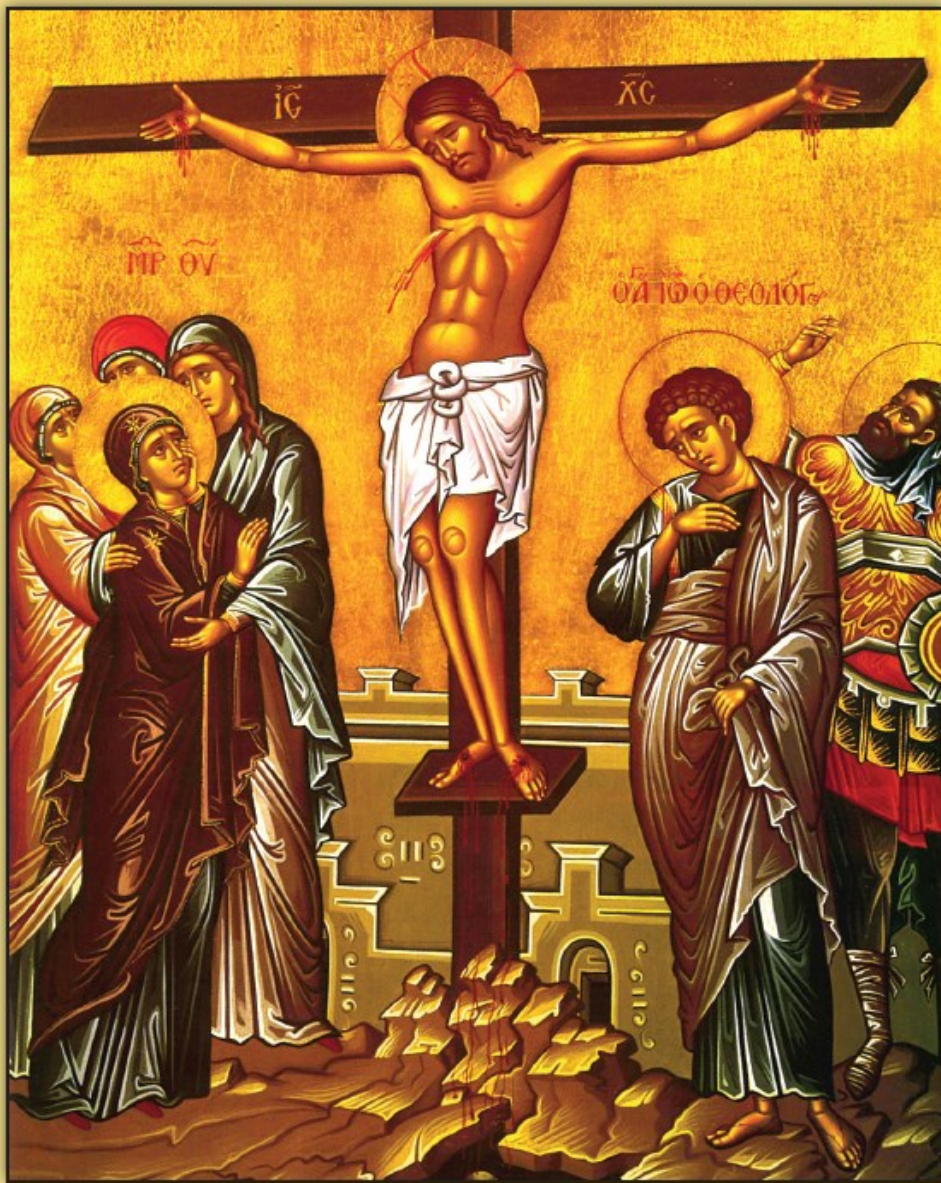


SUNDAY AFTER THE EXALTATION  
OF THE HOLY CROSS



*Icon of the Crucifixion of Christ on the Cross*

## WEEKLY SCHEDULE OF SERVICES AND EVENTS

- Sat, Sep 16th:**           **The Saturday After the Exaltation of the Holy Cross; of the Great Virgin Martyr Euphemia**  
6:30 pm: Vigil Divine Liturgy of St. John Chrysostom; Intention for +Nick Bukaczyk (1 Year Anniversary), by the Kobryn Family.
- Sun, Sep 17th:**           **The Sunday After the Exaltation of the Holy Cross; of the Martyrs Sophia and Her Daughters Vera, Nadia, and Lubov**  
9:00 am: Divine Liturgy of St. John Chrysostom (Eng.); Intention for +John Zallie, by Marybeth Zallie.
- Mon, Sep 18th:**           **The Venerable Mother Theodora**  
No Divine Services.
- Tue, Sep 19th:**           **The Hieromartyr Autonomous**  
No Divine Services  
*6:30 pm: Moleben for Ukraine; St. Mary's/Pokrova Ukrainian Orthodox Church, Allentown, PA.*
- Wed, Sep 20th:**           **The Commemoration of the Dedication of the Church of the Resurrection**  
No Divine Services
- Thu, Sep 21st:**           **The Feast of the Exaltation of the Holy Cross (Solemn Feast Day)**  
No Divine Services
- Fri, Sep 22nd:**           **The Great-Martyr Nicetas**  
No Divine Services
- Sat, Sep 23rd:**           **The Saturday After the Exaltation of the Holy Cross; of the Great Virgin Martyr Euphemia**  
6:30 pm: Vigil Divine Liturgy of St. John Chrysostom; Intention for +Olha Trytyak (3rd/9th Days).
- Sun, Sep 24th:**           **The Sunday After the Exaltation of the Holy Cross; of the Martyrs Sophia and Her Daughters Vera, Nadia, and Lubov**  
9:00 am: Divine Liturgy of St. John Chrysostom (Ukr.); Intention for +John and Kathryn Wus, by Walter and Marie Plachta.

## PARISH ANNOUNCEMENTS:

1. The St. Josaphat Tryzub Association will begin selling tickets for their annual St. Josaphat Dinner, tentatively scheduled for Sunday, November 12th. For information, please see David Kadingo, or any Tryzub Member.
2. IMPORTANT: We will be shifting our parish email to a new email address starting on Sunday, September 17th. Our new email address will be [Bethlehem@ukrcatholic.org](mailto:Bethlehem@ukrcatholic.org). We will discontinue the old email address, [pastor@stjosaphatbethlehem.org](mailto:pastor@stjosaphatbethlehem.org) as of Sunday, October 15th, 2023.
3. Father Paul will be away at the Archeparchial Clergy Retreat in Long Branch from Monday, September 18th, through Thursday, September 21st. The Rectory Office will be closed during this time. If there is a pastoral emergency requiring a priest (sick call, funeral, Confession, etc.), please contact Very Rev. Ed Higgins at Sts. Peter and Paul Byzantine Church, Bethlehem, PA at 610-867-2322, or if in danger of death, contact the nearest Hospital Catholic Chaplain.

4. The Ukrainian Catholic/Orthodox Clergy Brotherhood of the Lehigh Valley will have their next weekly Moleben for Peace in Ukraine on Tuesday, September 19th, 2023, at St. Mary's/Pokrova Ukrainian Orthodox Church, Allentown, PA. All are encouraged to come and pray with us.
5. Holy Ghost Ukrainian Catholic Church will be holding their first ever Kiffle Sale on Wednesday, September 20th; pick up times are from 1:00 pm—6:00 pm. They are selling apricot and walnut kiffles; price is \$10.00 per half-pound. To order, you can email [foodsales@holyghostucc.com](mailto:foodsales@holyghostucc.com), or use the sign-up sheet in the back of the Church. Help is needed; preparation starts at 9:00 am on Monday, September 18th, and 9:00 am on Tuesday, September 19th. For questions, call Marlene Lightcap at (908) 619-9116.
6. St. Josaphat Church will tentatively be hosting Ukrainian language classes for beginners (adults only), taught by Ihor Mirchuk, cantor for Holy Ghost Ukrainian Catholic Church, West Easton, PA. Classes will be starting near the end of September; more information will be provided regarding meeting times. For more information, please contact St. Josaphat rectory.
7. Father Paul will be hosting the second of the Theology on Tap events at Weyerbacher Brewery, Easton, PA, on Sunday, September 24th, at 12:30 pm. Theology on Tap is an adult catechetical program where people get together at a brewery/bar for good food, drink, and company and to hear a presentation on a particular topic by a priest. Father Paul will be giving a presentation on the theme "Why Does God Allow Bad Things to Happen to Good People?" For more information, email or telephone St. Josaphat Rectory. All are invited to attend.
8. Don't forget, we have a coffee and cake social downstairs in the Church hall after every Sunday Divine Liturgy. Many thanks to the St. Josaphat Tryzub Association for making this social possible. We encourage all of our parishioners to come downstairs after Sunday Liturgy for coffee, sweets, and fellowship.

### **St. Josaphat Calendar of Events – Mark Your Planners!**

|                           |  |
|---------------------------|--|
| <b>September 24th:</b>    | Theology on Tap (Weyerbacher Brewery).                             |
| <i>September 27th:</i>    | <i>UAV Post 41 Meeting (Holy Ghost Chapel, West Easton, PA)</i>    |
| <b>October 1st:</b>       | <b>Feast of the Protection of the Mother of God</b>                |
| <b>October 2nd:</b>       | St. Josaphat Tryzub Association Meeting (Church Hall)              |
| <i>October 11th:</i>      | <i>Holy Ghost Ukrainian Catholic Church Noodle Sale</i>            |
| <i>October 14th/15th:</i> | <i>Holy Ghost Ukrainian Catholic Church Tricky Tray</i>            |
| <b>October 22nd:</b>      | Catechetical Sunday/Begin Eastern Catholic Catechism (ECC) Classes |
| <b>October 29th:</b>      | Theology on Tap (Weyerbacher Brewery).                             |
| <b>November 5th:</b>      | <b>Daylight Savings Time Ends</b>                                  |

***Please remember to pray for the sick, for those who are shut-in, and for all those who have requested, or are in need of, our prayers:***

|                                   |   |   |                    |
|-----------------------------------|---|---|--------------------|
| Anna Kapustiak                    | Amelia Balandovich                        | Ethel Bednarchek                            | Bob Silvert        |
| Slava Harasymovych                | Oleh Balaziuk                             | Mike Wetherill                              | Rev. John Ciurpita |
| Rev. Paul Wolensky                | Very Rev. Mitred Archpriest Roman Mirchuk |   |                    |
| All Our Archeparchial Seminarians |   | The Missionary Sisters of the Mother of God |                    |

*If anyone knows of someone in need of our prayers, or who is sick or shut in and cannot make it to church, please contact Father Paul via email or telephone as listed on the cover of this bulletin if you wish to have their name added to our prayer list. Thank you and God bless you!*

**Sunday Propers:**  
**The Sunday After the Exaltation of the Holy Cross**

**First Antiphon:** My God, my God, hear me; why have You forsaken me? Far from my salvation are the words of my transgressions. Through the prayers of the Mother of God,

O my God, I call by day and You do not hear; I call by night and I find no peace. Through the prayers of the Mother of God,

Yet You, O God, are enthroned in the holy place, O Glory of Israel. Through the prayers of the Mother of God,

*Glory be . . . , Now and forever . . . , Only Begotten Son . . .*

**Third Antiphon:** Come, let us sing joyfully to the Lord; let us acclaim God, our Savior. Son of God, crucified in the flesh, save us who sing to You, Alleluia.

Let us come before His face with praise, and acclaim Him in psalms. Son of God, crucified in the flesh, save us who sing to You, Alleluia.

For God is the great Lord and the great king over all the earth. Son of God, crucified in the flesh, save us who sing to You, Alleluia.

**Entrance Hymn:** Come, let us worship and fall down before Christ. Son of God, crucified in the flesh, save us who sing to You, Alleluia.

**Troparion (7):** By Your cross You destroyed death; You opened Paradise to the thief; You changed the lamentation of the myrrh-bearers to joy, and charged the apostles to proclaim that You are risen, O Christ our God, offering great mercy to the world.

**Troparion (1):** Save Your people, O Lord, and bless Your inheritance; grant victory to Your Church over her enemies and protect Your people by Your cross.

**Kontakion (4):** *Glory be to the Father, and to the Son, and to the Holy Spirit. Now and for ever and ever: Amen.* Willingly raised upon the cross, O Christ our God, You bestowed Your mercies upon a new people bearing Your name. With Your power grant joy to Your church giving her victory over her enemies, with the invincible

**Тропарі і Кондаки:**  
**Неділя По Воздвиженні**

**Антифон 1:** Боже мій, Боже мій, чому мене покинув? Стоїш далеко від спасіння мого, від слів мого зойку. Молитвами Богородиці, Спасе, спаси нас.

Боже мій, кличу я вдень, не відповідаєш, а й уночі я теж не вгаваю. Молитвами Богородиці, Спасе, спаси нас.

Так Ти, святий, возсідаєш на хвалах Ізраїлевих! Молитвами Богородиці, Спасе, спаси нас.

*Слава Отцю . . . , І нині . . . , Єдинородний Сину . . .*

**Антифон 3:** Прийдіте, радісно заспіваймо Господеві, воскликнім Богу, Спасителєві нашому. Спаси нас, Сину Божий, що плоттю розп'явся, співаємо Тобі: Алилуя.

Прийдім з похвалами перед обличчя Його, і псалмами воскликнім Йому. Спаси нас, Сину Божий, що плоттю розп'явся, співаємо Тобі: Алилуя.

Бо Бог великий Господь, і цар великий по всій землі. Спаси нас, Сину Божий, що плоттю розп'явся, співаємо Тобі: Алилуя.

**Малий Вхід:** Прийдіте, поклонімся і припадім до Христа. Спаси нас, Сину Божий, що плоттю розп'явся, співаємо Тобі: Алилуя.

**Тропар (7):** Знищив Ти хрестом Твоїм смерть, відчинив розбійникові рай, мирносицям плач на радість перемінів і апостолам звелів проповідувати, що воскрес Ти, Христе Боже, даючи світові велику милість.

**Тропар (1):** Спаси, Господи, людей Твоїх і благослови спадкоємство Твоє! Дай перемогу благовірному народові над супротивниками і хрестом Твоїм охорони люд Твій.

**Кондак (4):** *Слава Отцю, і Сину, і Святому Духові, і нині, і повсякчас, і на віки вічні. Амінь.* Зійшовши добровільно на хрест, оновленому народові Твоєму, Христе Боже, що носить Твоє ім'я, даруй Твої щедроти; звесели силою Твою і дай перемогу над супротивниками Твоєму народові, щоб його

standard, Your weapon of peace, as an ally.  
Prokimenon:

**Prokimenon (7):** Extol the Lord, our God, and worship at His footstool; holy is He!

**Verse:** The Lord is King; the peoples tremble.

**Epistle (Gal 2:16-20):** Brethren: We know that a person is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus that we may be justified by faith in Christ and not by works of the law, because by works of the law, no one will be justified. But if, in seeking to be justified in Christ, we ourselves are found to be sinners, is Christ then a minister of sin? Of course not! But if I am building up again those things that I tore down, then I show myself to be a transgressor. For through the law I died to the law, that I might live for God. I have been crucified with Christ; yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me.

**Alleluia Verse:** Remember Your flock whom You have built long ago.

**Verse:** God is our King from time past, the giver of help through all the land. Alleluia, Alleluia, Alleluia.

**Gospel: (Mk 8,34-38;9,1):** At that time, Jesus summoned the crowd with his disciples and said to them, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake and that of the gospel will save it. What profit is there for one to gain the whole world and forfeit his life? What could one give in exchange for his life? Whoever is ashamed of me and of my words in this faithless and sinful generation, the Son of Man will be ashamed of when he comes in his Father's glory with the holy angels." He also said to them, "Amen, I say to you, there are some standing here who will not taste death until they see that the kingdom of God has come in power."

**Instead of *It is truly right...*, the Irmos:** O my soul, extol the most precious Cross of the Lord. You are a mystical garden, O Mother of God:

допоміжною зброєю став Твій мир, непоборна перемога.

**Прокімен (7):** Прославляйте Господа Бога нашого і поклоняйтеся підніжжю ніг Його бо святе воно.

**Стих:** Господь царює, нехай тремтять народи.

**Апостоль (Гал 2,16-20):** Браття, довідавшись, що людина оправдується не ділами закону, а через віру в Ісуса Христа, ми й увірували в Христа Ісуса, щоб оправдатися нам вірою в Христа, а не ділами закону. Коли ж, шукаючи оправдання у Христі виявилось, що й ми самі грішники - то невже Христос - служитель гріхів? Жадним робом! Бо коли я знову відбудовую то я себе самого оголошую переступником. Я бо через закон для закону вмер, щоб для Бога жити: Я розп'ятий з Христом. Живу вже не я, а живе Христос у мені. А що живу я тепер у тілі, то живу вірою в Божого Сина, який полюбив мене й видав себе за мене.

**Апостольські Стих:** Пом'яни Свою громаду, яку Ти придбав Собі здавна.

**Стих:** Бог же, Цар наш предвічний, вчинив спасіння посеред землі.

**Євангелія (Мк 8,34-38; 9,1):** Ісус, прикликавши народ разом із своїми учнями, сказав їм: "Коли хтось хоче йти за мною, хай зречеться себе самого, візьме на себе хрест свій і йде слідом за мною. Бо хто хоче спасти свою душу мене ради та Євангелія, той її спасе. Що бо людина може дати взамін за власну душу? Хто, отже, буде соромитися мене й моїх слів перед цим родом перелюбним та грішним, того посоромиться і Син Чоловічий, коли прийде у славі Отця свого з святими ангелами." І сказав їм: "Істинно кажу вам: Є деякі з отут присутніх, що не зазнають смерти, аж поки не вздріють Царства Божого, що прийде у могутності."

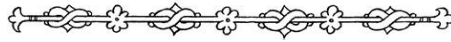
**Замість *Достойно . . .*, Ірмос:** Величай, душе моя, пресвятий хрест Господній. Таїнственный Ти, Богородице, рай, що незбагненно

without tilling you have brought forth Christ by Whom the lifegiving tree of the cross was planted on earth. Therefore, when we now adore Him raised upon the cross, we extol you.

**Communion Verse:** O Lord, let the light of Your countenance shine upon us. Alleluia (3x).

зростила нам Христа. Він бо на землі посадив нам хресне живоносне дерево. Тимто нині, як підносимо і поклоняємось Йому, Тебе, Богородице, величаємо.

**Причасний Стих:** Яви нам світло лица Твого, Господи. Алілуя (3р).



## The Precepts of the Church [Part 2]

*Reproduced in Part from DELIVERANCE PRAYERS, by Rev. Chad Ripperger, Ph.D.  
Edited for the Bulletin; For Local Use Only.*

The Precepts of the Church are rules that all faithful who are Baptized and Chrismated are bound to follow in addition to the Ten Commandments as well as believing with full faith and assent of will to the articles of the Nicaean/Constantinopolitan Creed. The power for making these rules comes from Our Lord, Jesus Christ, and includes everything necessary for the government of the Church and the direction of the faithful in order that they may attain eternal salvation

### **Precept #2:** *All Faithful Must Fast, Abstain, and Do Penance on Prescribed Days*

The Church obliges us to abstain from certain proscribed foods, fast, and do penance at certain fixed times of the year. These laws of fasting are binding, per the 1999 Pastoral Guide of the Ukrainian Catholic Church in America, on all persons who have completed their seventh year of age; all faithful are encouraged to the best of their ability to follow the fasts of the Church as well as do penance and good works during these times.

In the Ukrainian Greco-Catholic Church, and specifically in the Archeparchy of Philadelphia, the fixed fasting seasons/days are:

1. Great and Holy Lent (The Great and Holy Fast), which spans from sundown after Forgiveness Vespers on Cheesefare/Forgiveness Sunday to Lazarus Saturday, inclusive.
2. Great and Holy Week, from sundown on Palm Sunday to Great and Holy Saturday, inclusive.
3. The Apostle's Fast (Petrivka), which starts at sundown on the Sunday of All Saints to the Feast of Sts. Peter and Paul (June 28th), inclusive.
4. The Dormition Fast (Spasivka) which begins August 1st and lasts through the eve of the Feast of the Dormition of the God-Bearer at sundown on August 14th.
5. The preparation for the Nativity of Our Lord, Jesus Christ—Philip's Fast (Pylypivka), which begins on the eve of the feast of St. Philip (November 15th) and lasts to the Eve of the Nativity of Our Lord (December 24th).
6. The Feast of the Beheading of John the Baptist (August 29th)—in some of our Churches, there is a tradition of not eating anything from a platter and also not eating any food that is round and shaped like a human head.
7. The Feast of the Exaltation of the Holy Cross (September 14th)

NOTE: There are also four fast-free periods where the faithful are enjoined not to fast in celebration of the joy of the feast that God has given to His Church, for God has created all things, and since all comes from God, all food is holy and can be partaken of outside the fasting seasons/days of the Church. These fast-free periods are:

1. The two weeks spanning the Feast of the Nativity of Our Lord (December 25th) through the eve of the Feast of the Theophany (January 5th), inclusive.



2. The week from the Sunday of the Publican and the Pharisee to the Sunday of the Prodigal Son.
3. Bright Week, from Easter Sunday to the Sunday of Thomas.
4. The week from Pentecost Sunday to sundown of the Sunday of All-Saints.
5. The Feast of the Annunciation of the Theotokos (March 25th) - this feast normally falls during Great and Holy Lent, and thus the fast is relaxed for this feast day.
6. The Feast of the Transfiguration of Our Lord, Jesus Christ (August 6th) - this feast normally falls during the Dormition Fast/Spassivka, and thus the fast is relaxed for this feast day.

The general rule for fasts given by the Fathers of the Church is to essentially eat vegan by avoiding all animal products; in addition, when fasting, one should eat a little less than normally done. By law in the Archeparchy of Philadelphia, when fasting, one ought, to the best of their ability, abstain from eating meat products on all Fridays of the year, and on all Fridays of the listed fasting seasons (excepting fast-free weeks/days as listed), and to abstain from meat and dairy products on prescribed days (Christmas Eve, Theophany Eve, Good Friday, Holy Saturday, Beheading of St. John the Baptist, Exaltation of the Holy Cross). However, should the faithful wish to observe the older prescriptions (abstaining from meat and dairy products Mondays, Wednesdays and Fridays) may do so.

Those exempt from fasting include: the poor who live on alms, sick and frail persons/convalescents (whether in nursing care/hospital or not), pregnant and nursing mothers, those engaged in hard labor (i.e., in prisons or other high intensity jobs such as military on maneuvers/deployment), children who have not yet attained their seventh year of age, and those above the age of 59 with the permission of their pastor/confessor (if they are able to fast, they are enjoined to do so).

Those who are exempt from fasting, or those who cannot fast due to reasons of health, are permitted, with consultation of their pastor or confessor, to do a voluntary penance during the days of fasting. Offering prayers for the Bishops of our Church, our priests and seminarians, or making voluntary donations of time and money, as well as self-denial of personal vices such as alcohol, smoking, gambling, Other forms of fasting and self-denial can be undertaken with the permission of a confessor or pastor, such as eating bread and water, one meal a day, etc.

It should be clear that fasting/abstinence is useless without prayer. Always remember, the demons that assault us have no need for physical food and sustenance as we do; hence fasting without prayer has been called demon's fasting. Fasting is a tool that, when combined with prayer and good works, helps deepen our spiritual life and our relationships with God and those in the world with us. We must be always on the lookout for those vices that hinder us (i.e., the phenomenon of being "hangry"). Fasting helps us overcome these vices, which is why this practice is so important to the Christian life.

Church greeter: God morning!

Me:

@EpicChristianMemes



*Please don't leave this bulletin in the pew or in the trash when you are finished. We kindly ask you share this bulletin with your loved ones. Let your family & friends know of the spiritual treasure that God has for all people here at St. Josaphat Church, Bethlehem PA!*

## St. Josaphat Ukrainian Catholic Church "Where Faith and Tradition Meet"

1826 Kenmore Avenue  
Bethlehem, PA 18018

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For emergencies, call: (215) 300-9147

E-Mail: [bethlehem@ukrcatholic.org](mailto:bethlehem@ukrcatholic.org)

Website: [www.stjosaphatbethlehem.org](http://www.stjosaphatbethlehem.org)

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Rev. Paul J. Makar, Pastor  
Mrs. Carol Hanych, Cantor  
Ms. Kimberly McGowan, Parish Secretary



### ***Glory to Jesus Christ! Слава Ісусу Христу!***

*We welcome you to our parish family and invite you to worship with us in a most ancient Church of the Christian East. We are happy to have you with us, and we are honored to share our Ukrainian Catholic tradition of prayer and spirituality with you, your family, and your friends. If you have any questions or comments, please do not hesitate to bring them to Father Paul or one of our parishioners. Our doors and our hearts are open to you. May God's blessings be with you always!*

### ***Whatever Their Size, Carry Them***

"Whoever loses his life for my sake and the Gospel's will save it." One who knew the meaning of Jesus' words so well was Flannery O'Connor, the distinguished Catholic novelist who died in 1964 at the age of 39. From the age of 25 she lived with the knowledge she had a terminal disease, Lupus, – not to mention her sufferings from bone disintegration, shingles, anemia, and a tumor. Yet it was during fourteen years of sickness and suffering that she produced her greatest works of literary art. Her strong faith enabled her to say: "I have never been anywhere but sick. In a sense sickness is a place, more instructive than a long trip to Europe. Sickness before death is a very appropriate thing and I think those who don't have it miss one of God's mercies ..."

Those are strong words! How could a young woman call sickness one of God's mercies? Yet Jesus' words in the Gospel are just as strong: "If a man wishes to come after me, he must deny his very self, take up his

cross, and follow in my steps."

In some way Flannery O'Connor was able to accept the cross of her sickness and follow in the Lord's footsteps. But she didn't do it with a nice sweet smile on her face. She did it with strong courage and conviction. She realized that her own sickness was the very thing that helped her to look at life around her with the eyes of faith; and to translate that life into literary pages that would win her international fame as a writer. Each one of us is called upon to carry a cross in our life at some time. For some it may be the cross of emotional or spiritual suffering, rather than physical suffering. Sometimes there are big crosses, sometimes small. Whatever their size, Jesus calls upon us to carry them.

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