

June 14, 2020 ~ Second Sunday after Pentecost (Holy Eucharist)

Today's Readings: Epistle: 1 Corinthians 11: 23-32

Gospel: John 6: 48-54

June 21, 2020 ~ Third Sunday after Pentecost (Christ, Lover of Mankind)

Today's Readings: Epistle: Hebrews 2: 11-18

Gospel: John 3: 13-17

## Liturgical Services Schedule

**Note:** At this time, churches are still not open for public worship. However, the **Eparchial Church Re-opening Committee** (consisting of deans and other Eparchial officers) continues to meet 'virtually' and is working on a comprehensive guide/checklist so all pastors and pastoral councils can find it easy to follow and grasp all aspect of COVID-19 safe operation of a parish. Please be patient as there are many factors to consider and a lot of preparation to be done before we can accommodate all parishioners. *Thank you for your understanding.* ☺

## Your Return Gift to God

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

### PLEASE NOTE:

Due to a directive from the Chancery Office re: parish security issues, weekly collection numbers will no longer be published online. Amounts will still appear on hard copies.

*Thank you for your support and understanding!*

**Дякуємо за вашу щедрість!  
Thank you for your generosity!**

**Note:** The Parish Council has decided to extend the Mission Collection designated for the Thunder Bay Regional Health Sciences Centre's "**Our Hearts at Home**" cardiovascular campaign until the end of August 2020. 

### Authentic Words of Wisdom

*"Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to that Adoration.*

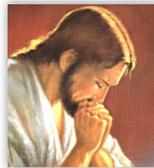
— Mother Teresa —

## Parish News & Activities

Unfortunately, this year's "**Parish Picnic and Volunteer Appreciation Day**" originally scheduled for Sunday, June 14 had to be cancelled. We will look forward to next year's event when, by the grace of God, we are able to come together to welcome Summer.

Thanks once again to all who have been mailing in their weekly donations or dropping them off at the rectory (there is a slot in the right front door). With your continued support, we have been able to meet our parish expenses, and keep up our pledge to the Mission Fund. Thanks also to Susan Soldan, our parish treasurer, and Michele Tanguay, our parish bookkeeper, for verifying and keeping track of all donations as they are being received. ☺ 

Sunday, June 21 is **Father's Day**, an occasion when we honour all fathers, grandfathers, great-grandfathers, and godfathers (living or deceased) and thank them for their time, care, guidance, and love. And let's not forget our Heavenly Father, Who wants the best for His children. He is forgiving and abounding in grace but isn't afraid to discipline us or allow us to learn from the consequences of our behaviour. Our Heavenly Father delights in His children, longs to spend time with us, cares about our hearts' desires and our deepest secrets, and wants us to know Him as well. He is everything we could ever hope for in a Father, and so much more. Happy Father's Day and many happy years to all of our dads! Многая і благая літа!



Please remember in your prayers those of our parish who are ill, in hospital, shut-in, on home rest, and who no longer can be physically active. And if your loved one or another parishioner is nearing death, please notify Father Stepan as soon as possible. *Thank you.*



## The Coronavirus Is A Call to the World to Stop Waging War

(Kyiv, Ukraine) The head of the Ukrainian Greek Catholic Church (UGCC), His Beatitude, Major Archbishop Sviatoslav Shevchuk, has said that the key to building a new world after the coronavirus pandemic is the commandment of love, which renews those who practice it and who live by it.

When asked why God has allowed COVID-19, the primate of the UGCC admitted that he does not have an answer to that question. However, he urged everyone to ask God about it every day, to listen to God's voice, and to try to understand what God wants to tell us.

"If we analyze the situation with the virus", said the head of the Ukrainian Greek Catholic Church, "we begin to see that we are living in a period of fundamental and global cataclysms and changes. The ecological crisis in the world is the basis for the mutation of this virus. We don't know if there will be another pandemic in the world after we overcome the coronavirus", Shevchuk warned.

He also added: "Perhaps this will also help us today to rethink global relations between different political centres and, finally, to stop fighting each other. To stop investing in weapons".

Mada Jurado. May 17, 2020



Since 1960!

We hope all members and their families are faring well during this challenging time. Your Executive is always ready to help fellow members if and when the need arises — please do not hesitate to make contact via phone or e-mail. By now, all members should be aware that our annual dinner meeting has been deferred due to COVID-19.

Also, at the time of publication, the bingo hall still remains closed, so all sessions that were previously scheduled are cancelled and availability for the next quarter has been deferred as well. For more information, check out the bingo report in the latest issue of **The Plentiful Harvester**. Hard copies are still available — give Michael Watral a call.

The Executive encourages all members to find ways to connect with each other through Skype, Facebook chats, Zoom, Facetime, and your regular landline and convenient mobile devices. When the churches are allowed to re-open, the current Executive will gather to assess the situation and report back to all members. In the meantime, let's all work together to stay strong during this uncertain time, so we'll all be healthy and ready to celebrate our 60<sup>th</sup> anniversary and continue our "Love and Service to God."

## Holy Cross Golden Agers



Although it may appear that our world is slowly returning to normal, the threat of the coronavirus is still prevalent. Again, we remind all members to continue practicing social distancing, limiting gatherings and visits at this time, and remaining at home. If you must go out, wear a mask and gloves. Wash your hands frequently and monitor your vital signs. If you have any symptoms (prolonged fever, dry cough, extreme fatigue, and difficulty breathing), go to the ER **immediately** for assessment. We want to see everyone back when we are allowed to gather together again. During this uncertain time, do your best to exercise, stretch, and eat balanced meals. Maintain contact with family members, and if possible, allow them to do your grocery shopping, banking, and other errands. We wish everyone a safe and healthy summer!

*"Do not regret growing older. It's a privilege denied to many."*

## A SIGN OF THE TIMES



## History Corner

Here's another snapshot of days gone by — three decades ago to be exact! For a few years, Holy Cross Parish held its annual Parish Picnic at Hazelwood Lake Conservation Area. On that occasion, June 24, 1990, it turned out to be a very beautiful Sunday afternoon (when the picture below was taken) as the kids were getting ready to compete in the popular sack race. Look at them raring to go! They are all grown up now with families of their own. Oh, to be young again! (Big sigh)



Holy Cross Parish Picnic ~ Sunday, June 24, 1990

### READINGS FOR THE FOURTH AND FIFTH SUNDAYS AFTER PENTECOST

Fourth Sunday (June 28)

**Romans 5: 18-23**  
Slaves of Righteousness

**Matthew 8: 5-13**  
Jesus Heals an Officer's Servant

Fifth Sunday (July 5)

**Romans 10: 1-10**  
Paul's Prayer for Israel

**Matthew 6: 22-33**  
God and Possessions



In the Gospel from St. John (Chapter 6: 48-54) on the Feast of the Holy Eucharist, Jesus invites us to receive Him. In Holy Baptism, we have received the gift of the living Spirit of God. In Holy Communion, we affirm this gift and receive Christ Himself in. We don't physically eat the body of Jesus. We cannot, because forty days after He rose from the dead He was taken up into heaven. He is no longer with us in the body. In fact, the Bible teaches us that we — the believers in Christ — together form the body of Christ in the world here and now. But He is still with us, still present in the world through the Holy Spirit — the Spirit of God and the Spirit of Jesus. And the Bible calls us to receive the Holy Spirit into our hearts. How? Through repentance and baptism.

In the Feast of Christ, Lover of Mankind, we hear in the Gospel of St. John what some say is the most popular Bible verse: "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 life everlasting." This is a profound statement. God doesn't just love; He is love. His nature and essence are love. Love permeates His very being and infuses all His other attributes, even His wrath and anger. Because God's very nature is love, He must demonstrate love. God's love is personal. He knows each of us individually and loves us personally. His is a mighty love that has no beginning and no end. It is this experiencing of God's love that distinguishes Christianity from all other religions. Jesus demonstrated this love by giving His life for us. No other love can compare with this, and there never will be!

~ from sermons by Hans Krause and Bubot Parago

# Feast of Christ, Lover of Mankind

## (Most Sacred Heart of Jesus)

THE SERVANT OF GOD †Metropolitan Andrew Sheptytsky once said, “Christian piety has struggled for centuries to give the fullest possible worship to Christ the Saviour, as God and as Man. Meditating on the love of Christ, the Church, under the guidance of the Holy Spirit who dwells in her and leads the faithful to the knowledge and love of God, has become more and more conscious of the fact that love is the basic cause of all that Christ has done for mankind. Love is the motive of all His actions. The veneration of the human love of Christ, and with it, the entire internal, spiritual life of Christ, came to be represented in the universal Church by the Heart of Christ, and venerated as the symbol of His love.”



A great authority and lover of the Eastern Rite, Metropolitan Sheptytsky frequently spoke of God’s love in his pastoral letters. He was so overwhelmed by this love that he did not regard the veneration of God’s love under the form of the Most Sacred Heart of Jesus out of harmony with the spirit and practice of our Rite, and therefore, he zealously commended it. “The real object of the adoration of the Sacred Heart of Jesus,” he says, “is all that in the human nature of Christ can be embodied in that symbol — even those things which do not flow from the interior feeling of love.”

The church services of the Eastern Church are noted for their profound devotion to the Divine Love and Mercy of God. The Wednesday and Friday services are filled with sincere devotion and reverence toward the Cross, toward Christ’s sufferings, His wounds, and His pierced side. When the Holy See revised our liturgical books in the 1940s, the feast was retained, but under the name “The Feast of the Most Sweet Lord and God our Saviour Jesus Christ, Lover of Mankind.”

In His promises given to St. Margaret Mary Alacoque, Jesus Christ promised the venerators of His Sacred Heart the necessary graces for their state of life; peace in their families; consolation in their pains and trails; assured refuge in life, and especially the grace of a happy death. Millions of souls throughout the world have found peace and happiness, growth in love, and the practice of Christian virtues in the devotion to the Sacred Heart of Jesus.

(To the tune of “In Our Midst/Назাপета Любий Цвіте”)

*O Most Sacred Heart of Jesus,  
You are Heaven’s shining glory;  
You revealed Yourself to mankind,  
We proclaim Your wondrous story.*

*Gracious Saviour, loving Master,  
You abide here, full of splendour;  
In our love and admiration,  
We, ourselves, to You, surrender.*

*O Most Sacred Heart of Jesus,  
Hope to us and consolation;  
We draw near You and adore You,  
Feeling joy in Your creation.*

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## What Every Catholic Father Should Do This Father’s Day

**FATHER’S DAY** is an excellent day for each Catholic father to recommit to his essential obligation to bring his children to be faithful disciples of Jesus Christ and the Catholic Church. Here are four concrete steps that each father can begin to take now...

**Recommit to be a Committed Catholic Father** – Each Catholic father made the irrevocable promise to Jesus Christ to bring their baptized children into the fullness of the Catholic faith. Most men have failed in this promise in some way. Each Catholic man needs to repent and seek Christ’s forgiveness for failing to fully keep the promises he made at his child’s baptism in the Sacrament of Reconciliation (Confession). Each father can make a special commitment to do his best to be the Catholic father Christ expects him to be and his children deserve, a father who will do his best to help his children be drawn to heaven.

**Begin practicing the basics of Catholic fatherhood now** – Here is a short list of Catholic practices that each man should begin to practice (at a minimum): 1) Seek to draw closer to Jesus Christ in prayer and in an examination of conscience each day; 2) Pray with his wife and children on a regular basis; 3) Read Scripture on a regular basis, both by himself and with his family; 4) Instill a new sense of reverence by keeping the Sabbath; 5) Prepare and lead the family to Divine Liturgy (Mass); 6) Engage in acts of mercy on a regular basis, often bringing the children along to help; 7) Lead the family to reconciliation at least monthly and teach children about sin and forgiveness in the sacrament of Confession; and 8) Gather with other Catholic fathers on a regular basis to build bonds of Catholic brotherhood.



**Grow in the wisdom of Catholic fatherhood** – Fatherhood is learned, historically passed to each generation from father to father. To help, begin to gather with other Catholic fathers to pray and talk about fatherhood. Catholic fathers can also learn how to be better Catholic fathers through study. Here are several solid examples of apostolates for Catholic fathers: Dads.org, Fathers for Good, Fathers of St. Joseph, Fraternus and Way of the Father. The *Committed Catholic Father* seeks to continually to grow in the wisdom of how to be a better Catholic dad.

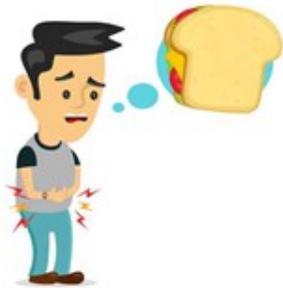
**Build an ethic of Catholic fatherhood in your parish** – Catholic men, working with their priests and deacons, need to band together to grow in the faith as men and as fathers, as was done in the early Church (Acts 2:42). Every parish should make it a priority to develop an ethic of fatherhood, calling men to be *Committed Catholic Fathers* and actively reach out to young men, particularly the many who lack fathers in their lives and those who need to be mentored in the faith by good Catholic men.

**A special note to grandfathers:** the bad news for many of today’s grandfathers is that they have failed to pass the faith on to their adult children and many grandfathers have deep regrets. Happily, research is showing that grandfathers can play an effective role in helping their grandchildren to be drawn to Jesus Christ, even if the parents are not yet fully engaged in the faith. Of course, it is never too late for any father to seek to draw his wayward children to the faith. We can evangelize to our last breath.



# Jesus is the Bread of Life

For today's Bible lesson you going to have to use your imagination. Specifically, imagine that you are really hungry. Imagine that you haven't had any food for two days. What would that be like? How would your stomach feel? At this point, it would probably be making growling noises because it needs to be filled – but with what? How about air? No, that's what your lungs need. How about water? Well, water is good for you, but it still wouldn't satisfy your hunger. What about blood? Well, we know that blood is pumped through our veins and arteries by our heart to the rest of our bodies in order to live, but a stomach full of blood is not a good thing to have.



What about bread? YES! When we are hungry, our stomachs need food like bread. And many times your Mom or Dad will make you a sandwich when you're hungry – like peanut butter and jelly – yum! Of course, only food will satisfy that type of hunger.

But did you know that there is another type of hunger? It is a hunger for LIFE – a hunger for meaning, for peace, for love. This hunger for real LIFE, the life God gives cannot be filled with things like toys and books and food. The Bible says that only Jesus can satisfy that type of hunger. And Jesus Himself said to His followers, "I am the Bread of Life. Those who come to Me will not hunger. The bread that I will give is My flesh for the life of the world. Those who eat of it shall live forever. And I will raise them up on the last day."

We need food like bread, meat, fruit and vegetables to fill our stomachs and make us healthy. We also need Jesus Who is the bread or food for the true, wonderful LIFE that God has for us.

Let us pray: Dear God, thank You for sending Jesus. He is the Bread of Life. He is the one who can satisfy our hunger for a life of joy, love, peace and purpose. Help us to trust Him, follow Him and know Him as our friend. We ask this in the name of Jesus – the Bread of Life! Amen.

Source: [www.sundaychildrensfocus.com](http://www.sundaychildrensfocus.com)

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# Liturgical Propers for Feast of the Holy Eucharist

## (Transferred to Sunday)

*The Church instituted the Feast of the Holy Eucharist to give public thanks to Jesus Christ for the great gift of the Body and Blood of Jesus, under the appearances of bread and wine. During the celebration of the Divine Liturgy, the bread and wine, through the power of the Holy Spirit, are changed into the Body and Blood of Christ. It is celebrated on the first Thursday after the First Sunday after Pentecost (Sunday of All Saints).*

### First Antiphon: (Psalm 23)

The Lord is my shepherd; how can I lack anything.<sup>\*</sup> He gives me a resting place where there is green pasture.

Through the prayers of the Mother of God,<sup>\*</sup> O Saviour, save us.

Even though I walk through the darkest valley,<sup>\*</sup> I will fear no evil, for You are with me. *Through the prayers...*

You prepare a table before me,<sup>\*</sup> in the presence of my enemies. *Through the prayers...*

### Third Antiphon: (Troparion with interpolated verses as the Gospel is carried in procession for the Little Entrance)

(Soloist) When I called upon Him, the God of justice heard me.

*Troparion, Tone 4:*

O Christ our God, the remembrance of You has given a feast to the world;<sup>\*</sup> from You the fishermen have learned to offer to You a sacrifice of bread and wine,<sup>\*</sup> and thus divinely commemorate You;<sup>\*</sup> in doing the same, we cry out to You:<sup>\*</sup> “O Lord, glory to You!”

Offer sacrifice with due observance, and put Your trust in the Lord. *O Christ our God,...*

You put gladness into my heart, more than when grain and wine abound.. *O Christ our God,...*

[Priest: Wisdom! Stand aright!]

Entrance Verse: I shall offer You praise as my sacrifice and call upon the name of the Lord. *O Christ our God,...*

*Glory be to the Father, and to the Son, and to the Holy Spirit,<sup>\*</sup> now and forever and ever. Amen.*

*Kontakion, Tone 4:*

Here is Christ as a food for all.<sup>\*</sup> O let us come and falling down, worship Christ our God,<sup>\*</sup> Who is hidden in this Sacrament, saying humbly:<sup>\*</sup> “O Master, do not burn us when we, unworthy as we are, approach You,<sup>\*</sup> but burn rather our sins<sup>\*</sup> and cleanse our souls.

**Holy God**, as usual

### Prokimenon, Tone 4:

He fed them from the marrow of the wheat, and satisfied them with honey from the rock.

*Verse:* Sing joyfully to God, our strength.

### Epistle: A Reading from the First Epistle of St. Paul to the Corinthians. (1 Corinthians 11: 23-32)

Brothers and sisters! I received from the Lord what I also handed on to you, that the Lord Jesus on the night when He was betrayed took a loaf of bread, and when He had given thanks, He broke it and said, “This is My body that is for you. Do this in remembrance of Me.” In the same way He took the cup also, after supper, saying, “This cup is the new covenant in My blood. Do this, as often as you drink it, in remembrance of Me.” For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until He comes.

Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be answerable for the body and blood of the Lord. Examine yourselves, and only then eat of the bread and drink of the cup. For all who eat and drink without recognizing the Lord’s Body, eat and drink judgment against themselves. For this reason many of you are weak and ill, and some have died. But if we examined ourselves, we would not be judged. But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world.

### Alleluia verses

They all look to You to give them their food in due time.

*Verse:* You open Your hand and they are filled with good things.

*(continued on the next page)*

**Gospel:** A Reading from the Holy Gospel according to St. John (John 6: 48-54)

The Lord said to the Jews that came to Him, "I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is My flesh." The Jews then disputed among themselves, saying, "How can this man give us His flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Those who eat My flesh and drink My blood have eternal life, and I will raise them up on the last day."

**Hymn to the Mother of God:**

*(Soloist:)* O my soul, magnify the Lord Who has given us His Body and Blood for mysterious nourishment.

**Irmos:** *(the faithful respond)*

You are all love and sweetness, O **Word** of God,\* Son of the Virgin, God of gods, all-holy **Lord of the** Saints.\* Wherefore, we all **glorify You**\* with her that **gave You** birth.

**Communion Verses:** *(After "One is holy, one is Lord...")*

Praise the Lord from the **heavens**, praise Him in the **highest**. Alleluia, alleluia,\* alleluia!  
The Lord said, "He who eats My flesh and **drinks My blood**\* abides in Me and **I in him**."\* Alleluia, alleluia,\* alleluia!

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## Liturgical Propers for Feast of the Christ, Lover of Mankind (Transferred to Sunday)

*The devotion to the Sacred Heart began on Golgotha when the Heart of Christ was pierced on the Cross.  
It opened the door to realizing how deeply Jesus loves us. In return, He wants nothing other than our total love.  
God wants us to love Him without reserve. This is what devotion to the Sacred Heart is all about.*

**First Antiphon:**

How lovely is Your dwelling place, O **Lord** of hosts!\* My soul yearns and pines for the **courts** of the Lord.

*Refrain:* Through the prayers of the **Mother** of God,\* O Saviour, **save** us.

My heart and my **flesh** cry out\* and sing for joy to the **living** God. *Refrain*

Even the sparrow **finds** a home,\* and the swallow a nest in which she **puts** her young. *Refrain*

Glory be to the Father...Only-begotten Son...

**Third Antiphon:** *(Troparion with interpolated verses as the Gospel is carried in procession for the Little Entrance)*

*Verse:* Good words flow from my heart, for my song belongs to the King.

**Troparion, Tone 6:**

Have mercy on us, O Lord, have mercy on us. We sinners bring this appeal to You, O Master; for we have no defense. Have mercy on us.

*Verse:* You are the most handsome of men; grace is poured upon your lips; therefore God has blessed you forever.

*Have mercy on us...*

*Verse:* You clothe yourself with splendor and majesty. Ride forth victoriously in the cause of truth, humility and justice.

*Have mercy on us...*

[Priest: Wisdom! Stand aright!]

Entrance Verse: Praise the Lord for He is good, and His mercy endures forever. *Have mercy on us...*

Glory be to the Father and to the Son and to the Holy Spirit, now and forever and ever. Amen.

**Kontakion, Tone 8:**

O valiant Leader and Lord, conqueror of the abyss, I, Your creature and servant, delivered from eternal death, sing praises to You. You Who are infinitely merciful, save me from all miseries, as I pray: "Jesus, Son of God, have mercy on me."

**Holy God**, as usual

*(continued on the next page)*

**Prokimenon, Tone 4:** I will proclaim Your name to my brethren; in the midst of the assembly I will praise You.

*Verse: I will fulfill my vows before those who fear Him.*

**Epistle:** A Reading from the Epistle of St. Paul to the Hebrews. (Hebrews 2: 11-18)

Brothers and sisters! The one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying, "I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you." And again, "I will put my trust in him." And again, "Here am I and the children whom God has given me."

Since, therefore, the children share flesh and blood, He himself likewise shared the same things, so that through death He might destroy the one who has the power of death, that is, the devil, and free those who all their lives were held in slavery by the fear of death. For it is clear that He did not come to help angels, but the descendants of Abraham. Therefore He had to become like His brothers and sisters in every respect, so that He might be a merciful and faithful high priest in the service of God, to make a sacrifice of atonement for the sins of the people. Because He himself was tested by what He suffered, He is able to help those who are being tested.

**Alleluia verses**

All the ends of the earth will remember and turn to the Lord.

*Verse: The heavens shall confess Your wonders, O Lord, and Your truth in the assembly of the saints.*

**Gospel:** A Reading from the Holy Gospel according to St. John (John 3: 13-17)

The Lord said, "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.

**Hymn to the Mother of God:** (*Instead of* "It is truly right...")

O my soul, magnify the most precious Jesus Who loves mankind.

**Irmos:** (*the faithful respond using Tone 4*)

We, the **faithful** collectively praise in song the **Word** of God\* Who through unutterable wisdom **came** from God\* to restore Adam from his dismal **corruption**\* and for our sake **became** a Man,\* born of the holy **Virgin**.

**Communion Verses:** (*After* "One is holy, one is Lord...")

Praise the Lord from the **heavens**, praise Him in the **highest**. Alleluia, alle**lu**ia,\* alle**lu**ia!  
All the **ends** of the earth\* have seen the **salvation** of our God.\* Alleluia, alle**lu**ia,\* alle**lu**ia!

