

SUNDAY AFTER THE EXALTATION OF THE HOLY CROSS



Icon of the Holy Apostle Codratus and Jonah the Prophet -- September 21st

Exalting the Cross

For each of us, salvation means no more and no less than taking up daily the same cross of Christ, accepting each day what it brings as the will of God, offering back to God each morning all the joys, works, and sufferings of that day. But those are abstract words. What it means, in practice, is spelled out as always by the poor old body. It means getting up each morning and going to bed exhausted. It means the routine, not the spectacular. It can mean drudgery, pain, putting aside pleasures, happiness, or the love the human heart craves until another time, so that what is necessary at the moment can be done.

It means working for others, touching the lives of others, through the medium of the body. How many times, tired and worn

out and near collapse from the slave labor conditions of the camps, did I think I could not ask another step of the body, did I think in pain and irony of those words “The spirit indeed is willing but the flesh is weak”? Truly, man is a creature composed of body and soul, and we work out our salvation in this vale of tears through the medium of the flesh.

It is the first gift God and our parents fashion for us; it sustains and supports us through a long life and makes possible both joys and sorrows; and when at last we are parted from it in death, it surely deserves whatever rest it can get before it rises to be glorified at the last judgment.

Father Walter J. Ciszek, S.J.



Українська Греко-Католицька Церква Парафія Святих Йоакима та Анни
SAINTS JOACHIM AND ANNA UKRAINIAN CATHOLIC CHURCH

A Mission Parish of the Ukrainian Catholic Archeparchy of Philadelphia. All are welcome!
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Fr Robert Hitchens, Administrator Fr Mykola Dziurakh, Parochial Vicar
 Subdeacon Kyle Hayes Subdeacon David Wallace

Glory to Jesus Christ! Glory forever! Слава Ісусу Христу! Слава навіки!

Reader Great Vespers: 2nd & 4th Saturdays, 5:00pm
Divine Liturgy in English, Sundays 10:30am
Holy Mystery of Repentance (Confession): Sundays, 9:45am
 The church is open for prayer M-F, 9-5, unless otherwise announced.

SEPTEMBER 21, 2025 – SUNDAY AFTER, AND LEAVE-TAKING OF, THE UNIVERSAL EXALTATION OF THE PRECIOUS AND LIFE-GIVING CROSS

GIVING REPORT – The in-pew collection for September 14 was \$1,453.24. *We invite you to continue supporting the ministry of our parish as the baskets are passed on Sundays, or find us on tithe.ly, our e-giving platform. Thank you for your generosity, dedication, and support!*

WEEKDAY DIVINE LITURGY – Join us on Wednesday, September 24, 6:00pm, for the Divine Liturgy. Confession is available at 5:30pm.

WOMEN'S BOOK CLUB will next meet on Thurs, October 2, 8:00pm, at 403 McCoys Ford Rd to gather, pray, and discuss the introduction section of *Always Believe in Love: Selected Writings of Elizabeth of the Trinity*. Newcomers welcome! Contact Kate Nelson: kateclairenelson@gmail.com.

READER GREAT VESPERS will be served on Saturday, September 27, 5:00pm. We celebrate Vespers on the second and fourth Saturday of each month. Contact Subdeacon David for more information: dmwallace@gmail.com.

PLEASE PRAY FOR: Nancy & Jon Anderson, Julie, Lisa Behnke, Alison Bernhoft, Yevhenia Borys, Robert Matthew, Carrie Chuff, Elizabeth Deegan, Clara Anne Duda, Fr Michael Duesterhaus, Robert Dulaine, Pat Fagan, Danylo (Neyko) Fedoryka, Emma Flournoy, Katie Flynn, Patricia Fogarty, Lilian Garland, Jerry Gawron, CR Gaush, Samuel Gaush, Josie Hacker, Brigid and Marlena Hess, Ellen Hitchens, Janet Hitchens, Oksana Horszynska, Ihor Hulawyj, Sarah Kelt, Dixie Lane, Catherine Luckey, Destiny Makins, Michael Marshner & Family, Bridget McDonald, Laura McMahan, Vince McLaughlin, Thomas Pavick, Robert Rice, Chris Saboe, Betsy Sayre, Truman L Sayre, Jr, CJ & Theresa Sidrow, Amy Smith, Kitty Smith, Karena Tapsak, and Fr George Worschak. *Teresa Fedoryka is our prayer coordinator; please email bulletin prayer requests to ssjoachimandannauc@gmail.com.*

By the sign of the holy Cross, the Christian professes faith in the Most Holy Trinity and the Incarnation of God's Son. We make the sign of the Cross with our right hand, devoutly and without haste, pronouncing the words, "In the name of the Father, and of the Son, and of the Holy Spirit. Amen." Joining the first three fingers of our hand is a sign of our profession of faith in the Holy Trinity, while bending the remaining two to the palm of the hand signifies our confession of two natures—divine and human—in the incarnate Son of God. Signing ourselves crosswise, from the forehead to the breast and from the right shoulder to the left, we profess the Paschal Mystery of Christ—his dying and rising. Every time we sign ourselves with the holy Cross, saying "In the name of the Father, and of the Son, and of the Holy Spirit," we profess that our salvation, accomplished on the cross by Jesus Christ, is the work of the Holy Trinity." (*Christ Our Pascha Catechism*, 626)

A blessing is an action of God for the good of human persons and their salvation. God blesses Adam and Eve so that they might grow and multiply (see Gn 1:28); and after the Flood he blesses Noah (see Gn 9:1). God blesses Abraham to become a blessing for all the nations of the earth (see Gn 12:2-3). This divine blessing is realized in Jesus Christ (see Gal 3:14-16). Through the liturgical act of blessing, the Church communicates the blessing of Christ to the whole world. When the priest blesses with his hand, he configures his fingers to form the letters IC XC, which is the Greek abbreviation for "Jesus Christ." This means that through the priest it is the Lord who blesses, "because it is not the human being that blesses, but God who blesses by his hand and words." (*Christ Our Pascha Catechism*, 505)



Sunday after, and Leave-taking of, the Universal Exaltation of the Cross

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...*

-But You, the praise of Israel, dwell in the holy place. *Through the prayers...*

Antiphon 3. *Use Resurrectional Antiphons with refrain (p. 693):* Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Entrance. Come, let us worship and fall down before Christ. Son of God, crucified in the flesh, save us who sing to You: Alleluia. **Troparion, Tone 6 (p. 349).** Angelic powers were upon Your tomb* and the guards became like dead men;* Mary stood before Your tomb* seeking Your most pure body.* You captured Hades without being overcome by it.* You met the Virgin and granted life.* O Lord, risen from the dead,* glory be to You! **Troparion, Tone 1 (p. 686).** Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross. (p 349-50). *Glory be to the Father and to the Son and to the Holy Spirit.* **Kontakion, Tone 6.** With His life-giving hand* Christ our God, the Giver of life,* raised all the dead from the murky abyss* and bestowed resurrection upon humanity.* He is for all the Saviour,* the resurrection and the life, and the God of all. (p 687). *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.

Prokeimenon, Tone 7 (p. 695). 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 Galatians 2:16-20. Brothers and Sisters, yet we know that a person is justified not by the works of the law but through faith in Jesus

Christ. And we have come to believe in Christ Jesus, so that we might be justified by faith in Christ, and not by doing the works of the law, because no one will be justified by the works of the law. But if, in our effort to be justified in Christ, we ourselves have been found to be sinners, is Christ then a servant of sin? Certainly not! But if I build up again the very things that I once tore down, then I demonstrate that I am a transgressor. For through the law I died to the law, so that I might live to God. I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Alleluia, Tone 1. *Verse 1 :* Remember Your congregation which You acquired from the beginning. *Verse 2:* But God is our king before the ages; He has wrought salvation in the midst of the earth.

Gospel: Mark 8:34-9:1. At that time, Jesus called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels." And he said to them, "Truly I tell you, there are some standing here who will not taste death until they see that the kingdom of God has come with power."

Hymn to the Mother of God (p. 690). 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 Verses. Praise the Lord from the heavens;* praise Him in the highest. (Psalm 148:1)* 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. (*Thrice*)