

PARISH NEWS - September 15th, 2019

Exaltation of the Holy Cross *Воздвиження Чесного Хреста*



PLEASE REMEMBER IN YOUR PRAYERS / ПРОСИМ О МОЛИТВУ ЗА ЗДОРОВ'Я

... all our parishioners who are in the hospitals, care homes, shut-ins and those who are not able to join us actively due to health reasons. Remember, if you would like a hospital or home visit, please call the parish office and let us know. Due to privacy laws, all requests must come from the individual or the immediate family.

Divine Liturgy:

Sunday 9:30 a.m. (Eng. & Ukr)
Weekdays: Please see Divine Liturgy Intention Schedule

Your Return Gift to God:

Last Sunday's Offering: \$715.00 (21 envelopes)
Special donations to the church: \$60.00
Thank You for Your Generosity! Щиро Вам Дякуємо!

~ Parish and Community Announcement ~

Salsa Sensation

Come join our Salsa Sensation fall dance party on September 21st at St. Thomas Aquinas parish hall featuring Latin music. Cocktails begin at 8p.m., dancing from 9p.m. to 1a.m. A nacho bar is included in the ticket price of \$20. For tickets, contact Dave at 519-336-2907 or Herber at 226-886-3316.



Third Annual Family-Friendly Oktoberfest 2019

Please save the date for the Knights of Columbus fundraiser to support seminarians at St Peter's seminary and other KofC charities. It will be a kid-friendly dinner-dance at Our Lady of Mercy Parish Hall, Sarnia, on Saturday, Oct 26, at 7 pm. Tickets will be available at Sarnia parish offices or call 519-542-7528. Details to follow.

The movie UNPLANNED is being shown in Sarnia and Forest

This is a very well-done production and serves as a moving witness to one woman's conversion story following her experience working in the abortion industry. The movie is rated 14A.
ADMISSION is FREE! (goodwill donations will be accepted).

UNPLANNED will be showing in at the Sarnia Library Theatre, Christina Street at Wellington.

Thursday, September 26 • Wednesday, October 9 • Thursday, October 17 at 7:00 PM
UNPLANNED will be showing in FOREST at the Kineto Theatre, 24 King Street West
• Monday, September 23 • Wednesday, October 2 • Thursday, October 10 at 7:00 PM



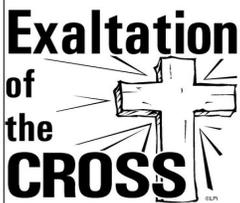
Society of St. Vincent de Paul Food Bank and Help Center

During the month of August, the Food Bank and Help Center responded to 382 calls for assistance helping 196 family adults, 296 children and 147 single adults. As well as food, \$8,776.69 was given to 19 clients to help pay for rent and utilities. You can assist our needy citizens by donating food and bringing it to the Food Bank at the corner of Davis and Euphemia Streets. Monetary donations welcomed.

At the moment, the Food Bank is short of the following items: Canned fruit and vegetables, healthy school snacks and granola bars that are peanut free.

The Exaltation of the Holy Cross

(Transferred from September 14)



Today we celebrate The Exaltation of the Holy Cross. This feast traces its beginning to Jerusalem and the dedication of the church built on the site of Mount Calvary in 335. But the meaning of the cross is deeper than any city, any celebration, any building. The cross is a sign of suffering, a sign of human cruelty at its worst. But by Christ's love shown in the Paschal Mystery, it has become the sign of triumph and victory, the sign of God, who is love itself.

Believers have always looked to the cross in times of suffering. People in concentration camps, in prisons, in hospitals, in any place of suffering and loneliness, have been known to draw, trace, or form crosses and focus their eyes and hearts on them. The cross does not explain pain and misery. It does not give us any easy answers. But it does help us to see our lives united with Christ's.

We often make the Sign of the Cross over ourselves. We make it before prayer to help fix our minds and hearts on God. We make it after prayer, hoping to stay close to God. In trials and temptations, the cross is a sign of strength and protection. The cross is the sign of the fullness of life that is ours. At Baptism, too, the Sign of the Cross is used; the priest, parents, and godparents make the sign on the forehead of the child. A sign made on the forehead is a sign of belonging. By the Sign of the Cross in Baptism, Jesus takes us as his own in a unique way. Today, let us look to the cross often. Let us make the Sign of the Cross and realize we bring our whole selves to God—our minds, souls, bodies, wills, thoughts, hearts—everything we are and will become.

Every morning when you wake up, start your day with the words: "Today I was lucky. I woke up! I have been given the gift of this precious human life and will not waste it. A whole day of various opportunities lies before me of which I will take full advantage.

Morning prayer

Lord, in the silence of this day which is just beginning I have come to ask You for peace, wisdom and strength. Stand beside me in all of my decisions and help me to be honest and fair. I want to see the world with eyes full of love, to be patient, compassionate, gentle and prudent. I want to see more than just the outward appearance of my brothers and sisters. I want to see them like You see them, where by seeing good in everyone. Seal my ears from all evil. Let my spirit always be gentle and joyful so that all who come near me can feel Your presence. Lord, clothe me in Your beauty so that throughout this day I can serve as an example of what it is like to live as a Christian.

Divine Liturgies this week:

DATE	TIME	INTENTION	OFFERED BY
Monday, Sept. 16 th	9:00 AM	Health & God's Blessings for Mathieu Beauchamp	Marc Beauchamp
Tuesday, Sept. 17 th	9:00 AM	+ Phil Weiler	Marc Beauchamp
Wednesday, Sept. 18 th	9:00 AM	Health & God's Blessings for Mathieu Beauchamp	Marc Beauchamp
Thursday, Sept. 19 th	9:00 AM	"Ad intentionem dantis"	Fr. Edward Yarema
Friday, Sept. 20 th	9:00 AM	Health & God's Blessings for Mathieu Beauchamp	Marc Beauchamp
Sunday, Sept.	9:30 AM	For our parishioners	Fr. Bohdan

A THOUGHT FOR THE DAY:

"We need to find God, and He cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass - grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls." *Mother Teresa*

Sunday, September 15, 2019

The Universal Exaltation of the Precious and Life-Giving Cross

(Transferred from Saturday, september 14, 2019)

Antiphon 1

O God, my God, hear me; why have You forsaken me? The words of my transgressions put salvation far from me.

Through the prayers of the Mother of God, O Saviour, save us.

O God, I will call to You by day but You will not listen; and by night, yet it will not be foolish of me.

Through the prayers of the Mother of God, O Saviour, save us.

But You, the praise of Israel, dwell in the holy place.

Through the prayers of the Mother of God, O Saviour, save us.

Glory... Now... Only-begotten Son...

Antiphon 3

The Lord reigns, let the peoples tremble;* He is enthroned upon the cherubim, let the earth quake.

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.

Great is the Lord in Sion* and supreme above all peoples.

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.

Let them profess Your great name* for it is awesome and holy.

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.

Entrance

Exalt the Lord our God and bow in worship at the footstool of His feet for it is holy.

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 for ever and ever. Amen.

Kontakion, Tone 4: By Your own choice, O Christ our God,* You were lifted on the cross.* Grant Your mercies to Your new community* that bears Your Name.* By Your power gladden the faithful people,* and grant them victory against enemies.* May they have the help of Your instrument of peace,* the invincible sign of victory.

Instead of Holy God, we sing:

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. (3)

Glory... Now... and we glorify Your holy Resurrection.

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

Prokeimenon, Tone 7

Exalt the Lord our God,* and bow in worship at the footstool of his feet, for it is holy.

verse: The Lord reigns, let the people tremble. (Psalm 98:5,1)

Epistle - 1 Corinthians 1:18-24

Alleluia, Tone 1

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. (Psalm 73:2,12)

Gospel - John 19:6-11, 13-20, 25-28, 30-35

Hymn to the Mother of God

O my soul, magnify the most precious cross of the Lord.

And the Irmos, Tone 8: You are a mystical Paradise, O Mother of God, who though untilled, have brought forth Christ. He has planted upon earth the life-giving Tree of the Cross. Therefore today as we raise it on high we bow low and we magnify you.

Communion Hymn

Let the light of Your countenance, O Lord,* shine upon us.* Alleluia, alleluia,* alleluia. (Psalm 4:7)

At the end of Liturgy we sing:

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. (3)

Word & Wisdom

LORD, please do make me an instrument of Your peace. When I encounter those who have no peace and are filled with anxiety, help me look at them with compassion and love. Help me to know that these souls need Your Mercy and that I am the one sent to dispense it.