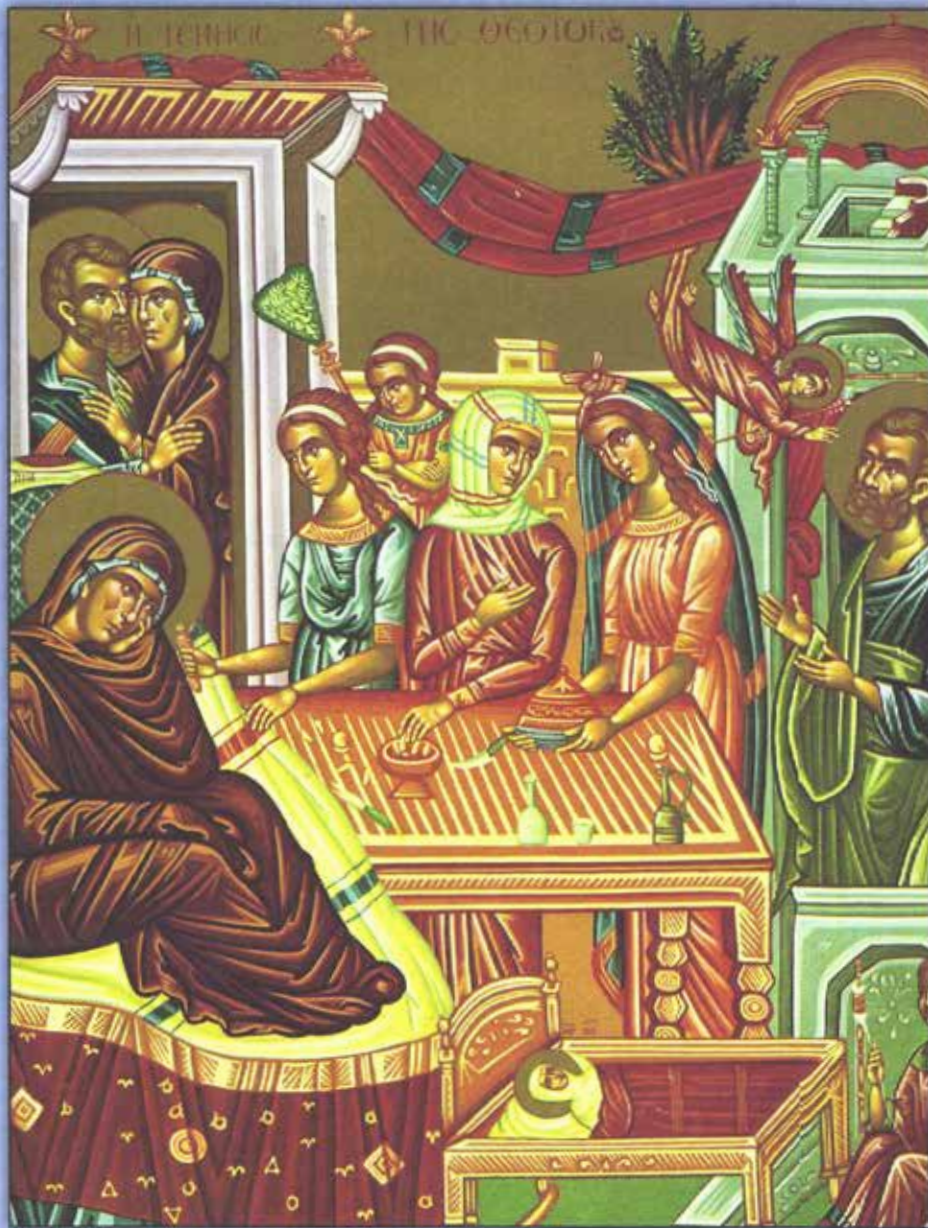


SUNDAY BEFORE THE EXALTATION OF THE HOLY CROSS
FEAST OF THE BIRTH OF THE THEOTOKOS



Icon of the Nativity of the Theotokos -- September 8th

September 8, 2013

15TH SUNDAY AFTER PENTECOST – TONE 7

SUNDAY BEFORE THE EXALTATION OF THE CROSS; THE NATIVITY OF THE MOST HOLY THEOTOKOS

SCHEDULE OF SERVICES FOR THE WEEK OF SEPTEMBER 9 – SEPTEMBER 15

Please Note: There will be NO Vespers during the Summer months unless noted in the bulletin.

SATURDAY, SEPTEMBER 14 – THE UNIVERSAL EXALTATION OF THE PRECIOUS AND LIFE-GIVING CROSS

9:30 AM – Divine Liturgy

Katherine Andrus - 40th day; Ann Seminack - 40th day;

Yaroslav - 40th day; Oleksiy Skolskyy - 40th day;

SUNDAY, SEPTEMBER 15 – SUNDAY AFTER THE EXALTATION OF THE CROSS; THE HOLY GREAT MARTYR NICETAS,
THE GOth

9:30 AM – Divine Liturgy

For All Parishioners

Parish Picnic

Next Sunday following the Divine Liturgy.

It will take place in Collier Park across the street from the Church. We will have hamburgers, hotdogs, drinks.... And we ask each family to bring one dish to share that will serve 8 people. There will be activities for all. Bring your lawn chairs.

Cost: 10 years of age and younger \$2.00
11 and up - \$5.00

Празник – Parish Feast

Mark your calendars. On Sunday, October 6, we will celebrate the feast of Покров – The Holy Protection of the Mother of God. Tickets will be available in the church hall after Divine Liturgy. Ticket prices: Adults - \$15.00; school-aged children (11-17) - \$8.00; children 10 and under – Free. We need help to set up for the Praznyk Celebration in the Church Hall. We also need help with serving and with clean up following the celebration.

There is no such thing as low-cost Christianity. Following Jesus means swimming against the tide, renouncing evil and selfishness.

– Pope Francis

Special Parish Survival Strategy Meeting

Mark your calendars!

On Sunday, September 22nd, there will be an important Special Meeting of the Parish Body to discuss urgent issues related to the immediate future of the parish. All parish members are asked to attend.

Looking Ahead

- Sunday, 9/15: Parish Picnic
- Sunday, 9/22: Special Parish Meeting
- Sunday, 10/6: Pokrov Celebration

Sunday offering for August 25

Amount	Number
\$3.00	1 (loose)
\$5.00	1
\$15.00	1
\$40.00	3
\$45.00	1
\$50.00	2
\$80.00	1
\$100.00	4
<hr/>	
\$723.00	

Parishioner Total: \$523.00

Visitor Total: \$200.00

Other: Memorial Gift to Parish \$140.00

Average / parish household (42): \$12.45

Weekly Stewardship Goal: \$2125.00

Shortfall: **-\$1602.00**

THE NATIVITY OF THE MOST HOLY THEOTOKOS

Celebrated on September 8th

The Holy Virgin Mary was born of aged parents, Joachim and Anna. Her father was of the lineage of David, and her mother of the lineage of Aaron. Thus, she was of royal birth by her father, and of priestly birth by her mother. In this, she foreshadowed Him Who would be born of her as King and High Priest. Her parents were quite old and had no children. Because of this they were ashamed before men and humble before God. In their humility they prayed to God with tears, to bring them joy in their old age by giving them a child, as He had once given joy to the aged Abraham and his wife Sarah by giving them Isaac. The Almighty and Allseeing God rewarded them with a joy that surpassed all their expectations and all their most beautiful dreams. For He gave them not just a daughter, but the Mother of God. He illumined them not only with temporal joy, but with eternal joy as well. God gave them just one daughter, and she would later give them just one grandson—but what a daughter and what a Grandson! Mary, Full of grace, Blessed among women, the Temple of the Holy Spirit, the Altar of the Living God, the Table of the Heavenly Bread, the Ark of God's Holiness, the Tree of the Sweetest Fruit, the Glory of the race of man, the Praise of womanhood, the Fount of virginity and purity—this was the daughter given by God to Joachim and Anna. She was born in Nazareth, and at the age of three, was taken to the Temple in Jerusalem. In her young womanhood she returned again to Nazareth, and shortly thereafter heard the Annunciation of the Holy Archangel Gabriel concerning the birth of the Son of God, the Savior of the world, from her most-pure virgin body.



Troparion – tone 4

Your Nativity, O Virgin, has proclaimed joy to the whole universe! The Sun of Righteousness, Christ our God, has shone from you, O Theotokos! By annulling the curse, He bestowed a blessing. By destroying death, He has granted us eternal life.

Kontakion – tone 4

By your Nativity, O Most-Pure Virgin, Joachim and Anna are freed from barrenness; Adam and Eve, from the corruption of death. And we, your people, freed from the guilt of sin, celebrate and sing to you: The barren woman gives birth to the Theotokos, the Nourisher of our Life.

THE EXALTATION OF THE PRECIOUS CROSS

Celebrated on September 14th

Saint Helen, the mother of Saint Constantine the Great, when she was already advanced in years, undertook, in her great piety, the hardships of a journey to Jerusalem in search of the cross, about the year 325. A temple to Aphrodite had been raised up by the Emperor Hadrian upon Golgotha, to defile and cover with oblivion the place where the saving Passion had been suffered. The venerable Helen had the statue of Aphrodite destroyed, and the earth removed, revealing the Tomb of our Lord, and three crosses. Of these, it was believed that one must be that of our Lord, the other two of the thieves crucified with Him; but Saint Helen was at a loss which one might be the Wood of our salvation. At the inspiration of Saint Macarius, Archbishop of Jerusalem, a lady of Jerusalem, who was already at the point of death from a certain disease, was brought to touch the crosses, and as soon as she came near to the Cross of our Lord, she was made perfectly whole. Consequently, the precious Cross was lifted on high by Archbishop Macarius of Jerusalem; as he stood on the ambo, and when the people beheld it, they cried out, "Lord have mercy." It should be noted that after its discovery, a portion of the venerable Cross was taken to Constantinople as a blessing. The rest was left in Jerusalem in the magnificent church built by Saint Helen, until the year 614. At that time, the Persians plundered Palestine and took the Cross to their own country (see Jan. 22, Saint Anastasius the Persian). Late, in the year 628, Emperor Heraclius set out on a military campaign, retrieved the Cross, and after bringing it to Constantinople, himself escorted it back to Jerusalem, where he restored it to its place.

THE BLOOD OF CHRIST AND THE SKULL OF ADAM

The mount of Calvary or Golgotha means in Hebrew the "place of the Skull." Some biblical scholars have erroneously attested that it was called this name because the rock formations there resembled a skull. Yet, the actual reason for the name comes from an ancient Jewish tradition that the skull of Adam was brought on the Ark by Noah, and then buried under Calvary.

At the moment of Christ's death, the earth quaked and the rock was split in two, thus allowing the atoning Blood of Christ to literally flow over the bones of Adam. This is why in iconographical depictions of the Crucifixion, we see a skull and cross-bones at the base of the Cross.



About The Three-Barred Cross

The Three-barred Cross is common to most Slavic lands. The three bars distinguish the Holy Cross as the Cross of Christ, as opposed to other crosses used by the Romans. The smaller upper bar represents the sign placed above the Lord's head, which read, "Jesus of Nazareth, King of the Jews". The slanted lower bar reflects the fate of the thieves crucified on either side of the Lord: one side pointing up to Paradise, the other downward to Hades. On either side of the Cross are often pictures the spear used to pierce the Lord's side, and the pole with the sponge used to give Him sour wine to drink. This is the same cross that St. Josaphat of Polotsk prayed before.

“A GOOD DAY”

By Brother David Steindl-Rast – From Fr. Michael Mihalick

You think this is just another day in your life. It's not just another day. It's the one day that is given to you today. It's given to you. It's a gift. It's the only gift that you have right now. And the only appropriate response is gratefulness.

If you do nothing else but to cultivate that response, to the great gift that this unique day is, if you learn to respond as if it were the first day in your life, and the very last day, then you will have spent this day very well.

Begin by opening your eyes and be surprised that you have eyes you can open. That incredible array of colors that is constantly offered to us for pure enjoyment. Look at the sky. We so rarely look at the sky. We so rarely note how different it is from moment to moment, with clouds coming and going. We just think of the weather. Even of the weather we don't think of all the many nuances of weather. We just think of good weather and bad weather. This day right now, this unique weather, may be a kind that will never exactly in that form come again. The formation of clouds in the sky will never be the same that it is right now. Open your eyes. Look at that.

Look at the faces of people you may meet. Each one has an incredible story behind

their face, a story that you could never fully fathom. Not only their own story, but the story of their ancestors. We all go back so far. And in this place and moment, in this day, all the people you meet, all that life from generations and from so many places all over the world, flows together and meets you here like a live-giving water if you'd only open your heart and drink.

Open your heart to the incredible gifts that civilization gives to us. You flip a switch and there is electric light. You turn a faucet and there is warm water and cool water. And drinkable water, a gift that millions and millions in the world will never experience.

And these are just a few of an enormous number of gifts to which we can open our heart. And so I am wishing that you will open your heart to all these blessings and let them flow through you, that everyone you will meet on the street will be blessed by you. Blessed by your eyes. By your smile. By your touch. Just by your presence.

Let the gratefulness overflow into blessing all around you. Then it will really be a good day.

*A beautiful video presentation of this passage can be see at:
<http://youtu.be/3Zl9puhwiyw>*

God's Extended Hand

FOCUS San Diego Dinners: If we don't gather teams of people to open God's Extended Hand (1625 Island Ave SD 92101) and prepare and serve dinner each Wednesday, many poor & homeless people will go without dinner! YOUR HELP IS NEEDED for:

- Food Prep & Cooking (4-6 people):
2:00-6:30 PM,
- Doorman & Floorman (2 trained men, & 1 or 2 others who want to learn):
4:00-7:15 PM
- Serving & Clean Up (8-10 people):
6:20-8:00 PM.

For more info, or to volunteer, please contact Patty: pattydiaz@focusna.org or 858-679-9283. You may also contact Fr. James. May God bless you for giving of your time and energy for His work!

A Reminder: FOCUS has provided us with a special bin for collecting donations of clothing, toiletries, etc. to be distributed at GEH. It is located near the door of the church hall

Did You Know We're on Facebook?

"Like" us to receive our posts, and so that your friends can get to know your church a little. Who knows who else may "Like" us too? <https://www.facebook.com/pages/St-John-the-Baptizer-Ukrainian-Catholic-Church/137098752989860>

In ancient Greece (469-399 BC), Socrates was widely lauded for his wisdom. One day the great philosopher came upon an acquaintance who ran up to him excitedly and said, "Socrates, do you know what I just heard about one of your students?"

"Wait a moment," Socrates replied. "Before you tell me I'd like you to pass a little test. It's called the Test of Three."

"Test of Three?"

"That's right," Socrates continued. "Before you talk to me about my student let's take a moment to test what you're going to say. The first test is Truth. Have you made absolutely sure that what you are about to tell me is true?"

No," the man said, "actually I just heard about It."

"All right," said Socrates. "So you don't really know if it's true or not. Now let's try the second test, the test of Goodness. Is what you are about to tell me about my student something good?"

"No, on the contrary..."

"So," Socrates continued, "you want to tell me something bad about him even though you're not certain it's true?"

The man shrugged, a little embarrassed.

Socrates continued. "You may still pass though, because there is a third test - the filter of Usefulness. Is what you want to tell me about my student going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "if what you want to tell me is neither True nor Good nor even Useful, why tell it to me at all?"

The man was defeated and ashamed. This is the reason Socrates was a great philosopher and held in such high esteem.

Iowa gubernatorial candidates, Democrats pray to 'the Lord' for more abortion access

BY JOHN JALSEVAC

Thu Aug 29, 2013 11:02 EST

August 29, 2013 (LifeSiteNews.com) - Newly released video footage shows Democrat gubernatorial candidates Tyler Olson and Jack Hatch joining abortion activists in an extended prayer in thanksgiving for abortionists, asking for increased abortion access, and decrying the fact that women have been "made afraid of their own power by their paternalistic religion."

The five-minute prayer begins, "We give thanks, O Lord, for the doctors, both current and future, who provide quality abortion care, and pray that they may be kept safe."

"We pray for the 45 million American women who have had safe, legal abortions. May they stand tall and refuse shame," the prayer continues. "We pray for elected officials, that they may always support a woman's right to make her own medical decisions."

The prayer was led by abortion activist Midge Slater, according to the Iowa Republican. It was part of a rally by abortion activists ahead of a hearing on proposed rules banning the practice of having abortionists in a remote location dispense abortion drugs to women via webcam.

Pro-life activists held their own prayer service at a nearby church, according to the Des Moines Register.

The Iowa Republican reports that at the end of the pro-abortion prayer, Hatch stood up and began applauding, before stopping, while Olson remained seated and did not applaud.

During the prayer Slater also asked "the Lord" for increased funding for abortion, increased abortion access in the developing world, and called abortion a "blessing."

She also prayed that "all women will know that they were created in the image of God: good and holy, moral and wise," and asked that all pregnant women will "be surrounded by loving voices."

There are six things the Lord hates,
seven that are detestable to him:
haughty eyes,
a lying tongue,
hands that shed innocent blood,
a heart that devises wicked schemes,
feet that are quick to rush into evil,
a false witness who pours out lies
and a person who stirs up conflict in
the community.

- Proverbs 6:16-19

**Woe unto them that call evil
good, and good evil; that put
darkness for light, and light
for darkness; that put bitter for
sweet, and sweet for bitter!**

~ Isaiah 5:20



**Українська Греко-Католицька Церква
Святого Йоана Хрестителя
St. John the Baptizer
Ukrainian Greco-Catholic Church**

4400 Palm Avenue
La Mesa, CA 91941
Parish Office: (619) 697-5085

Website: stjohnthebaptizer.org

Pastor: Fr. James Bankston
frjames@mac.com

Fr. James' cell phone: (619) 905-5278

Hail Theotokos!

We shall never cease to hymn to you as one should, O Theotokos, and say: Hail, O Bride and Maiden ever-pure!

Hail, O you, through whom Joy will shine forth!
Hail, O you, through whom the curse will disappear!

Hail, O Restoration of the Fallen Adam!

Hail, O Redemption of the Tears of Eve!

Hail, O Peak above the reach of human thought!

Hail, O Depth even beyond the sight of angels!

Hail, O you who have become a Kingly Throne!

Hail, O you who carry Him Who Carries All!

Hail, O Star who manifest the Sun!

Hail, O Womb of the Divine Incarnation!

Hail, O you through whom creation is renewed!

Hail, O you through whom the Creator becomes a Babe!

Hail, O Bride and Maiden ever-pure!

And why do we cry, "Alleluia?"

Hail, O hidden Sense of the Ineffable Plan!

Hail, O Belief in Silence That Must Be!

Hail, O Forecast of the Marvels of Christ!

Hail, O Fountainhead of truths concerning Him!

Hail, Celestial Ladder, by whom God came down!

Hail, O Bridge leading earthly ones to heaven!

Hail, O Wonder, ever-thrilling to the angels!

Hail, O Wound, ever-hurting to the demons!

Hail, O you who gave birth to Light ineffably!

Hail, O you who told no one how it was done!

Hail, O you who surpass the wisdom of the wise!

Hail, O you who enlighten faithful minds!

Hail, O Bride and Maiden ever-pure!

From the Akathist to the Theotokos