


**Why do Ukrainians greet special people with bread and salt?**

Ukraine was known as the breadbasket of the world. Its rich humus soil produced grain in great abundance. From the respected staple of life, wheat, Ukrainian homemakers developed a variety of artistic looking breads. Ukrainians regard bread as one of the holiest of all foods. The round bread or “Kolach” is a symbol of eternity and represents hospitality. It along with the salt is offered as a humble greeting to visitors. Salt is reflected in Christ’s words, “You are the salt of the earth” and it represents friendship. Bread and salt are necessary for health and important ingredients in our daily consumption.

**Ukrainian proverbs and sayings about bread**

Folk wisdom is usually contained in proverbs and sayings. Considering the role of bread in Ukrainian culture there are a lot of proverbs and sayings about bread. Here are some of them:

- Bread is the staff of life.
- Where bread and water are there is no hunger.
- Without bread and love dies.
- If there is no bread, there will be no dinner.
- Bread doesn’t fall from the sky.



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# Our Weekly Bulletin

Week of September 4 to 10, 2016



**Welcome to our Parish**

**11:00AM Sunday**  
**6:30PM Tuesday**  
**6:00PM Vigil for Holy Days**

| Divine Liturgies and Services for the Week |  |                                     |
|--|--|-------------------------------------|
| <b>Sunday, Sept. 4</b>                     | 16th Sunday after Pentecost                                | ✠ Anna Olexo —<br>Mary Ann Marcus   |
| <b>Sept. 5</b>                             | No Liturgy   |                                     |
| <b>Sept. 6</b>                             | No Liturgy   |                                     |
| <b>Sept. 7</b>                             | Vigil for Nativity of BVM                                  |                                     |
| <b>Sept. 8</b>                             | No Liturgy   |                                     |
| <b>Sept. 9</b>                             | No Liturgy   |                                     |
| <b>Sept. 10</b>                            | No Liturgy   |                                     |
| <b>Sunday, Sept. 11</b>                    | Sunday Before the Exaltation & 17th Sunday after Pentecost | ✠ Mary Simmers —<br>Mary Ann Marcus |

## Tone 7

### *Troparion*

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.

Glory be...

### *Kondakion*

No longer shall the dominion of death be able to hold humanity, for Christ went down shattering and destroying its powers. Hades is bound. The prophets exult with one voice. The Savior has come for those with faith, saying: "Come forth, O faithful, to the resurrection!"

Now and ever ...

### *Theotokion*

O all-praised treasury of our resurrection, we hope in you, bringing us up from the pit and depth of sins, for you have saved those subject to sin by giving birth to our Salvation, O Virgin before childbirth, and Virgin in childbirth, and still a Virgin after the childbirth.

### *Prokeimenion*

The Lord will give strength to His people; the Lord will bless His people with peace.

*Verse:* Bring to the Lord, O you sons of God; bring to the Lord young rams.

### *Alleluia*

Alleluia, Alleluia, Alleluia

It is good to give praise to the Lord; and to sing in Your name, O Most High.

Alleluia, Alleluia, Alleluia

To announce Your mercy in the morning and Your truth every night.

Alleluia, Alleluia, Alleluia

### *Communion Verse*

Praise the Lord from the heavens; praise Him in the highest. Alleluia (3)

## Parish News

**Welcome** - Welcome to Fr. Andriy Kelt, his wife Sarah and daughter Emma. May God grant them many happy years.

**Potato Fest** - All parishioners are asked to supply baked goods to sell at the Potato Fest. Please have them packaged for sale in \$1.00 packages. Larger items can be priced higher by the baker.

**St. Anna's Kitchen** - St. Anna's Kitchen will be supplying a meal today after Liturgy.

**Contact Information** - The phone number for the rectory in Northern Cambria is on the back of the bulletin as well as Fr. Andriy's cell number if you should need to contact him.

**Catechism Classes** - Catechism classes are offered for school age children on Wednesdays at 6:30 to 7:30PM. Please enroll your children for classes to learn about their Ukrainian Catholic Church.

**Weekday Liturgy** - Weekday Liturgy will be on Tuesdays at 6:30PM

**Weekly Exercise** - Tai Chi exercise will be Thursdays at 6:30 to 7:30PM. This is a low impact form of exercise to help build strength and balance. All are welcome to participate. It is great for senior citizens. Currently there are 10 people from the area community that attend,

**Weekly Collection** - The collection for August 28, 2016 - \$337.00. Thank you for your generous support of the church.

## Upcoming Events

September 26 - Potato Fest

October 1 - Parish Feast Day

October 9 - 90th Anniversary Celebration

December 4 - 46th Visit of St. Nicholas

January 1 - Parish Christmas Dinner

## Prayer List

Parishioners:

Steve Datsko

Michael Lutak

Helen Yendzik

Friends of the Parish:

Martha Charron

Ken Ugolites

Lisa Callihan

## Joke of the Day

A little boy walks up to his grandfather and asks if he can make a frog noise. This confused the grandfather. He asked the boy why he wants him to make a frog noise. The little boy explains, "Mom and dad said that we can go to Disney when you croak."