self-denial” Jesus speaks about in our gospel lesson for today. Christ-like self-denial goes much deeper. It penetrates the facade which hides our hidden sins, our shortcomings and our faults.

Utter denial does not mean depriving ourselves of the necessities of life, nor does it mean we must become paupers and live in rags. Neither does it mean we must lose our individuality, personality and identity. When Jesus speaks of total and utter denial of self, He means we must subordinate our clamoring ego that prohibits us from being the Children of God we were intended to be. Good intentions are not enough. This is why Jesus says, “If anyone would come after me, let him deny himself and take up his cross and follow me.

“Take up your cross and follow me” means to get started on our journey to salvation. If the road we are on does not have God’s Eternal Kingdom as its destination, then we had better make a U-turn and find the right one!

“Taking up our cross and following Jesus” means trying harder when those moments of calamity, tragedy, sorrow and loss and grief beset us. It means bringing under control our uncontrollable anger, our undue insensitivity, our impatience and impetuosity. It means subduing our temperament and disposition so that we can master them rather than their mastering us.

*For the rest of this reflection, see: <https://sspp.ca/our-faith/liturgical-year/movable-feasts/the-third-sunday-veneration-of-the-holy-cross/>*

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## The Speeding Motorist

Late one night this guy is speeding down an empty road. A police officer sees him go flying past so chases him and pulls him over. The officer goes up to the car and when the man rolls down the window, he asks, “Are you aware of how fast you were going, sir?”

The man replies, “Yes, I am. I’m trying to escape the robbery I got involved in.”

The officer looks at him disbelievingly and asks him, “Were you the one being robbed, sir?”

The man casually replies, “Oh no, I was the one who committed the robbery. I was escaping.”

The officer is shocked and surprised that the man has admitted this so freely. He says, “So you’re telling me you were speeding...AND committed a robbery?”

“Oh yes,” replies the man calmly. “I have all the loot in the back.”

The officer is now starting get angry and says, “Sir, I’m afraid you have to come with me,” as he reaches into the window to take the car keys out of the ignition.

The man shouts, “Don’t do that! I’m afraid that you you’ll find the gun in my glove compartment!” At this the officer pulls his hand out of the window and says, “Wait here,” as he returns to his car for backup.

Soon there are cars, police officers and helicopters over, everywhere you look. The man is quickly dragged out of his car, handcuffed and taken towards a police car.

However, just before he is put in the car and taken away, an officer walks up to him and says, while pointing at the officer that pulled him over, “Sir, this officer tells us that you committed a robbery, have stolen loot in the trunk of your car, and a loaded gun in your glove compartment. However, we didn’t find any of those things in your car.”

The man replies, “Yeah, and I bet that liar said I was speeding too!”