



THE CATHOLIC PARISH OF THE DORMITION

OF THE MOST HOLY MOTHER OF GOD

ПАРАФІЯ УСПІННІА ПРЕСВ. БОГОРОДНИЦІ

A PARISH OF THE UKRAINIAN CATHOLIC EPARCHY OF EDMONTON

Address:

15608 -104 Avenue,
Edmonton, AB
T5P 4G5

Services:

Sunday Divine Liturgy
(Ukr & Eng) at 10 am

& Melkite (Arabic) D.L.
at 2 pm

Akathist or Molebyn
Most Wednesdays at 6 pm
(see calendar)

Parish Website:

<http://dormition.eeparchy.com>

Twitter:

@dormitionparish

[https://twitter.com/
dormitionparish](https://twitter.com/dormitionparish)

Eparchial Website:

www.eeparchy.com

Pastor:

Fr. Bo Nahachewsky

Fr. Bo's cell phone:

780-340-FR.BO (3726)

Fr. Bo's Email:

fr.bo.nahachewsky
@gmail.com

Sunday, September 8

Sunday before the Exaltation of the Holy Cross, Octoechos Tone 4;
Nativity of Our Most Holy Lady, the Mother of God and Ever-Virgin Mary

The Nativity of our Most Holy Lady the Mother of God and Ever-Virgin Mary

Commemorated on September 8 (article taken from oca.org)



The Nativity of Our Most Holy Lady Theotokos and Ever Virgin Mary: The Most Holy Virgin Mary was born at a time when people had reached such a degree of moral decay that it seemed altogether impossible to restore them. People often said that God must come into the world to restore faith and not permit the ruin of mankind.

The Son of God chose to take on human nature for the salvation of

mankind, and chose as His

Mother the All-Pure Virgin Mary, who alone was worthy to give birth to the Source of purity and holiness.

The Nativity of Our Most Holy Lady Theotokos and Ever Virgin Mary is celebrated by the Church as a day of universal joy. Within the context of the Old and the New Testaments, the Most Blessed Virgin Mary was born on this radiant day, having been chosen before the ages by Divine Providence to bring about the Mystery of the Incarnation of the Word of God. She is revealed as the Mother of the Saviour of the World, Our Lord Jesus Christ.

The Most Holy Virgin Mary was born in the small city of Galilee, Nazareth. Her parents were Righteous Joachim of the tribe of the Prophet-King David, and Anna from the tribe of...



**Making Our Parish Bloom (even more)
Yesterday's Day of Pastoral Visioning**
see next pages for some exciting results.



The Nativity of our Most Holy Lady the Mother of God and Ever-Virgin Mary

... the First Priest Aaron. The couple was without child, since Saint Anna was barren.

Having reached old age, Joachim and Anna did not lose hope in God's mercy. They had strong faith that for God everything is possible, and that He would be able to overcome the barrenness of Anna even in her old age, as He had once overcome the barrenness of Sarah, spouse of the Patriarch Abraham. Saints Joachim and Anna vowed to dedicate the child which the Lord might give them, to the service of God in the Temple.

Childlessness was considered among the Hebrew nation as a Divine punishment for sin, and therefore the righteous Saints Joachim and Anna had to endure abuse from their own countrymen. On one of the feastdays at the Temple in Jerusalem the elderly Joachim brought his sacrifice to offer to God, but the High Priest would not accept it, considering him to be unworthy since he was childless.

Saint Joachim in deep grief went into the wilderness, and there he prayed with tears to the Lord for a child. Saint Anna wept bitterly when she learned what had happened at the Jerusalem Temple. Never once did she complain against the Lord, but rather she prayed to ask God's mercy on her family.

The Lord fulfilled her petitions when the pious couple had attained to extreme old age and prepared themselves by virtuous life for a sublime calling: to be the parents of the Most Holy Virgin Mary, the future Mother of the Lord Jesus Christ.

The Archangel Gabriel brought Joachim and Anna the joyous message that their prayers were heard by God, and of them would be born a most blessed daughter Mary, through Whom would come the Salvation of all the World.

The Most Holy Virgin Mary surpassed in purity and virtue not only all mankind, but also the angels. She was manifest as the



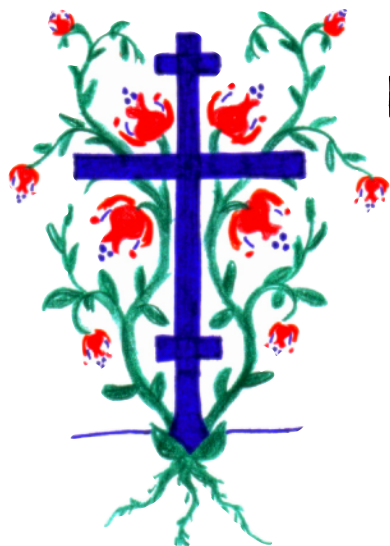
living Temple of God, so the Church sings in its festal hymns: "the East Gate... bringing Christ into the world for the salvation of our souls" (2nd Stikhera on "Lord, I Have Cried", Tone 6).

The Nativity of the Theotokos marks the change of the times when the great and comforting promises of God for the salvation of the human race from slavery to the devil are about to be fulfilled. This event has brought to earth the grace of the Kingdom of God, a Kingdom of Truth, piety, virtue and everlasting life. The Theotokos is revealed to all of us by grace as a merciful Intercessor and Mother, to Whom we have recourse with filial devotion.



Next Sunday we will bless Students, Teachers and others who are part of the school system.

Welcome Fr. Ivan. Today we are joined by Fr. Ivan Nahachewsky a priest of the Eparchy of Saskatoon... and Fr. Bo's older brother.



Making Our Parish Bloom (even more)

Yesterday's Day of Pastoral Visioning



Yesterday, a bunch of our excited parishioners came together to discuss the vision and direction our parish can/should go in.

Some of the things that we have identified as important to address include:

- Making our Sunday Divine Liturgy more beautiful, while keeping it linguistically accessible to all (bilingual). This may include hiring a cantor to lead the singing, and to decide which parts to sing in each language.
- To learn / educate ourselves about the meaning of the Divine Liturgy so that it is more meaningful.
- To involve children more in Liturgies, especially on days when there is no "Little Friends of Jesus Program".
- To have a welcoming committee.
- To (continue to) have a regular weekday (or Saturday) prayer service.

- To continue having Educational programs such as Bible Study, Icon Workshops, explanations of feast days...
- To possibly have a weekly "Soup and Bun" type of meal for the neighbourhood, perhaps with the "Alpha" program.
- To possibly have a monthly (or even weekly) youth event.
- to consider charitable programs such as a clothing drive/giveaway.

All of these ideas and more will be discussed by the Parish Pastoral Council, and hopefully soon we will have plans for this year.

Questions for you:

Would you come to a regular weekly prayer & education / social night?

If so; which night (Monday through Saturday) would work best for you?



VIBRANT PARISH PRAYER

O Lord Jesus Christ, our Good Shepherd, as you once gathered lost sheep that they might hear Your voice and be your flock, so also today graciously look down from heaven upon our parish community, and send down on it your Holy Spirit, that it might be a place to receive the joy of Your Good News. Strengthen us with your presence, and always gather us together in prayer. Grant us the spirit of serving others, so that in our parish all might encounter You, the merciful God. Bless our spiritual leaders with Your wisdom, and inspire us to generously give of our time, talents and treasure for the building up of Your Kingdom. Unite us in peace and harmony, as befits Your community of love. Instil in us a missionary spirit, and let our parish community shine with the light of the Gospel, with prayer and good works, inviting all to share in the divine life, so that Your Name, O Saviour, may be praised, together with Your eternal Father, and your most-holy, good and life-giving Spirit. Amen.

Woven: A Retreat for Teen Girls (13-18), Sept 20-22, 2019

Girls aged 13-18 are invited to explore what it means to be a young woman living according to the Eastern Christian faith in the modern world. We will discuss self-identity, emotions, social media, relationships, and more! There will also be socializing, crafts, outdoor activities & fantastic food!

Where? Camp Oselia (53230 Range Rd 53, Fallis, AB on Wabamun Lake)

How much? Before Sept. 1 - \$50, after Sept. 1 - \$60. Remainder of cost will be subsidized.

Ride? Yes! Call us and we can make arrangements 780-424-5496

Other Questions? Call 780-424-5496

Register online at www.eeparchy.com.

For more information on *Woven*, check out <https://www.woveninthislove.org>.

2019 Women's Retreat: Crossing Over through Change and Transition

Women of all ages, you are invited to a quiet, 24 hour "Away Retreat".

**Friday Oct. 11th, 2019 6:30pm -
Saturday Oct 12th, 2019 6:30pm**

Retreat facilitator: Denise Laverdure-Sych

LOCATION: Camp Oselia, 53230 Range Rd 53, Fallis, AB.

COST: Before Sept 1, \$65. After Sept 1, \$75, all meals and snacks are included.

- Private rooms are available on a first come first serve basis, so register early to reserve yours!
- A Shuttle to and from camp will be available at a cost of \$15.00. Indicate this on your registration.

Questions? – Call 780-424-5496 or email education@edmontoneparchy.com

Register online (eeparchy.com) Registration deadline is Sept 30.

Called to be Holy: Men's Retreat/Conference: "MAN ON A MISSION"

Nov. 1, 6:30 pm - Nov. 2, 4:30 pm, 2019

Presenters and themes for this year's conference:

- **Mike Sheptak, Damein Zakordonski** - Testimony and Witness: Living Our Mission in the World.
- **Bishop David Motiuk** - Mission Accomplished: Saints, and Martyrs of the Ukrainian Catholic Church.
- **Fr. Terry Cherwick** - Equipped for Mission: The Spiritual Preparation required for Mission.
- **Dr. Theresa Zolner** - The Eagle has Landed: Dealing with the psychological challenge of a Mission.
- **Darryl Tymchuk** - Mission 101: The "how to" of reaching others through Christ.

LOCATION: Providence Renewal Centre 3005 - 119 St NW, Edmonton

COST: Before Oct 5 - \$60.00 - commute, \$110.00 - live in.
After Oct 5 - \$70.00 - commute, \$120.00 - live in.
Includes Saturday breakfast, lunch and all snacks.
Optional Friday supper - \$20.00

REGISTER ONLINE on the Eparchy of Edmonton Website.

MORE INFORMATION: call: 780-424-5496 or email: education@edmontoneparchy.com.

Deadline for registrations is Oct 25, 2019. No late registrations will be accepted.

Catechist Workshop Oct 1, 2019 5:30 - 9:00 pm.

WHO SHOULD ATTEND? All those who are working throughout the Edmonton Eparchy, teaching children or adults, or those who might like to begin teaching.

This will be an evening of professional development, spiritual growth and networking with other catechists.

Theme for the workshop:

- "Baptized and Sent: The Church of Christ on Mission in the World" is the theme chosen by Pope Francis for the Extraordinary Mission Month October 2019. We will look at ways of reinvigorating our own sense of responsibility for proclaiming the Gospel with new enthusiasm and passing that enthusiasm to others.

LOCATION: 9645-108 Ave, Edmonton

Those at a distance are welcome to join us online. Please contact us and we can set it up either by phone 780-424-5496 or email: education@edmontoneparchy.com.

Register by Sept. 27 at Eventbrite:

<https://www.eventbrite.ca/e/catechist-workshop-tickets-67093806381> or find the link on the Edmonton Eparchy website.

COST: \$10.00 - will be charged to your parish after your attendance at the workshop.

Parish & Eparchial & Beyond News:

- We **pray for the health and well-being** of all the servants and handmaidens of God who need our prayers: **Mary** Orysiuk, **Jean** Miskiw, **Sarah** Komar, **Marge** Woitas, **Katie** Bunio, **Stella** Dronyk, **John** Puto, **Ann** Horsman, **Annie** Polack, **Louis** Pewar & **Rosa** Maria Santos. (If you know any other people who should be on this list: please email me.)

- We wish God's blessings and **happy birthday** to our parishioners: **Roman Workun** who celebrates his birthday this week. God grant you many years!

- If we don't have your birthday, or if we have your birthday info wrong... please send an email (or at least a piece of paper) with your corrected birthdate and name.

- During the **month of September**, the Eparchy of Edmonton conducts its annual **Vocations and Seminary Collection**. "It takes a whole village to raise a child." It likewise takes the support of the whole Church to form a deacon, priest, religious, monastic and lay member for ministry in the Church. It also takes our support to offer on-going education and formation for those already in sacred orders or involved in lay ministry.

The faithful can acknowledge the role they play in nurturing vocations by offering their financial support to help defray such expenses as formation programs, retreats, conferences, seminars, tuition, books, and room and board.

The collection supports Holy Spirit Seminary, Edmonton; the Basilian House of Studies, Edmonton; the Sisters Servants of Mary Immaculate Novitiate, Winnipeg; Clergy Study Days; and the Eparchial Diaconal and Lay Ministry Formation Programs;

The collection also assists the Metropolitan Andrey Sheptytsky Institute of Eastern Christian Studies, Toronto, which serves the Ukrainian Catholic Church in Canada by providing academic and spiritual formation for our future Church leaders.

Studying at Holy Spirit Seminary this year are:

- **Deacon Cyril Kennedy** (Doctoral Studies in Sacred Scripture, Catholic University, Washington, DC);
- **Roman Kobyletsky** (Pastoral Internship, Saint Josaphat Cathedral);
- **Julian Savaryn** (Theology Studies, Newman Theological College, Edmonton)
- **Orion Wiebe** (Philosophy/Theology Studies, University of Alberta/Newman Theological College, Edmonton)

The suggested donation amount is \$25.00 per family. Thank you for your generosity! May God bless you and your families!

- **Cantoring, Cantoring, Cantoring...** Here are three cantoring related announcements:

- #1: The Eparchy of Edmonton invites you to participate in a Cantoring Course to be held at St. Josaphat Cathedral on Friday, October 25 (6:00-9:00 pm) and Saturday, October 26

(9:00 am- 4:00 pm, concluding with Vespers). Topics include: the Divine Liturgy, 8 Resurrectional Tones, and various changeable parts for major feasts. More information will soon be available on the Eparchy of Edmonton website.

Questions can be emailed to: Melanie.turgeon@kingsu.ca

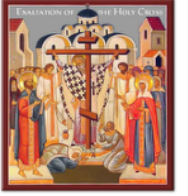
- #2: The St. Paul District and Lloydminster District have organized and will be running a Ukrainian Catholic cantoring school for children, youth and young adults on the 3rd Saturday of each month in Mundare. For more info go to st-romanos-cantoring-school.jimdosite.com

- #3: SingCon is a gathering of church singers of the Ukrainian Greek Catholic Church (UGCC) in North America to promote contact with one another (networking), to learn from experienced cantors and singers in our church, to share experience and solutions to current issues in church singing, and to pray together. SingCon is organized by the Patriarchal Liturgical Commission of the UGCC and in 2019 will be sponsored by the UGCC Eparchy of Stamford CT. Singers and faithful of other Churches are welcome! Registration is open to everyone regardless of ability. All are welcome and encouraged to participate in this exciting conference. Sept. 26-29, 2019.

- We will not have a joint liturgy next week with the Melkites... but one of these weekends we will.
- The **annual Synod of Bishops** of the Ukrainian Catholic Church will take place from **September 1-10 in Rome**. This year's theme is "**Soprychastia (communion) in the Life and Witness of the Ukrainian Catholic Church**," which builds upon Vision 2020 and the Vibrant Parish Spiritual Renewal Program. Pope Francis will receive the entire Synod of Bishops, an historic moment, in a special papal audience. Please pray for our bishops that the Holy Spirit may grant them wisdom and guide and bless their episcopal pastoral ministry, at service to the Church and for God's greater glory.
- The Annual Plenary Meeting of the **Canadian Conference of Catholic Bishops** will take place from **September 23-27 in Cornwall**, Ontario. Please pray for our bishops that the Holy Spirit may grant them wisdom and guide and bless their episcopal pastoral ministry, at service to the Church and for God's greater glory.
- The **World Day of Migrants and Refugees** will be celebrated on **September 29**. This year's theme, highlighted in **Pope Francis' Message**, is "**It is not just about migrants.**" With this theme, Pope Francis desires that the plight of migrants, refugees, internally displaced persons, and victims of human trafficking remain in our hearts and in our prayers, and are included among our concern for all marginalized people. The Holy Father's Message is available at: http://w2.vatican.va/content/francesco/en/messages/migration/documents/papa-francesco_20190527_world-migrants-day-2019.html

More Parish & Eparchial & Beyond News:

- The **39th Biannual Conference** of the **Ukrainian Catholic Council (Centralia) – Eparchy of Edmonton** will take place **October 18-20, 2019**, at Saint Josaphat Cathedral/Chateau Louis Conference Centre, Edmonton. This year's special guest is Bishop Ken Nowakowski, Eparchy of New Westminster, who will speak to the convention theme of "The Vibrant Parish..... the Next Steps – My Response." The Ukrainian Catholic Council comprises the Ukrainian Catholic Women's League of Canada, the Ukrainian Catholic Brotherhood of Canada, the Ukrainian Catholic Youth of Canada, and the Ukrainian Catholic Eparchy Chapter Knights of Columbus. Given that the Convention celebrates the contribution of our lay organizations in the life of the Ukrainian Catholic Church in Alberta, for the very first time, representatives of our Parish Pastoral Councils throughout the Eparchy of Edmonton will be invited to participate.
- Upon the recommendation of Very Rev. Gabriel Haber, osbm, Provincial Superior, **Bishop David** made the **following appointments**, effective October 1, 2019:
 - **Rev. Daniel Wach**, osbm, Pastor, Saints Peter and Paul Parish, Mundare;
 - **Rev. Cyril Mykytiuk**, osbm, Assistant Pastor, Saints Peter and Paul Parish, Mundare; and
 - **Rev. Damian Dutka**, osbm, Pastor, Holy Trinity Parish, Vegreville, and Saint John the Baptist Parish, Borschiw.
- From information gathered for the **2018 Annual General Statistical Questionnaire** on behalf of the Vatican Secretariat of State, as of **December 31, 2018** the Eparchy of Edmonton has (by way of comparison, 2017 numbers are included in brackets):
 - Ukrainian Catholic population of 28,750, with 4,739 in regular Sunday attendance (2017: 4,819)
 - 81 parishes and missions (2017: 81)
 - 30 eparchial priests (31)
 - 10 religious priests (9)
 - 3 deacons (3)
 - 4 eparchial seminarians (4) ; 1 religious seminarians (1)
 - 12 women religious (13)
 - 4 men religious (5)
 - 168 baptisms (197)
 - 102 First Communion (121)
 - 43 marriages (39)
 - 236 funerals (232)
 - 255 children in catechism (267)
 - 56 catechists (65)
- Our (Dormition) UCWLC Branch would like to take a photo of the current members of our branch with our current pastor, after the September 29th Sunday Liturgy. Branch members are encouraged to wear black or navy with a white blouse or Ukrainian blouse for the photo. Also, UCWLC pins should be worn.
- Our (Dormition) UWCLC invites parishioners to make food bank donations which will be taken to Our Lady of Peace School to coincide with our upcoming grocery shop for the school, the first week of October. We will purchase fresh fruit and vegetables as well as nutritious non perishable items. Items to donate include - noodles, rice, soups, pasta, pasta sauces, canned beans, canned salmon or canned tuna and crackers. No boxes of cereal, but individual packets of oatmeal are welcomed. (The school staff told us that they receive boxed cereal from another organization.) All food donations are very much appreciated. The fresh fruit and vegetables are served at the school while the other items are sent home to help out families that are experiencing financial difficulties. Our Branch's support of Our Lady of Peace School fulfills one of the four areas that our UCWLC organization is mandated to engage in - that is, Social Justice and Charitable Works.
- St. Vladimir's Parish invites you to their Octoberfest event on Saturday, October 5. Call Michelle at 780 566 1545 for info/tickets.
- St. Sophia Parish invites you to their Octoberfest event on Saturday, October 19. Call Marge at 780-416-0989 for info/tickets.
- Redwater & District parishes invite you to their Puschenia event on Saturday, November 2. Call Jacob at 780-292-0057 or Lawrence at 780-446-0415 for info/tickets.
- The North American Orthodox-Catholic Theological Consultation has released a new agreed statement entitled The Vocation and Mission of the People of God: "A Chosen Race, a Royal Priesthood, a Holy Nation". A copy of the statement in English is attached. The Consultation is co-chaired by Cardinal Joseph W. Tobin, Archbishop of Newark, and Greek Orthodox Metropolitan Methodios of Boston. The Canadian Conference of Catholic Bishops is represented on the dialogue by Father Alexander Laschuk of the Ukrainian Catholic Eparchy of Toronto and Father Luis M. Melo of the Archdiocese of Toronto. The North American Orthodox-Catholic Theological Consultation is sponsored jointly by the Assembly of Canonical Orthodox Bishops of the United States of America, the United States Conference of Catholic Bishops (USCCB), and the Canadian Conference of Catholic Bishops. Since its establishment in 1965, the Consultation has issued some 30 agreed statements on various topics. These texts are available on the website of the US Conference of Catholic Bishops (<http://www.usccb.org/beliefs-and-teachings/ecumenical-and-interreligious/ecumenical/orthodox/index.cfm>). The joint text is not an official document of either Church, nor of the CCCB or USCCB, but was prepared by theologians from both traditions and submitted to the members of their sponsoring bodies for prayerful reflection and discussion.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8  <p>Major Feast: The Nativity of the Mother of God 10 am Divine Liturgy 2 pm Melkite Liturgy</p>	9	10 Melkite PPC meeting.	11 PPC Meeting moved to next week ↓	12 Roman Workun's Birthday	13 🐟 🍷 🍷	14 🍷 🍷 🍷*  <p>Major Feast: Exaltation of the Holy Cross</p>
15 10 am Divine Liturgy 2 pm Melkite Liturgy	16	17	18 7 pm Parish Pastoral Council Meeting	19 5pm Eparchial Religious Education Commission Meeting 7pm Camp Oselia Society Meeting	20 🐟 🍷 🍷 Woven: Teen Girls retreat at Camp Oselia Thomas Sokolowski's & Rebecca Vizza's Birthdays	21 🍷 🍷 Woven: Teen Girls retreat at Camp Oselia
22 10 am Divine Liturgy 2 pm Melkite Liturgy Annie Pollack's Birthday	23	24	25 CORE Program at Camp Oselia	26 CORE Program at Camp Oselia	27 Camp Oselia Dreaming and Visioning 6:30 at the Eparchial Pastoral Centre	28 Robyn Orysiuk's & Diane Woitas' Birthdays
29 10 am Divine Liturgy UCWLC Photo after Liturgy 2 pm Melkite Liturgy	30 Anne Prokop's Birthday	1  <p>Big Feast: Protection of the MOG CORE Program at Camp Oselia Eparchial Catechist Workshop</p>	2	3 Fr. Bo presenting at St. Rose School's Faith Day	4	5

Hey Kids! Colour this page and let's put it up on our bulletin board!



Changeable Parts for Today's Divine Liturgy

Troparion: When the disciples of the Lord learned from the angel* the glorious news of the resurrection* and cast off the ancestral condemnation,* they proudly told the apostles:* “Death has been plundered!* Christ our God is risen,* granting to the world great mercy.”

Troparion: 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: My Saviour and Deliverer from the grave* as God raised out of bondage the children of the earth* and shattered the gates of Hades;* and as Master, He rose on the third day.

Now and for ever and ever. Amen.

Kontakion: 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: 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.

Prokeimenon: My soul magnifies the Lord, and my spirit has rejoiced in God my Saviour.

Epistle Galatians 6:11-18 (Sunday before the feast of the Holy Cross)

See what large letters I make when I am writing in my own hand! It is those who want to make a good showing in the flesh that try to compel you to be circumcised—only that they may not be persecuted for the cross of Christ. Even the circumcised do not themselves obey the law, but they want you to be circumcised so that they may boast about your flesh. May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule—peace be upon them, and mercy, and upon the Israel of God. From now on, let no one make trouble for me; for I carry the marks of Jesus branded on my body. May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

Epistle Philippians 2:5-11 (Feast of the Nativity of the Mother of God)

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as

something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross. Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Alleuia verses:

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

My hand shall always be with him and my arm shall make him strong.

Hear, O daughter, and see, and incline your ear.

The rich among the people shall entreat your countenance.

Gospel John 3:13-17 (Sunday before the feast of the Holy Cross)

No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. “Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

Gospel Luke 10:38-42; 11:27-28 (Feast of the Nativity of the Mother of God)

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, “Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.” But the Lord answered her, “Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.”

While he was saying this, a woman in the crowd raised her voice and said to him, “Blessed is the womb that bore you and the breasts that nursed you!” But he said, “Blessed rather are those who hear the word of God and obey it!”

Hymn to the Mother of God & the Irmos

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

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.

I will take the cup of salvation;* and I will call upon the name of the Lord.

Alleluia, alleluia,* alleluia.