THE CATHEDRAL CONNECTION

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ST. JOHN'S UKRAINIAN ORTHODOX CATHEDRAL
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GREETINGS FROM THE CATHEDRAL DEAN

Дорогі брати й сестри в Христі!

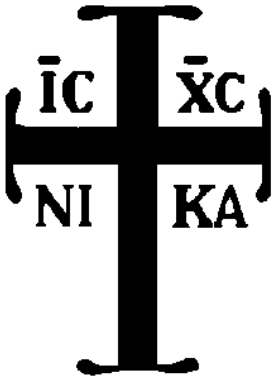
В цей час сердечно вітаю всіх Вас із надходячим початком Нового Церковного Року. Хочу вірити, що ви всі із охотою приступатимете до нової праці й діяльности при нашій Громаді. Я заохочую й прошу Вас регулярно вчащати до Церкви й активно включатись в Церковне Життя.

The liturgical year of our Church begins in September. This is the time we begin anew. As members of our Ukrainian Orthodox Community we need to live the life of the Church, involved in prayer, services and feast days throughout the entire year. Our Church Year is not complete if we do not participate all the way through. We, as parents, must be at Church with our children. We must pray together with our children. And most importantly, you must be the kind of Orthodox Christians that you want your child to grow up to be!

We are called to a special ministry – stewardship. Therefore, may we support our Church through the offering of time, talents and resources. An investment in St. John's Cathedral is an investment in your own life. May our involvement in the life of our parish bring us much personal and spiritual joy!

In Christ's love,

Father Stephan & Dobrodiyka Diana



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BISHOP'S MESSAGE

Address by His Grace Bishop Ilarion
to the meeting of the Ukrainian Orthodox Community about the Future of Camp Bar-V-Nok
September 18, 2016

We gather here this afternoon to discuss the future of the property known as Camp Bar-V-Nok. As we know, our forefathers came here with one goal: to build a better future for themselves and the generations to come. They made tremendous sacrifices in their day so that there would be a future for Ukrainian Orthodoxy in Canadian society. And they were very successful, in tough times, of achieving opportunities for growth for themselves and for those who came after them, their children and grandchildren.

Sadly, over time, this Ukrainian Orthodox community has suffered secularization and marginalization, some disunity, and some fragmentation, as the secular corporate design for society has gained strength and popularity with many people. The Church continues to be marginalized and is losing ground in secular society as other priorities take over.

I appeal to the members of St. John's Institute who identify themselves as Orthodox Christians to reconsider their intention of selling the developed part of the Camp Bar-V-Nok property and instead, to examine all avenues and possibilities that are available to save this property for our children and grandchildren. I appeal to all of you present today to do everything that is possible to save and keep the Camp Bar-V-Nok property. May God enlighten and help all of us find a way to solve this problem.

+ Ilarion

BISHOP'S MESSAGE CONT'D

PRESIDENT'S MESSAGE

I hope these greetings find you in good health and spirit after the summer break. May your renewed energy be focused on the parish work we do — so that this New Church Year may be as bountiful as the last.

Much work needs to be done, but for now we are restricted by our limited financial resources. The loss of grant funding and the passing of many of our major donors has had an impact on our ability to complete some necessary projects. I have little doubt that with God's guidance in prayer, we will overcome these obstacles. Do not despair!

We are most thankful that no major maintenance problems have arisen. Minor issues as they present have been handled in a timely manner. But our equipment is ageing, and close attention and regular inspections are required to prevent major problems.

I offer a big thank you and my sincerest appreciation to you, our members and supporters; for your generosity we are eternally grateful. As you know, the activities in our Cultural Centre provide much needed cash flow to cover our operational costs. However, as fewer functions are being booked in recent years, we continue to rely on our dedicated parish family which has been always willing to support us financially in the tough times. Every donation helps, no matter the amount. Dearest members — thank you to all who have paid their membership dues for this year. Some of you have already contributed for 2017! We were able to make it through the slow summer months thanks to you! With over $20,000 in membership dues expected in the next couple of months, we are in a position to end this year on a positive financial note.

I would also like to express sincere gratitude to our volunteers and the priceless work they do. By their self-less efforts, they keep our kitchen cooking, our tables set, and our freezers well-stocked with cabbage rolls and pyrohy! Thank you, volunteers for giving us something to be truly thankful for this Thanksgiving season — you!

It is very gratifying to receive pleasant comments on how well we maintain our Cathedral and Cultural Centre, and how much our service is appreciated. You can all be proud of the support and contributions you provide to make this all possible.

In the spirit of Thanksgiving, let us thank God for the blessings he has bestowed on us.

With Christian Love,

Marshall Kachmar
Parish President

ST. JOHN'S SENIOR CYMK

Our St. John's Senior CYMK youth have been very active over the past several months. The following is a review of our events:

May
6-8 - Western Eparchy Banff Youth Retreat- this year only one of our Sr. CYMK members (Roxoliana Tsisar) attended due to the weekend having many other conflicts/activities
15 - Monthly meeting was held following the church service. After the meeting, Father Cornell spoke to our members on the topic of provody, including its significance, importance and a short history of provody. The session was very interesting and cymk members appreciated Father Cornell's time.
29 - Cymk members assisted selling raffle tickets at fellowship during which Roman Yereniuk fro Winnipeg did a presentation on Project Lubov. During the presentation, St. John's Sr. CYMK was acknowledged with a certificate for their financial support of Project Lubov. Marco Kruhlak accepted the certificate on behalf of Sr. CYMK

June
4 - Cymk members embarked upon a tour of the River Valley on segways! It was a most exciting experience. Prior to the tour, we enjoyed a fun picnic and played some ball.

July
9 - Sr and Jr CYMK members celebrated the end of another successful CYMK year with a trip to the Ukrainian Village. They toured the Village by completing a scavenger hunt and following the tour, members and their families enjoyed a picnic lunch. It was the perfect way to end the year!

August
25-28 - Nine of our Sr. CYMK members, along with parent advisor Vivianne Kruhlak, will be travelling to Toronto to participate in the National CYMK Retreat. This will be a wonderful opportunity to strengthen our connections with CYMK members from other regions. Both leadership and religious sessions are to take place, along with time to socialize and enjoy the Toronto sights. Our cymkivsti look forward to this time to bond as a group and strengthen their ties to CYMK. We are extremely grateful to the following organizations for their financial support in making this National CYMK Retreat experience possible for our cymk members:

Alberta Ukrainian Self-Reliance League
St. John's Cathedral Parish Board
Ukrainian Women's Association- St John's Branch
Ukrainian Women's Association- AB Provincial

In September, Sr. CYMK will resume activities for a new year. Pleas watch the bulletin announcements for more information. Ukrainian Orthodox youth in grade nine and higher (15 years or older) are welcome to join our Sr. CYMK family. If you have any questions, please contact Sr. CYMK President Marco Kruhlak at 780-468-9148 or mkruhlak02@gmail.com.

Yours in Christ, Marco Kruhlak, St. John's Sr. CYMK President (2015-16)

ST. JOHN'S KITCHEN — CABBAGE ROLL MAKING BLITZ!

Volunteers at St. John's Cultural Centre prepare cabbage rolls for a busy fall and Christmas season. Over 200 dozen holubtsi were made in one short day! Please call the office at 780-425-9692 to inquire on availability of frozen food items or to place a special order. We have pyrohy too!

NEW CLERGY VESTMENTS! — ACOLYTE VESTMENTS NEEDED!

Ten new sets of clergy vestments were recently purchased in gold, white, red, blue, and green colours. Black vestments are still needed. The altar boy vestments are fraying and falling apart, and patchwork can only do so much. Donations are currently being accepted to replace the *"stikhari"* that have served our acolytes for so long in their faithful altar service. Let our boys stand in pride in vestments befitting our Cathedral!

Greenery adornes the Cathedral at Pentecost. (June 19, 2016)

TO THE PARENTS OF OUR YOUNG CHILDREN, MAY WE SUGGEST…

Relax! God put the wiggle in children; don't feel you have to suppress it in God's house. All are welcome!

Sit toward the front where it is easier for your little ones to see and hear what's going on. They tire of seeing the backs of others' heads.

Quietly explain the parts of the Service and actions of the pastor, ushers, choir, etc.

Sing the hymns, pray, and voice the responses. Children learn liturgical behavior by copying you.

If you have to leave the service with your child, feel free to do so, but please come back. As Jesus said, "Let the children come to me."

Remember that the way we welcome children in church directly affects the way they respond to the Church, to God, and to one another. Let them know that they are at home in this house of worship.

TO THE MEMBERS OF OUR CHURCH:

The presence of children is a gift to the Church and they are a reminder that our congregation is growing. Please welcome our children and give a smile of encouragement to their parents.

~Credit:Westminster Presbyterian Church of Charleston, SC

Respectfully submitted,

Eugene Topolnisky
Past President

IN MEMORIAM

The St. John's Cathedral Parish Family would like to remember the following individuals who have reposed to the Lord over the past months.

We pray that the Lord God will establish their souls where the righteous repose.

Nettie Megley
Arlene Flak
Alex Kyselytzia
Vira Jereniuk
Yan Bilo

UPCOMING EVENTS

October 15th - Vohon's Annual Dine & Dance
October 16th - Thanksgiving Day Dinner
October 21st - Pyrohy Supper
October 22nd - UMCE's "A Taste of Kovbasa" Festival
October 23rd - Choir-sponsored Fellowship
October 28, 29, 30th - Western Eparchy Convention
October 30th - UWAC-sponsored Fellowship
November 3, 4, 5, 6th - Ukrainian Museum Exhibit
November 13th - Remembrance Day Memorial Service
November 25th - Pyrohy Supper
November 26th - Annual Holodomor Commemoration (City Hall 12:30pm)
November 27th - UWAC-sponsored Fellowship
December 4th - UWAC Annual General Meeting & Fellowship
December 18th - St. Nicholas Concert
December 30th - Pyrohy Supper

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Website: www.uocc-stjohn.ca

Monday to Friday
9:00 a.m. to 3:00 p.m.

SINGERS! The Cathedral Choir invites you to join! Rehearsals: Thursdays at 7:30 pm. For information, call Lesia Chumer at (780) 418 1025.

СПІВАКИ-ХОРИСТИ! Просимо Вас вступити до Катедрального Хору. Проби кожного четверга о 7:30 год. веч. По дальші інформації: Леся Чумер, диригент - (780) 418 1025.

Resource Materials
for the Feast of the Elevation
of the Life-Giving Cross

Celebrated September 14th/27th

The Sign of the Cross

"Then He said to them all, 'If anyone desires to come after Me, ***let him deny himself, and take up his cross daily***, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will save it.'" **(Luke 9:23-24)**

But what is our cross? What is the Cross of Christ to us Orthodox Christians today?

- ***A constant reminder of God's boundless love for us***, and what He was willing to suffer for us and all mankind: worldly shame and humiliation, boundless sorrow at being betrayed by His own creation, physical pain, and finally mortal death!
- ***A reminder that our salvation depends on cooperation with God.*** Bishop Kallistos (Ware) explains that "without God's grace, we can do nothing, but without our voluntary cooperation, God will do nothing." The Cross teaches us that we must freely make the decision to follow Him, then persevere throughout the difficult journey toward salvation with His help and grace. The Church celebrates the Sunday of the Cross mid-way through the Great Fast for just this reason: to strengthen us in our spiritual journey when we begin to despair and stumble. The Cross reminds us to depend on God's grace rather than our own efforts, which are necessary but never sufficient.
- ***An outward mark or sign of our beliefs,*** which sets us apart. Because we are distinguished by the Cross from non-believers, we may have to bear their ridicule, scorn, and hatred just as He did, in addition to the cross of our own sins.
- ***A protective armor we put on to face adversity,*** and a weapon we use to drive away "every enemy and adversary." We turn to the Cross in times of trouble, and make the sign of the Cross when we encounter danger or difficulty, sickness, or despair.
- ***The means by which creation is "sweetened" and brought again to God.*** On the Feast of Theophany and on Holy Thursday, the Church reads about the bitter, undrinkable waters of Merrha (**Exodus 15:22-16:1**): "And Moses cried to the Lord, and the Lord showed him a tree, and He cast it into the water, and it was sweetened." This water quenched the thirst of the Israelites in the desert, but now Living Water quenches our spiritual thirst. The Cross of Christ is the Tree used to bring forth both!

Water is blessed in the Church for liturgical use when a bishop or priest traces the sign of the Cross in a font filled with "ordinary" water - God uses the Cross to make part of creation useful to Him and His people. Large bodies of water - like oceans, lakes, and rivers - are blessed in this way, too, especially at Theophany in warm-weather climates. The bishop or priest of the local parish throws a hand cross (usually attached to a floating wreath) into the water from the shore or the back of a boat; it is retrieved by a diver several times with great flourish and

celebration.

A warning to the enemies of God. Our Lord Jesus Christ warns those who know of Him but decline to follow Him, or follow Him half-heartedly, that they will not see the kingdom of God. "And he who does not take up his cross and follow Me, is not worthy of Me." (**Matthew 10:38**)

Hymnography of the Church

The following hymn or troparion is sung with great joy for the Feast of the Elevation of the Life-Giving Cross (September 14th/27th) and the Sunday of the Cross during the Great Fast. It is also sung on Wednesdays and Fridays - the days of the week on which the Church remembers the betrayal and crucifixion of our Lord Jesus Christ and the Cross He took up for our sake.

O Lord, save Your people and bless Your inheritance.
Grant victory to the Orthodox Christians
over their adversaries, and by the virtue
of Your Cross, preserve Your habitation!

Making the Sign of the Cross

Orthodox Christians often wear crosses on their bodies (e.g., on a chain or thong around the neck, or on a special pin), and trace the sign of the Cross on themselves during prayer, as a visible expression of their faith.

To make the sign of the Cross, use your right hand: Hold together the tips of your thumb, index finger, and middle finger, while bending your ring and pinky fingers against the palm of your hand. The first three fingers together express our faith in the Holy Trinity: Father, Son and Holy Spirit. The two bent fingers show our belief in the two natures of our Lord Jesus Christ, Who was both perfect God (divine) and perfect Man (human). When the Pharisees and the Sadducees were testing Jesus Christ, to find out for themselves if He was the Son of God, a lawyer asked Him which is the greatest of the commandments. He answered, "Hear, O Israel, the Lord your God is one, and you shall love the Lord your God with all your soul, with all your mind, and with all your strength." We remember this when we make the sign of the Cross!

With your hand in the special position, **touch your forehead** (for the mind), **then your stomach** (for body and soul*), **then your right and left shoulders** (for strength). Make your movements slow and deliberate, rather than quick and sloppy. Make sure to trace an upright Cross, rather than one that is distorted or upside down.

You can practice making the sign of the Cross together in front of a large mirror.

*Before the advent of modern medicine, philosophers and men of learning believed that the soul was centered in the abdomen, because it rumbled and churned when they were nervous or afraid. The Russian Psalter even uses the word for "womb" in its directions for making the sign of the Cross, according to Fr. Seraphim Slobodskoy, so there is no mistake that the stomach/abdomen is meant!

*Compiled from **The Law of God** (pp. xiii, 23-24) and various postings to the OCA clergy listserve on the development of the sign of the Cross.*

Using the Sign of the Cross Every Day

The sign of the Cross is a great way to sanctify or bring to God every part of your busy day - whether good or bad! Here are just a few times during the day when you might want to make the sign of the Cross:

- Before you get out of bed, to thank God for protecting you through the night.
- Before you prepare a meal for your family, to thank God for His bounty. (My grandmother Mary said a prayer and traced the sign of the Cross with the tip of her spoon whenever she opened a new sack of flour or sugar, opened a jar of jam or peanut butter, etc.)
- Before and after meals, to thank God for the bounty He provides.
- As you leave your home, to ask God to protect you on your journey and watch over your house or apartment while you are gone.
- When you pass an Orthodox church building or monastery, to ask God to preserve it and guide its leaders.
- As you bandage a "boo-boo" or take any kind of medicine, to ask that God will heal you both in body and spirit.
- Over any new piece of equipment, tool, book, art supply, or toy, to ask God to guide you in using it wisely in His service.
- Before, during and after any meeting or conversation you have - especially with someone you know to be "difficult" - that God will help you to approach them with Christian love and understanding.
- As you begin any project, and before and after working or studying, to ask God to guide your efforts.
- As you sign a contract, lease, or any other legal agreement - or even when you make a promise to someone - that God will protect and guide all involved.
- As you mail or fax an important letter, that God will see it quickly to its destination and allow the reader to understand/not misinterpret its contents.
- When you hear news of something wonderful (to thank God), or of something terrible (to ask for His mercy and protection).
- When you witness any accident - big or small - to thank God for his protection, and ask His help in "setting things to rights" and recovering from it.
- When you pass a cemetery, or are reminded of departed loved ones during the day, to ask God to forgive their sins and welcome them into His kingdom.
- As you come through the door at night, to thank God for His protection and bounty.
- Before reading the Bible, the writings of the Church Fathers, or the lives of the saints, to ask God for enlightenment.
- Over your bed, before you get into it at night, to ask God to protect you as you sleep. (Many Orthodox prayer books include special prayers to say when blessing your bed, too!)
- If you wake up in the middle of the night, after hearing a bump or screech, or having a bad dream.

by Nichola Toda Krause

Exaltation of the Holy Cross