



Вітаємо Всіх до Нашої Парафії! Welcome Everyone to Our Parish! ~ A Place of Prayer, Family and Community for More than 50 Years ~



Epistle: Ephesians 6: 10-17

Gospel: Luke 13: 10-17

Special troparia and texts are included in the insert found in the bulletin

Epistle Readers

Saturday (5 p.m.): Linda Douglas
Sunday (10 a.m.): Mary Ann Lysak



Eucharistic Ministers

Saturday (5 p.m.): Linda Douglas
Sunday (10 a.m.): Mary Ann Lysak

Holy Cross Parish News and Events

We extend our condolences to the Fedori, Warywoda, Dygun, Hrychuk, and Lysak families on the passing of their beloved †**Edward (Eddie) Fedori** on Saturday, November 17. Funeral services took place this past Wednesday. We also extend our condolences to the DeJardine family on the passing of their beloved aunt †**Tonia Patraniuk** last Wednesday, November 21. Prayers will be at Blake's on Monday at 7 p.m.; funeral liturgy on Tuesday at 10 a.m. May the Lord accept the souls of His servants †Eddie and †Tonia into His heavenly kingdom, and may their memory be everlasting ~ вічна їм пам'ять.

A sincere thank you to all who came out to help at last week's Pyrohy Making. This was the last one for 2018. The schedule for 2019 is posted on the bulletin boards in the narthex and parish hall, and includes both parish and Golden Agers events.



On **Saturday, November 24**, people in Ukraine and all over the world will light candles in memory of those who lost their lives during the 1932-33 Holodomor or Famine-Genocide of Ukraine. You are encouraged to do the same at Holy Cross (on Saturday and Sunday) before or after the service. A memorial Panakhyda will follow after Sunday's 10 a.m. Divine Liturgy. *With the saints, give them rest, O Christ ~ everlasting memory.*

It's "**Grey Cup Sunday**", and the members of St. George's Society would like to extend an open invitation to **all men** of the parish to join them for some food and fellowship. Their regular monthly meeting begins at 4:30 p.m. followed by a super supper of 'football fare' (*free of charge, but donations will be accepted*) and social — watching the game on the big screen TV in our parish hall and cheering on your favourite team. Who will take home the coveted trophy - Ottawa or Calgary? Come and see!

Last call for frozen cabbage roll orders ~ the deadline is **Friday, November 30**. Rolling will start on **Wednesday, December 5** around 10:00 a.m. Any help is appreciated. Customers will be called when product is ready to be picked up.



St. Nicholas is expected to arrive for a visit to our parish on **Sunday, December 9** following the 10:00 a.m. Divine Liturgy. We invite all children and their families to come to the parish hall to receive him. Those planning to attend are requested to call Jackie Strehlow at **252-1789** no later than

Monday, December 3 so that the appropriate arrangements can be made. There will be a short schedule of fun activities. Lunch will be served.

Please note: Funeral service remuneration for the priest and cantor must be arranged through the funeral homes. If you have any questions, please speak with Father Stephan. *Thank you.*

SCHEDULE OF LITURGICAL SERVICES

TUESDAY, NOVEMBER 27

10:00 a.m. ~ Funeral service for †**Tonia Patraniuk**

SATURDAY, DECEMBER 1

5:00 p.m. ~ **28th Sunday after Pentecost**
Epistle Reader: Brett Glena

SUNDAY, DECEMBER 2

10:00 a.m. ~ **28th Sunday after Pentecost**
Epistle Reader: Larissa Warywoda



St. Philip's Fast (Pylypivka) began on November 15 and will last through Christmas Eve. This past Wednesday, we 'lit' the **green** candle for hope-filled prayers, and to remind us to have the same **hope** in God that Mary had, as we journey to the source of light and faith, and recognize Jesus as our Saviour and Master.



On today's Gospel, Jesus saw the woman who was bent over, called her to come to Him, spoke to her and touched her -- and she was instantly healed! For eighteen years, this woman had bowed to a crippling spirit, but she came into the house of God, looking for hope, and finally one day Jesus was there, and she experienced the Grace of God, and she was healed.



What about you today? Are you bowing to a crippling spirit? Is there something you need done in your life today? Maybe you've been trying to do it yourself for years, but nothing's happening! Jesus is here today and maybe you hear Him calling your name in your heart, in your spirit. He wants a relationship with you, He wants to forgive you and deliver you and heal you! He's calling you to come to Him so He can speak to you and touch you, and give you His grace.

~ condensed from a sermon by Jody Vansickle

Readings for the 28th Sunday after Pentecost

(to help prepare for the nourishment of the Word of God at Liturgy)

Epistle: Colossians 1: 12-18

(The Person and Work of Christ)

Gospel: Luke 14: 16-24

(The Parable of the Great Feast)



As you read each passage, ask yourself these questions,
"What thoughts, ideas, words or images come to mind?"
and "What are the connections between them?"
This will help make them easier to follow and understand.

Your Return Gift to God

Let us strive to live as Christian stewards, receive God's gifts gratefully, cultivate them responsibly, share them generously & lovingly with others, and return them with increase to the Lord.

NOVEMBER 17/18



Envelopes: \$1,146.⁰⁰
Mission: \$55.⁰⁰
Special Projects: \$60.⁰⁰

Thank you for your generosity ~ Щиро Вам дякуємо!

The Mission Collection for November has been designated for **Thunder Bay Christmas Cheer**. For more information, visit www.thunderbaychristmascheer.com.



ST. GEORGE'S SOCIETY

Many thanks to those members who came out to help at pyrohy making last week. More than 450 dozen were made. The next session will take place on **April 6-8, 2019**. Standing orders can be placed with Walter Warywoda anytime!

Our annual 'Grey Cup' meeting and social will take place on Sunday (Nov. 25) beginning at 4:30 p.m. Please plan to attend and share in the food and festivities!



Our next bingo session is scheduled for **Friday, December 7** in the evening. Those who have agreed to work at that event should be at the hall in proper attire no later than 5:45 p.m.

Love and Service to God since 1960!

Making the Most of the Nativity Fast: Read a Book, Make a Difference

Growing as a Christian is about learning more about Jesus Christ and all He has done for us. The best place to start is by reading about His amazing life in one of the Gospels. Luke's Gospel is a great place to start, as it begins with the Christmas story. It also provides a first-hand account of the events of Christ's life from the Apostles and other witnesses. So, during this Christmas Fast (Advent), read the Gospel of Luke to learn more about Jesus Christ and the miracles that He can do in your life.



And one of the very best ways of preparing for Christmas is to start giving gifts early -- not so much the kind of gifts we usually give to relatives and friends on Christmas, but the life-saving and life-enhancing gifts of money and service to those most in need, especially those who are living on the edge of survival. For countless poor human beings who dwell in the shadows of our nation and world, unseen and uncared for, such gifts are priceless.

WHAT, WHERE & WHEN IN OUR CITY

Prelude to Christmas - presented by the Fort William Male Choir, **Friday, November 30 and Saturday, December 1** at 7:30 p.m. at St. Patrick High School, Selkirk Auditorium. Featuring Broadway hits and musical classic through the century. Guest performer: St. Patrick H.S. Vocal Ensemble. Adults: \$30; Youth: \$15. Call 767-3612 for tickets.

Waterfront Christmas Art Sale - **Saturday, December 1** from 10:00 a.m. to 4:00 p.m. at the Baggage Building Arts Centre at Prince Arthur's Landing (Marina Park). All local art featuring glasswork, pottery, watercolour, photography, woodwork, textiles and fibre art, jewelry, ornaments and much more. Door prizes and gifts will be offered. Make a donation to the Thunder Bay Food Bank and received a handmade pottery ornament.



Snowflake Tea - **Sunday, December 2** from 1:30 p.m. to 4:00 p.m. hosted by the R.C.L. Ladies' Auxiliary Slovak Legion Branch 129, 801 Atlantic Avenue. Tickets: \$5/person. Featuring fancy sandwiches and baking, cabbage rolls, perogies, meatballs and baking for sale.

The Spirit of Christmas - Lakehead Choral Group presents its annual concert on **Wednesday, December 5** at 7:30 p.m. at St. Agnes Church, corner of Brown and Mary Sts. Tickets are \$15 in advance (\$18 at the door) and are available from Rollason Flowers, Music World Academy, Finnish Bookstore/Kitchen Nook, and any Lakehead Choral Group member (Susan Soldan) or call 577-1224. Everyone welcome!

The Ultimate Elvis Christmas Gospel Concert - **Thursday, December 6** at 8:00 p.m. starring Daylin James with the Pink Cadillac Orchestra, presented by the Thunder Bay Community Auditorium. Order tickets online at www.tbca or call the Box Office at 684-4444 or toll free at 1-800-463-8817.



HOLY CROSS GOLDEN AGERS

Many thanks to those members who helped at last week's pyrohy making for the church. May God bless you all!

Attention all members! Our regular monthly meeting takes place on **Thursday, November 29** at **1:00 p.m.** preceded by a 'mini' darts tournament starting at 12 noon. Following the meeting, bingo will take place as usual. Refreshments will be available also. Hope to see many in attendance!



Thursday, December 13 is the date for our final get-together for 2018. Regular activities happen at the usual time followed by our annual free Christmas dinner along with raffles, sing-alongs, and lots of fun! Members are requested to bring donations for the Thunder Bay Food Bank.

We will **not** be chartering a bus to Grand Portage in December; however, if there is enough interest, there will be one scheduled for **January 16, 2019**. Please feel free to contact Ann Kozlowski (622-3006) or Ann Opaski (577-2805) between now and early January to book your seat. Non-members are invited also. This is a **free** service. All we ask is that you be at the church no later than **3:45 p.m.**

Words of Wisdom from Mother Teresa

"It is God's work we do. It is not social work or humanitarian service: whatever we do to anyone we do to Jesus, and we are called to serve the poorest of the poor people."





Jesus Placed the Needs of People Above the Rules

In today's Bible story, Jesus was teaching in the synagogue (the Jewish temple) on the Sabbath when He saw a woman who was crippled. She had been bent over double for eighteen years and was unable to stand up straight. When Jesus saw her, He called her over to him, touched her and said, "Woman, you are healed!" Instantly she could stand up straight. She was so happy that she began to praise God!



You would think that everyone in the synagogue that day would be happy and join the woman in praising God. Not so! The leader in charge of the synagogue was very angry that Jesus had healed the woman on the Sabbath day. He told the crowd, "There are six days of the week for working. Come on those days and be healed, but not on the Sabbath."

Jesus answered the leader of the synagogue, "You hypocrite! All of you work on the Sabbath! Don't you untie your ox or your donkey and lead it out for water? Doesn't this dear woman deserve to be healed, even on the Sabbath?" The leader was shamed, but the other people were happy and rejoiced at all of the wonderful things that Jesus did.

Jesus knew that rules are important, but He knew that the needs of people are more important. You and I need to learn that lesson as well. Whenever we see someone in need, the most important thing is to help them, no matter when or where it may be.

Let us pray: Father, help us to follow the example that Jesus has set for us. Help us to place the needs of others ahead of any rules we may have. In Jesus' name we pray. Amen.

Source: www.sermons4kids.org

How to spend the time of the Nativity fast

We must devote the days of the fast to the deeds of piety, as these days are holy. The Word of the Lord witnesses that *the fast... shall be to the house of Judah joy and gladness, and cheerful feasts*" (Zach. 8, 19). However, the days of the fast differ from holidays and working days. On feast days the Church calls us to thank God and the saints for God's great works; and during the fasts, to be reconciled with God and to take part in the life, sufferings and the death of the Saviour and the saints. Feasts make us disposed to spiritual joy and hope, and fasts, to contrition and tears. On feast days, out of spiritual joy, the Church blesses hearty meals; but during fasts it prescribes frugal ones, lenten fare. The Church rule clearly sets forth both the appointed time of meals and the quality of lenten fare. Everything is strictly calculated to weaken carnal desires, which are excited by hearty and sweet meals. It is not designed to greatly weaken our flesh, but rather to make it light, strong, and more submissive to our spiritual will, and to preserve it vigorous to fulfill the demands of the spirit.

A bodily fast without the spiritual fast is meaningless for the soul's salvation; to the contrary, it may become spiritually harmful if a person abstaining from food is filled with feelings of his superiority. A true fast is bound up with prayer, penance, eradicating evils, forgiveness of offences, abstaining from passions and vices, entertainment and watching TV. The fast is not an object in itself but a means of restraining our carnal desires and cleansing ourselves of sins. Without prayers and penance fasting becomes only a "diet". In keeping a bodily fast it is necessary to keep a spiritual fast: *Brethren, if we keep the fast of the body, let us keep a spiritual fast to save us from unrighteousness*, the Church exhorts us. The essence of fasting is expressed in one of the Church hymns: "O my soul, in abstaining from food but not from desires, in vain do you seek consolation; for if fasting does not reform you, you will incur God's wrath as being false, and make yourself like the evil demons who never eat".

Learning to keep the fast

The basis of fasting is the struggle against sins through abstaining from food, not through physical exhaustion. Therefore, all who keep the fast should take account of their strength and the degree of experience in following rules of fasting. Fasting is an ascetic labour which requires training and gradualness. It is necessary to enter the labour of fasting gradually, beginning with abstaining from dishes containing meat and milk products on Wednesdays and Fridays throughout the whole year. Those who try to go from never fasting to suddenly fasting very strictly are likely to either ruin their health, or to become impatient and irritated due to hunger. Such zeal not according to reason causes them to become angry with everyone and everything; the fast becomes insufferable for them, and in the end, they just give it up entirely. To make our fast endure we need to learn how to do it gradually, with great attention, step by step. Each should define how much food is sufficient for him, and then gradually decrease his daily intake of food to to the optimum amount, so that he is not weak and can do his daily work. The main rule given by the Lord is: let our hearts not to be burdened with gluttony and drinking. Those who want to keep the fast should consult an experienced priest, tell him about their spiritual and physical condition, and ask his blessing to keep the fast.