

### *The Cross, Our Victory*

Have you seen the wonderful victory? Have you seen the splendid deeds of the Cross? ... Who can tell the Lord's mighty deeds? By death we were made immortal: these are the glorious deeds of the Cross.

Have you understood the victory? Have you grasped how it was wrought? Learn now, how this victory was gained without any sweat or toil of ours. No weapons of ours were stained with blood; our feet did not stand in the front line of battle; we suffered no wounds; witnessed no tumults; and yet we obtained the victory.

The battle was the Lord's, the crown is ours. Since then victory is ours, let us imitate the soldiers, and with joyful voices sing the songs of victory.

Let us praise the Lord and say, "Death is swallowed up in victory. O death, where is thy victory? O death, where is thy sting?"

The Cross did all these wonderful things for us: the Cross is a war memorial erected against the demons, a sword against sin, the sword with which Christ slew the serpent.

The Cross is the Father's will, the glory of the Only-begotten, the Spirit's exultation, the beauty of the angels, the guardian of the Church. Paul glories in the Cross; it is the rampart of the saints, it is the light of the whole world.

*St. John Chrysostom*

## THIRD SUNDAY OF THE GREAT FAST VENERATION OF THE HOLY CROSS



*Icon of the Sunday of the Holy Cross*



Українська Греко-Католицька Церква Парафія Святих Йоакима і 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: 2<sup>nd</sup> & 4<sup>th</sup> Saturdays, 5:00pm**

**Divine Liturgy in English, Sundays 10:30am**

**Holy Mystery of Repentance (Confession): Sundays, 9:45am**

**MARCH 8, 2026 – 4<sup>TH</sup> SUNDAY OF THE GREAT FAST (TONE 6);  
VENERATION OF THE HOLY CROSS**

**GIVING REPORT** – The in-pew collection for Sunday, March 1 was \$1,408.48.



**Lenten Regulations.** *The Great Fast is a gentle invitation to slow down, pray more deeply, and renew our hearts. Each of us is called to walk this journey according to our strength and circumstances. During the Great Fast, we abstain from meat on all Fridays and on Holy Saturday; it is also our tradition to abstain from meat on Wednesdays. The Church does not bind these rules on those 60 years and older, the poor or the sick, pregnant or nursing women, children under 14, and those who do physically demanding work. If you are able, you are encouraged to observe fasting and abstinence in a way that is realistic and life-giving. All the faithful are encouraged to receive the Holy Mysteries of Reconciliation and Holy Eucharist at least once between the beginning of the Great Fast and the Wednesday before Ascension Thursday. No matter your age or situation, enter the Great Fast with sincerity and trust. The Lord receives every small effort offered with love.* (source: www.facebook.com/archeparchyphilly)

**Weekly Catholic Moms Meetup** – Join us each Thursday 9:15-11:15am in the parish hall to connect, share, and find encouragement in this beautiful yet challenging season of motherhood. Led by a local Catholic doula and mom, we'll grow in faith, fellowship, and practical support together. Come as you are – babies and children of all ages welcome! Questions? Contact Gabrielle Dixon, 240-285-0347 or gabriellemarie.dixon@gmail.com

**Liturgy of the Presanctified Gifts** – To sustain the faithful in the spiritual effort of fasting during Lent, the Church celebrates the Liturgy of the Presanctified Gifts. At this Liturgy, the faithful partake of the Holy Gifts that were consecrated the previous Sunday. We continue to celebrate the Liturgy of the Presanctified Gifts on all the Wednesdays and Fridays of Great Lent. This week, join us on **Wednesday, March 11, at 6:00pm and on Friday, March 13, at 7:00pm.** Note the later time this Friday. On the Fridays of Great Lent, we'll serve the Panakhyda for the Deceased and remember all our beloved dead. All parishioners are urged to resolve to make their best effort to attend *at least 5* of these sacred services during the Great Fast, especially those in which we remember our deceased loved ones.

In her liturgical tradition, with various images presented by the sticheras of the Passion, the Church prayerfully hymns the salvific suffering of the Son of God. Allowing himself to be bound in the garden of Gethsemane, Christ unbinds the chains of sin of the forefather Adam. Christ accepts the sentence of death, in order to offer the forgiveness of sins. With the reed, a sceptre of shame, Christ inscribes people into the Book of Life. With the stripping of his garments on Golgotha, Christ tears away the covering of hypocrisy from human sin. Allowing himself to be nailed to the cross the Lord puts an end to the desire of Adam for the forbidden fruit. Humanity's written record of sins is nailed to the cross, and the lance of the centurion tears asunder our debt obligations. The tree of the cross, an instrument of death, becomes the tree of life. The body of Christ, raised upon the cross, becomes a beacon of light, lit by God, in order to find the lost drachma—the sinner. The arms of Christ spread out upon the cross become the embrace of God and a blessing for all people. The place of the crucifixion becomes Paradise, because the tree of the Cross issues the shoot of life—Christ. He fell asleep on the cross and was pierced with the lance; and from his pierced side poured forth blood and water. Therefore, with blood he redeemed all the nations, and with water he cleansed them. He who dies from the famine of sinfulness feeds the human race with the Body that is flesh of his own flesh. (*Christ Our Pascha Catechism*, 227)

**ABCs of Ukrainian Catholic Worship** – Our liturgical catechesis for teens and adults will continue Wednesday, March 11, following the Liturgy of the Presanctified Gifts, as we continue to review the Divine Liturgy following our pew book, *An Anthology for Worship*. Please bring a meatless Lenten dish to share.

**Reader Great Vespers:** Sat, March 14, 5pm • **Akathist Hymn to the Mother of God:** Sat, March 21, 5pm

**PLEASE PRAY FOR:** Nancy & Jon Anderson, Julie, Lisa Behnke, Alison Bernhoft, Yevhenia Borys, Robert Matthew, Carrie Chuff, Arthur Dhanagom, Elizabeth Deegan, Clara Anne Duda, Fr Michael Duesterhaus, Robert Dulaine, Pat Fagan, Danylo (Neyko) Fedoryka, Fr Mark Fesniak, Emma Flournoy, Katie Flynn, Lilian Garland, Jerry Gawron, CR Gaush, Samuel Gaush, Josie Hacker, Brigid and Marlena Hess, Ellen Hitchens, Janet Hitchens, Fr Robert Hitchens, Oksana Horszynska, Ihor Hulawyj, Sarah Kelt, Dixie Lane, Catherine Luckey, Destiny Makins, Michael Marshner & Family, Bridget McDonald, Laura McMahan, Vince McLaughlin, Thomas Pavick, Phillip Rexrode, Ivanna Richardson & Family, Chris Saboe, Betsy Sayre, Truman L Sayre, Jr, CJ & Theresa Sidrow, Amy Smith, Karena Tapsak, and Fr George Worschak.

*Teresa Fedoryka is our prayer coordinator; please email bulletin prayer requests to ssjoachimandannaucc@gmail.com*

### Third Sunday of the Great Fast - Veneration of the Holy Cross

**Before Liturgy:** To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. (*Thrice*)

**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. 625).** Save Your people, O Lord, and bless Your inheritance.\* Grant victory to Your faithful people against enemies,\* and protect Your community by Your cross. *Glorify...Now...Amen.* **Kontakion, Tone 7 (p. 626).** No longer does the flaming sword guard the gate of Eden;\* the tree of the Cross has quenched its flames gloriously.\* The sting of death and the victory of Hades are banished,\* and You O my Saviour came and called to those in Hades: "Return again to Paradise!"

**Instead of the Trisagion ("Holy God"), we sing:** To Your Cross, O Master...(p. 627).

**Prokeimenon, Tone 6 (p. 628).** Save Your people, O Lord, and bless Your inheritance. *verse:* Unto You I will cry, O Lord my God, lest You turn from me in silence. (Psalm 27:9,1)

**Epistle: Hebrews 4:14-5:6.** Brothers and Sisters, since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need. Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of this he must offer sacrifice for his own sins as well as for those of the people.

And one does not presume to take this honor, but takes it only when called by God, just as Aaron was. So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, "You are my Son, today I have begotten you"; as he says also in another place, "You are a priest forever, according to the order of Melchizedek."

**Alleluia, Tone 8 (p. 360).** *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. (Psalm 73:2,12)

**Gospel: Mark 8:34-9:1.** The Lord said, "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."

*After the Creed, we pray the Anaphora of St Basil the Great, p. 287.*

**Hymn to the Mother of God (p. 293).** In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

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

**Alternate ambo prayer, p. 628.**

**End of Liturgy:** To Your Cross, O Master... (*thrice, as at the beginning*)