

SUNDAY BEFORE THE EXALTATION OF THE HOLY CROSS



Icon of the Exaltation of the Holy Cross

September 12, 2010
Sunday before the Exaltation of the Holy Cross

Tone 7

SCHEDULE OF SERVICES FOR THE WEEK OF SEPTEMBER 13 – SEPTEMBER 19

TUESDAY, SEPTEMBER 14TH – EXALTATION OF THE HOLY CROSS

9:30 AM DIVINE LITURGY

HEATH AND BLESSING FOR THE MARTYNIUK

FAMILY; REQ: LARYSSA

SUNDAY, SEPTEMBER 12TH – SUNDAY AFTER THE EXALTATION OF THE CROSS

9:30 AM DIVINE LITURGY

FOR ALL PARISHIONERS

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Remember in your prayers ☪☪



Please remember in your prayers those members of our parish, our family and friends who are ailing, are in hospitals, nursing homes and those who are not able to

join actively in their community. Remember especially the following: Katherine Andrus, Sr. Marie Arendes, Walter & Isabella Bachynsky, Susie Boyko, Sonya Cronin, Helen Davis, Lorene Lagrone, Maria Laszok, Natalie, Maria Leskiw, Lesya Loznycky, Sonia Shashkewych, Sophia Skop and Ariadna Wall. Please let Fr. James know if there is anyone else who should be remembered.

Remember Those In The Armed Forces

Let us especially remember in our prayers those family members and friends who are actively serving their countries in the Armed Forces: Luke and Slavamira Haywas, Elizabeth Heltsley, Oksanna Hirniak, Andrew Hrynkiw, Zenon and Susan Keske, Michael Lopes, Vasyl Lylak, Thomas Orr, Paul Richelmi and Brian Tuthill. Please give any names of those you would like remembered in the *Liturgies to Fr. James.*

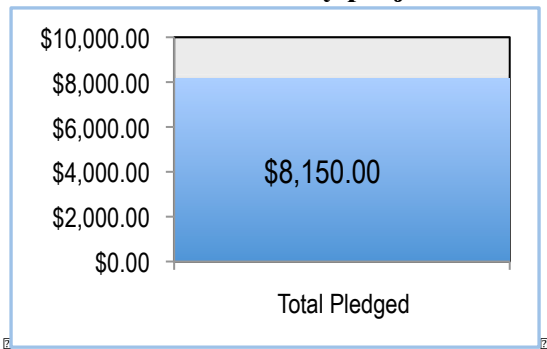


**Welcome to Our Visitors**

We warmly welcome all those who are visiting from near and far. Please consider staying for a bite to eat at our coffee hour following the service. But even if you have to run, we thank you for worshipping with us today, and we wish you a blessed remainder of your visit!

**Congratulations** to the House of Ukraine on its splendid 50<sup>th</sup> Anniversary celebration last weekend. A marvelous time was had by all!

**50<sup>th</sup> anniversary project**



## **Ten Commandments for a Happy Church**

1. Speak to people. Speak to everyone, especially to those whom you don't know. There is nothing quite so nice as a cheerful word of greeting.
2. Smile at people. It takes 72 muscles to frown and only 14 to smile. Your smile is one of your finest assets. Use It! It doesn't cost a thing!!
3. Call people by name. The sweetest music to any person's ears is the sound of his or her own name. If you don't know the person's name, introduce yourself and likely the person will respond with his or her name.
4. Be friendly and helpful. If you want friends, learn to be a friend. Every- one needs them. No one has too many.
5. Be cordial. Try to speak and act as if everything you do is a genuine pleasure.
6. Be genuinely interested in people. Try to like everybody and everybody will like you. Do not limit yourself to a few friends when there are so many likable people about you.
7. Be generous with praise. And be just as sparing with criticism.
8. Be considerate of the feelings of others. Usually, there are three sides to a controversy: yours, the other person's, and the right one. Try to see them all.
9. Be alert to give service. What we do for others counts most in life. Try giving yourself away. It's fun!
10. Develop a sense of humor. To this good sense of humor, add a generous dose of patience and a dash of humility. Then get ready to receive many blessings. They're sure to come!

***Catechism for Youth and Young Adults (5-18) will begin in October.*** Registration forms are available in the church hall. Please return them to Fr. James by next Sunday, September 19th so that the appropriate number of needed texts can be ordered. The schedule and cost of text books for the classes will be determined once the number of students has been finalized.

### **Generations of Faith**

Next Sunday September 19th after the Divine Liturgy we will continue our whole parish catechetical program called "Generations of Faith." There will be a Pot-Luck luncheon followed by the learning session. We will study iconography with a special emphasis on our new icons.

### **Give Us More Pocket-Watch Christians**

- ❖ Many Christians are like wheelbarrows: no good unless pushed.
- ❖ Others are like canoes: they need to be paddled.
- ❖ Some are like kites: if you don't keep a string on them, they flyaway.
- ❖ Still others are like balloons: full of wind and just waiting for a chance to explode.
- ❖ Then there are others like footballs: you can't tell which way they will bounce.
- ❖ But Glory to God, many Christians are like good pocket watches: with open faces and busy hands, they are well-regulated and full of good works. Christians like this are the back-bone of every church.



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

**СВЯТКУЄМО 50-років! Celebrating 50 Years!**

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

**Website:** [stjohnthebaptizer.org](http://stjohnthebaptizer.org)

**Pastor:** Fr. James Bankston

**Парох:** о. Яків Бенкстон

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

***The Holy Cross***

**C**hrist was truly crucified for our sins. For if you would deny it, this place refutes you visibly, this blessed Golgotha, in which we are now assembled for the sake of Him who was here crucified; and the whole world has since been filled with pieces of the wood of the Cross. But He was crucified not for sins of His own, but that we might be delivered from our sins. And though as Man He was at that time despised of men, and was buffeted, yet He was acknowledged by the Creation as God: for when the sun saw his Lord dishonored, he grew dim and trembled, not enduring the sight.

Let us, therefore, not be ashamed of the Cross of Christ. You openly seal it upon your forehead, that the devils may behold the royal sign and flee trembling far away. Make then this sign at eating and drinking, at sitting, at lying down, at rising up, at speaking, at walking: in a word, at every act. For He who was here crucified is in heaven above. If after being crucified and buried He had remained in the tomb, we should have had cause to be ashamed. But, in fact, He who was crucified on Golgotha here, has ascended into heaven from the Mount of Olives on the East. For after having gone down hence into Hades, and come up again to us, He ascended again from us into heaven, His Father addressing Him, and saying, *Sit at My right hand, until I make Your enemies Your footstool.*

*St. Cyril of Jerusalem*