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**Office Hours: Tuesday and Wednesday 11am-3pm
Thursday and Friday 10am-2pm**

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

Luciano DeCrenzenzo

September 13, 2026 Sunday before the Exaltation of the Cross; Octoechos Tone 7; ☩ Commemoration of the Dedication of the Holy Church of the Resurrection of Christ our God; The Forefeast of the Exaltation of the Precious and Life-Giving Cross; The Holy Hieromartyr Cornelius.

Intentions this Sunday

Saturday at 4:15pm: N/A; Sunday at 10am: Parishioners

See insert for the changeable parts of the Liturgy.

Liturgical Schedule

Monday, Sept 14 ⊕ The Universal Exaltation of the Precious and Life-Giving Cross.	1 Corinthians 1:18-24 John 19:6-11, 13-20, 25-28, 30-35	10am	Festal Divine Liturgy	<i>Abstention from meat and foods that contain these ingredients.</i>
Tuesday, Sept 15 ☩ The Holy Great-Martyr Nicetas.	Ephesians 2:19-3:7 Mark 11:11-23			
Wednesday, Sept 16 ☩ The Holy Great-Martyr Euphemia, the All-Famed.	Ephesians 3:8-21 Mark 11:23-26			
Thursday, Sept 17 Holy Martyr Sophia, and Her Three Daughters Faith, Hope, and Love.	Ephesians 4:14-19 Mark 11:27-33			
Friday, Sept 18 Our Venerable Father Eumenes, Bishop of Gortyna, Wonderworker.	Ephesians 4:17-25 Mark 12:1-12			<i>Abstention from meat and foods that contain these ingredients.</i>
Saturday, Sept 19 Saturday after the Exaltation of the Cross	1 Corinthians 1:26-29 John 8:21-30	4:15pm 5:30pm	Divine Liturgy (for Sunday) Great Vespers	Intention: Parishioners
Sunday, Sept 20 Sunday after the Exaltation of the Cross	Galatians 2:16-20 Mark 8:34-9:1	10am	Divine Liturgy (Bilingual-Ukrainian Primary)	Intention: Parishioners

Other Events This Week

Monday, Sept 14 at 11am: Senior Exercise Class

Wednesday, Sept 16 at 11am: Senior Exercise Class

Thursday, Sept 17 at 7am to approx. noon: Perogy and cabbage roll making. Lunch provided.

Saturday, Sept 19 at 7pm: Narcotics Anonymous

Sunday, Sept 20: Brunch from 10am-12:30pm (details below)

ANNOUNCEMENTS

1. We welcome our visitors joining us today for our annual Parish Praznyk! At the end of the Liturgy will be the blessing of students and educators for the beginning of the new academic year. Please join us afterwards for the potluck meal.
2. HOLY DAY THIS WEEK: Exaltation of the Holy Cross on Monday. This is one of the twelve great feasts of the year and a holy day of obligation. The Church expects that we treat this feast like a Sunday—attend the Liturgy if possible, spend extra time in prayer, avoid unnecessary work. It is also a day of fasting from meat and all foods that contain meat.
3. All-you-can-eat brunch next Sunday from 10-12:30pm. Adults \$15; Children (6-12) \$6; Children (under 5) free.

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 Stratchuk, 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, 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, McGill Perry, Tammy Zalewski, Fernando Mannarino, Dave Redfern, Ora, Irene O, Paul M, June, Bob, 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, Diane Czop, Leah Anderson, Darlene, Lanette Nadeau, Marilyn Conway, Dawn Goldstein

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 – September 6, 2026

Collection: \$470 Building Fund: \$320

In Memory of Mary Romanchuk: \$1,000 (Donald Romanchuk)

Previous Donation in Memory of Mary Romanchuk: \$50 (Rita Gilbert)

Church New Year’s Collection: \$10

THANK YOU!!

LOOKING AHEAD:

Sunday, October 25: PASTORAL VISIT OF BISHOP BRYAN

Bishop Bryan will be visiting our parish to serve the Divine Liturgy and to meet parishioners. Please plan to attend this Liturgy at 10am and the fellowship to follow. There will be no Liturgy at 4:15pm on Saturday, October 24.

TODAY IS A GIFT

You may think that today is just another day in your life, and yet it is so much more. Today is a gift that has been given to you, and gratefulness is the only way to respond to it.

Look at this day as the first day of the rest of your life, understanding that tomorrow is never a guarantee.

Everything that happens today will never happen again. The people, the smiles, the touches, and the presence you experience in this day can never be replicated.

Cherish this day, it is truly a gift from God.

Open your heart, open your senses, and see the significance of life all around you.

A Little Humour Sharing

An elderly couple sat down to eat at a fast-food place. They ordered one meal. The husband split the burger in half, counted out the fries evenly and slid one drink between them.

A young man nearby watched for a while then walked over and said, "Sir, please let me buy you another meal for you both."

The old man smiled and said, "Oh no, we've been married over 50 years. We share everything 50/50."

The young man nodded – touched by the love and loyalty.

Then he looked at the wife, who was sitting patiently with her hands folded in her lap. He asked her softly, "Mam, aren't you going to eat?"

She smiled and said, "Not yet... it's his turn to use our teeth."