

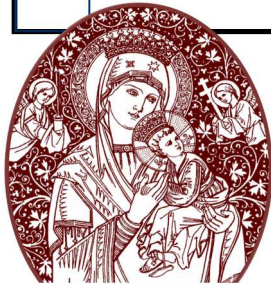
**Prostrations:** In the Eastern Church worship, prostrations are preceded by making the sign of the cross and consist of kneeling and touching the head to the floor. They are commonly performed both at specific moments during the services of the Great Fast (Lent) and for the Exaltation of the Holy and Life-giving Cross. The Lenten service called the Canon of St. Andrew of Crete has 350 prostrations. There are also prostration at ordinations. When a candidate is brought into church for minor orders and Holy Orders, he makes a prostration at the back, middle and at the ambo as he is presented to the Bishop. Also during the Ordination Liturgy, the candidate make prostrations before the Holy Table.



To Your Cross,  
O Master,  
we bow in veneration  
and we glorify  
Your holy Resurrection



The Holy Martyrs Saint Sophia and her Daughters Faith, Hope and Love were born in Italy. Their mother was a pious Christian widow who named her daughters for the three Christian virtues. Faith was twelve, Hope was ten, and Love was nine. Saint Sophia raised them in the love of the Lord Jesus Christ. Saint Sophia and her daughters did not hide their faith in Christ, but openly confessed it before everyone. An official named Antiochus denounced them to the emperor Hadrian (117-138), who ordered that they be brought to Rome.. Then the emperor ordered them to be tortured. They burned the holy virgins over an iron grating, then threw them into a red-hot oven, and finally into a cauldron with boiling tar, but the Lord preserved them. After undergoing unspeakable torments, the holy virgins glorified their Heavenly Bridegroom and remained steadfast in the Faith. They subjected Saint Sophia to another grievous torture: the mother was forced to watch the suffering of her daughters. All three daughters were beheaded, and joyfully bent their necks beneath the sword. In order to intensify Saint Sophia's inner suffering, the emperor permitted her to take the bodies of her daughters. She placed their remains in coffins and loaded them on a wagon. She drove beyond the city limits and reverently buried them on a high hill. Saint Sophia sat there by the graves of her daughters for three days, and finally she gave up her soul to the Lord. Even though she did not suffer for Christ in the flesh, she was not deprived of a martyr's crown. Instead, she suffered in her heart. Believers buried her body there beside her daughters. The relics of the holy martyrs have rested at El'zasa, in the church of Esho since the year 777. They are commemorated on



Rev. Fr Andriy Kelt, Pastor  
Fr. Deacon Christopher Bellock  
Fr. Deacon Anthony Dragani, PhD.  
814.948.9193

Anyone wishing to be a member of the parish, contact Fr. Andriy

Immaculate Conception -  
St. Mary's  
Ukrainian Catholic Church  
3711 Campbell Avenue  
Northern Cambria, PA 15714

Holy Protection of the Mother of God  
Ukrainian Catholic Church  
560 Cambria Avenue  
PO Box 194  
Revloc, PA 15948-0194

Immaculate Conception -  
St. Mary's  
Ukrainian Catholic Church  
2024 20th Street  
Altoona, PA 16601




# Our Weekly Bulletin

## Welcome to our Parish

Glory to Jesus Christ! Glory forever!  
Christ is among us! He is and always will be!

### Divine Liturgies and Services for the Week

Week of Sept 17 to Sept 24, 2023

<b>Sunday, Sept 17</b>	16th Sunday after Pentecost Sunday after the Exaltation of the Cross	Dolly Powell
<b>Sept 18</b>	No Liturgy	
<b>Sept 19</b>	No Liturgy	
<b>Sept 20</b>	No Liturgy	
<b>Sept 21</b>	No Liturgy	
<b>Sept 22</b>	No Liturgy	
<b>Sept 23</b>	No Liturgy	
<b>Sunday, Sept 24</b>	17th Sunday after Pentecost	✠Michael & Catherine Lutak

*If you are looking for a closer relationship with Jesus Christ and are looking for a home, you are welcome to be part of our kid friendly family in Christ. You have found your way home.*

## Sunday After the Exaltation of the Holy and Life-giving Cross

Galatians 2:16-20

Mark 8:34-9:1

### *1st Antiphon*

O God, my God, hear me; why have You forsaken me?  
The words of my transgressions put salvation far from me.  
Through the prayers...  
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...  
Glory be ... now and...  
Only-begotten Son...

### *3rd Antiphon*

Come, let us sing joyfully to the Lord, let us acclaim God, our Savior.  
Son of God, crucified in the flesh, save us who sing to You: Alleluia.  
Let us come before His face with praise, and acclaim Him in psalms.  
Son of God, crucified in the flesh, save us who sing to You: Alleluia.  
For God is a great Lord and the great king over all the earth.  
Son of God, crucified in the flesh, save us who sing to You: Alleluia.  
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)*

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 to You!

### *Troparion of the Exaltation*

Save You people, O Lord, and bless Your inheritance. Grant victory to Your faithful people against enemies, and protect Your community by Your cross.

### *Kondakion of the Exaltation*

Glory be...now and...  
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.

### *Prokeimen of the Exaltation*

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.

Exalt the Lord our God, and bow in worship at the footstool of His feet, for it is holy.

### *Alleluia*

Alleluia, Alleluia, Alleluia

*Verse:* Remember Your congregation which You acquired from the beginning.

*Verse:* But God is our king before the ages; He has wrought salvation in the midst of the earth.

### *Hymn to the Mother of God*

O my soul, magnify the most precious Cross of the Lord.  
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 Verse*

Praise the Lord from the heavens; praise Him in the highest.

## PARISH NEWS

**Weekly Collection** - September 10, 2023 - \$272.00. Thank you for your generosity.

**Relief for Ukraine** - Amount collected to date \$6,483.00.

**Relief for Ukraine** - Financial help to Ukraine can be done by writing a check to:

Ukrainian Catholic Eparchy of St. Josaphat and on the memo line: Aid for Ukraine.

**Ukrainian Classes** - There is a sign-up sheet in the vestibule for basic Ukrainian Language Class. The class will be for 3 days - Sept. 22 & 23 from 5:00 to 7:00PM and Sept 24 from 1:30 to 3:30. No fee but a donation for Ukraine will be appreciated. Please sign-up because class will depend if there is enough interest.

**Saturdays with Jesus** - Catechism classes will resume on Oct 14. Adults 10-12 and Kids 1-2:30.

Happy 63rd Anniversary to Mike and Rose  
May God grant them good health, long life and many happy years!  
Многая і благая літа!

### **Prayer List**

**Parishioners:** Millie & Steve Deskevich, Connie Butkus, Kathy Ott, Sarah Kelt, Gary Maurer, the Lutak family, Jeremiah Hunt, Margaret Reighard.

**Friends of the Parish:** Jennifer Maurer, Breanna Borlie, Tom and Kris, Richard Shonk, Ryder McDermitt, Steve Helsel, Patricia Dragani, Eugene, Kevin Rogers, Darla Tishok, the Williams family, Patty Hunt, Kevin Blem, Linda Kusmierski.

*To add or remove a name, place your request in the collection basket.*

### **Joke of the Day**

One Sunday a lady went to greet visitors in church.  
“I understand you are newcomers Welcome. I am so glad that you are here.  
Oh, by the way, you’re in my pew.”