



On Tuesday, we were able to initiate the servant of God

Declan James Armstrong

into the Church via the Sacraments of

Baptism, Chrismation and Eucharist.

Declan is the child of Hugh and Stephanie Armstrong (Setlack). May

God grant you Declan, and your family, many long and happy years.

(the original plan was to do it last Sunday, but... things did not work out due to illness and the snow storm.)

Session #2 Eparchial Lenten Series is coming up March 31 @ 7:00 pm!

Learn from the Liturgy

Join Fr. Danylo Kuc as he leads us toward and through the Liturgy of the Word within the Divine Liturgy. We will delve into the prayers that the priest prays on our behalf as we prepare to hear the Word of God. There will be some familiar prayers that hold a deeper meaning than we perhaps ever thought of and prayers that we may never have heard prayed aloud.

LOCATION: *In person Holy Eucharist Parish: 6425 120 Ave NW, Edmonton. or online click here to join: [Learn from the Liturgy Zoom](#) or go to the Eparchy of Edmonton website: www.eeparchy.com or the Eparchy of Edmonton Facebook page for the link. You are welcome to attend any or all of the sessions. No registration necessary.*

CONTACT: education@edmontoneparchy.com if you have other questions.



Prayer of St. Ephrem the Syrian

O Lord and Master of my life,
keep from me the spirit of
indifference and discouragement,
lust of power, and idle chatter.
(prostration)

Instead, grant to me, Your
servant, the spirit of
wholeness of being, humble-
mindedness, patience, and
love. (prostration)

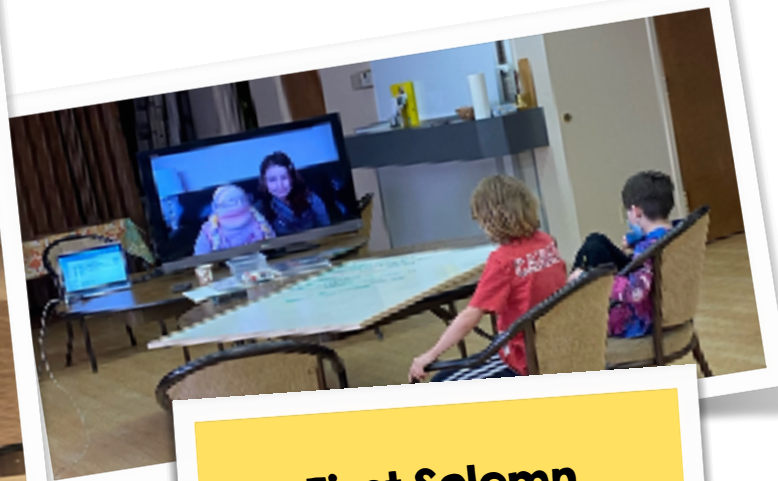
O Lord and King, grant me the grace
to be aware of my sins and not to
judge my brothers and sisters; for You
are blessed, now and ever and
forever. Amen. (prostration)

Covid Restrictions Have Eased:

- The provincial mask mandate has lifted, however those who wish to wear masks may.
- Capacity limits on places of worship are now removed, including for weddings and funerals.
- Individuals should continue to monitor health symptoms and stay home if sick.
- Please hand-sanitize regularly.
- Continued use of single-use Communion spoons will remain.

- Cleaning and sanitizing churches after each use will remain.
- In-person meetings and fellowship are now allowed.
- Congregation and choral singing are now permitted.

As we move from “pandemic” to “endemic” in our approach to COVID-19, let us continue to do our part in reducing the spread of COVID-19 and in caring one for another, especially our elderly and vulnerable.



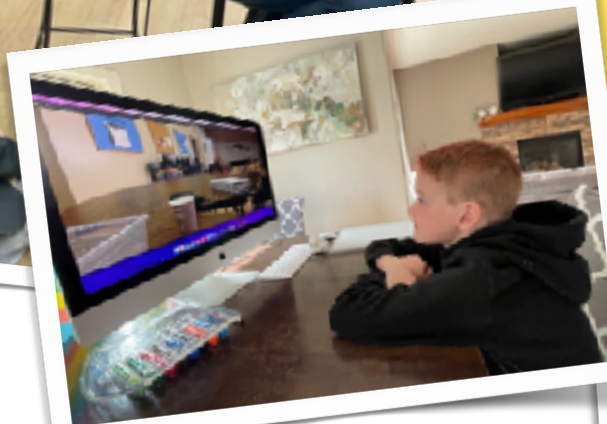
First Solemn Communion Lessons:

Things are going well with our three brilliant boys. They are learning all about God, themselves, the Church, the Sacraments and even about ventriloquism (Yes, Marilyn the Catechetical Puppet showed up).

I want to thank everyone who is praying for **Adam, Alec & Drew**, and I ask that everyone keep these prayers coming. F.S.C. is a very important step in a young person's life.

I also want to thank the parents for being faithful to their kid's journeys in their faith. Your efforts, practicing prayers, encouragement and such are absolutely fabulous, and absolutely important.

God bless you all.



Our Parish Services on YouTube:

As most of you know our parish has been recording and now live broadcasting our services on Youtube for about 2 years. It is surprising how many people benefit from this ministry. Some days we have only 5 views, and others well over a hundred.

The quality of the live streaming is... mediocre at best. This is due mostly to the fact that our parish wifi is weak, and the internet service is slow. But considering, we still do an okay job with it. Hopefully in the near future we can boost our signal and speed and do even better.

I have had many viewers who are seniors and are unable to attend services in person and many from beyond our city. For their sake I plan to continue this ministry.

I do want to ask however that those who can come in person do so. Although watching the services online is a good way to pray, and much better than nothing, it does not compare with being part of the community and being able to receive the Eucharist.

All Liturgies that are posted can be accessed from our parish's website. These include Sunday Services, Wednesday Presanctified Services, and sometimes special services such as "Prayers for Ukraine" and "Baptisms". Most are now posted as Live Events, so you can pray with us as we celebrate in the church. Past services are also available for viewing too.



Our "What's the difference between Ukrainian Catholics and Roman Catholics?" video has over 111 thousand views!

That's 15 thousand more views than this time last week!



Special annual Lenten collection for "Aid to the Missionary Church in Canada."

The purpose of this collection is to support the needs of the Church in Canada. Three charitable institutions are the recipients of the collection: the Ukrainian Catholic Church in Alberta, Catholic Missions in Canada, and the Canadian Conference of Catholic Bishops.

The **Ukrainian Catholic Church in Alberta** responds to the call of Christ to "make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you" (Matthew 28: 19-20). The Eparchy of Edmonton supports local priests in their travel, health care, pension, and clergy substitution, thus ensuring that they can respond to the pastoral needs of the faithful, especially the celebration of the Divine Liturgy and funerals in rural Alberta. Visit www.edmontoneparchy.com to see how the Church is working for you.

Catholic Missions in Canada supports over 600 missionaries – priests, deacons, sisters, brothers and lay ministers – throughout 27 eparchies and dioceses right here in Canada, including the Ukrainian Catholic Church. Catholic Missions supports the local churches in our call to proclaim the Gospel among Firsts Nations communities, missionary support, religious education programs, building and repairs, lay pastoral leadership programs, and education of seminarians. To learn more about the work of *Catholic Missions in Canada* visit (www.cmic.info) and sign up for a free subscription to its quarterly magazine by calling toll free 1-866-937-2642.

Each year the **Canadian Conference of Catholic Bishops** is asked to speak out, give leadership, and provide guidelines for the faithful on a wide variety of topics in our daily lives. For our bishops to do so, they must have the benefit of research and expert advice. Research and gathering information require staff, time and money. Through the yearly bishops' collection, an appeal is made to all Catholics to be generous towards the work of their bishops. To learn more about the Canadian Conference of Catholic Bishops, visit www.cccb.ca.

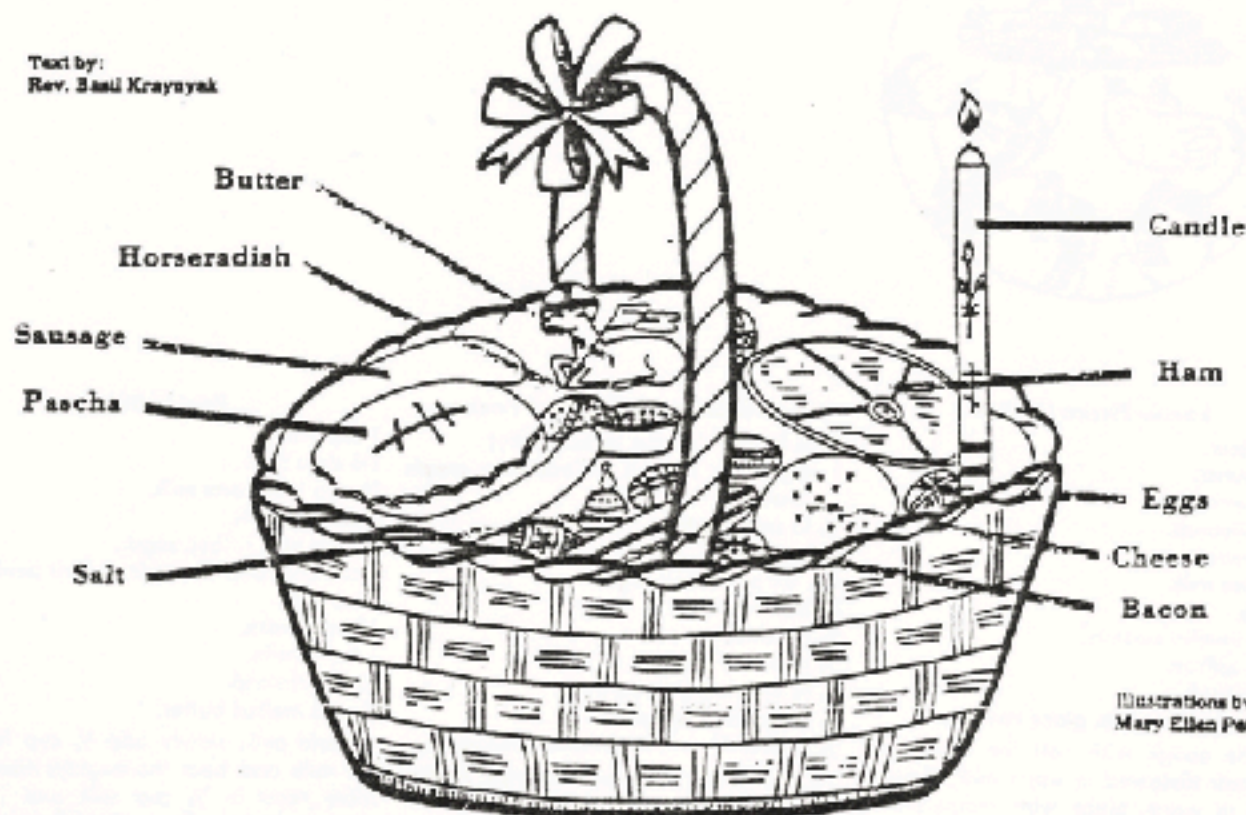
Did you know that you can support our parish directly through our website?

Click on the "Donate Online" button on our website and you will be taken to "Canada Helps" which is how we accept online donations. Tax receipts are issued automatically for these donations. Consider making a regular monthly donation which you can set up automatically and you will never have to remember to bring an envelope to church with you again!

<https://dormition.eeparchy.com/online-giving/>

How to Put Together a Traditional Easter Basket

Text by:
Rev. Basil Kravayak



Illustrations by:
Mary Ellen Petro



PASCHA - The Easter Bread (pronounced "Paska.") A sweet, yeast bread rich in eggs, butter, etc. Symbolic of Christ Himself, Who is our "True Bread." Usually a round loaf baked with a golden crust, decorated with a symbol indicative of Christ. Sometimes a cross † of dough is placed on top, encircled by a plait, giving it a crowned effect; or the Greek abbreviations for the name of Christ, IC XC (Jesus Christ), may be used. The letters XB are an abbreviation for "Christ is Risen" in Old Slavonic or Ukrainian.



HAM (Slav, "shynka") - the flesh meat popular with the Slavs as the main dish for Holy Pascha, because of its richness and symbolic of the great joy and abundance of Easter. Some may prefer lamb or veal. These meats are usually well roasted or cooked ahead of time so that the festivity of the day will not be burden anyone with food preparation, and that all may be free to enjoy the Feast.



SAUSAGE (Kobassa). A spicy, sausage made of pork products and garlic; indicative of God's favour and generosity.



EGGS (Pysanky or Krashanky). Pysanky are eggs brightly decorated with symbols and designs made with beeswax, indicative of new life and resurrection. Krashanky are hard boiled eggs that are dyed with one bright colour, and eaten during the festive meal.



HORSERADISH (in Ukrainian, "khrin.") Horseradish alone, and/or mixed with grated red beets. The white horseradish alone is symbolic of the resurrection. The horseradish mixed with grated red beets is symbolic of the Passion of Christ still in our minds, yet sweetened with some sugar because of the Resurrection. The bitter-sweet red coloured mixture reminds us of the sufferings Christ endured for us.



CHEESE ("Hrudka" or "Syretz.") A custard-type cheese shaped into a ball, with a slight sweet taste indicative of the moderation that Christians should have in all things. Also, creamed cheese is placed in a small dish. Both cheeses are decorated with symbols (IC XC, or XB, or the cross) using cloves or pepper balls.



BUTTER (in Ukrainian, "Maslo.") This favourite dairy product is often shaped into a figure of a Lamb, or small cross. If set into a container, it is decorated in the same way as the cheese, using cloves or pepper balls.



BACON (in Ukrainian, "solonyna.") A piece of uncooked bacon cured with spices. Symbolic of the super-abundance of God's mercy and loving-kindness to us. It is also a reminder that with the New Testament, God has abolished the Old Testament dietary laws and has pronounced all foods clean for human enjoyment.



SALT (in Ukrainian, "sil.") A condiment which gives flavour and preserves food. It is a reminder of Christ's words, "You are the salt of the earth." As Christians, we are called to be the "salt of the earth," to give "flavour" and meaning to human life on earth by living according to the Gospel; and thus, to preserve human life from moral corruption and decay.

OTHER - if the origin of the people was a wine growing area, a sweet wine was also included in the basket for the blessing.










THE EMBROIDERED PASCHAL CLOTH. The articles mentioned above are placed in a wicker basket and a ribbon or bow is tied to the handle. A decorated candle is placed in the basket and is lit at the time of blessing. A linen cover, usually embroidered with an image of the risen Christ, the cross or another appropriate symbol, together with the words "Christ is Risen - Truly He is Risen," is placed over the food when brought to Church. Before the blessing, the cover is removed, set on the ground or table, and the basket is placed upon the cloth for the blessing.

The above is a description of **TRADITIONAL EASTER FOODS** included in an Easter Basket in Central and Eastern Europe. **However, you may substitute Traditional Easter Foods with foods common to your own country of origin.** Almost every nationality has its own type of sausage or prepared meat. The important thing is that after the Great Fast, the first food you eat should be blessed food, which should be eaten and enjoyed together as a family on **EASTER SUNDAY**, after church services. Another popular custom is to let children have (or make up themselves) their own baskets, to instill in them the tradition for the future. These may be filled with eggs, chocolates, toys, etc.

Dormition Parish Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 🐟 Fourth Sunday of the Great Fast: St. John Climacus. Octoechos Tone 3. Our Holy Mother Matrona of Thessalonica Great Fast Day 28. Matins Resurrectional Gospel 11; The Divine Liturgy of St. Basil the Great is celebrated today. Hebrews 6:13-20; Ephesians 5:9-19; Mark 9:17-31; Matthew 4:25-5:12 10 am Divine Liturgy Fellowship to follow Liturgy 5:30 pm Appointment	28 🐟 Our Venerable Father Hilarion the New; the Holy Stephen the Wonderworker (464) Great Fast Day 29. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 37:33-38:6; Vespers - Genesis 13:12-18; Proverbs 14:27-15:4; 10 am Meeting 6 pm Eparchial Youth Commission Meeting Virginia Sharek's Birthday	29 🐟 Our Venerable Father Mark, Bishop of Arethusa, the Deacon Cyril and Others Martyred During the Reign of Julian the Apostate (360-63) Great Fast Day 30. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 40:18-31; Vespers - Genesis 15:1-15; Proverbs 15:7-19; 11 am Appointment	30 🐟 Our Venerable Father John Climacus, Author of The Ladder of Divine Ascent (c. 649) Great Fast Day 31. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 41:4-14; Presanctified - Genesis 17:1-9; Proverbs 15:20-16:9; 5:30 pm Presanctified Liturgy 7 pm PPC Meeting	31 🐟 Our Venerable Father Hypatius, Bishop of Gangra (312-37) Great Fast Day 32. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 42:5-16; Vespers - Genesis 18:20-33; Proverbs 16:17-17:17; 6:30 pm Camp Oselia Society Annual General Meeting	1 🐟 Our Venerable Mother Mary of Egypt (527-65) Great Fast Day 33. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 45:11-17; Presanctified - Genesis 22:1-18; Proverbs 17:17-18:5; 4:30 pm Fr. Bo celebrates Vespers at Holy Spirit Seminary 7:30 pm Highschool Catechism Chris Lirette's Birthday	2 🐟 Fifth Saturday of the Great Fast: Akathist Saturday. Our Venerable Father Titus the Wonderworker; Passing into Eternal Life (1959) of Blessed Mykola (Nicholas) Charnetsky, Exarch of Volhynia and Confessor Great Fast Day 34 Hebrews 9:24-28; Hebrews 9:1-7; Mark 8:27-31; Luke 10:38-42; 11:27-28 3 pm First Solemn Communion Class Christina Hundt's & Ronnie Kennedy's Birthday
3 🐟 Fifth Sunday of the Great Fast: Our Venerable Mother, Mary of Egypt. Octoechos Tone 4. Our Venerable Father and Confessor Nicetas, Hegumen of the Monastery of Medicius (824) Great Fast Day 35. Matins Resurrectional Gospel 1. The Divine Liturgy of St. Basil the Great is celebrated today. Hebrews 9:11-14; Galatians 3:23-29; Mark 10:32-45; Luke 7:36-50 10 am Divine Liturgy Fellowship to follow Liturgy 5:30 pm Appointment	4 🐟 Our Venerable Fathers Joseph the Hymnographer (886) and George of Maleum Great Fast Day 36. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 48:17-49:4; Vespers - Genesis 27:1-41; Proverbs 19:16-25; 5:30 pm Appointment Christopher Bawol's Birthday	5 🐟 The Holy Martyrs Theodulus and Agathopedes and Those with Them (c. 305) Great Fast Day 37. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 49:6-10; Vespers - Genesis 31:3-16; Proverbs 21:3-21; Deuteronomy 1:8-17; 10:14-21; Wisdom 3:1-9; 11 am Appointment Joshua Gnutel's Birthday	6 🐟 The Repose of Our Holy Father Methodius, Teacher of the Slavs (885) and our Holy Father Eutychius, Archbishop of Constantinople (587) Great Fast Day 38. All-Nighth Vigil Feast. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 58:1-11; Presanctified - Genesis 43:26-31; 45:1-16; Proverbs 21:23-22:4; Hebrews 7:26-8:2; John 10:9-16 6 pm Melkite Bishop Milad celebrates with his community at Annunciation Parish (followed by Supper) No Presanctified. Mia Kennedy's Birthday	7 🐟 Our Venerable Father George, Bishop of Mitylene (829-42); Passing into Eternal Life (1919) of Blessed Josaphata Hordashevskia, First Superior of the Sisters Servants of Mary Immaculate Great Fast Day 39. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 65:8-16; Vespers - Genesis 46:1-7; Proverbs 23:15-24:5; 5 pm Appointment	8 🐟 Last Day of the Great Fast. The Holy Apostles Herodion, Agabus, Rufus, Asyncretus, Phlegontus and Hermes Great Fast Day 40. Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 66:10-24; Presanctified - Genesis 49:33-50:26; Proverbs 31:8-31; 4:30 pm Fr. Bo celebrates Vespers at Holy Spirit Seminary Paul Sharek's Birthday	9 🐟 Holy Week Begins Lazarus Saturday Hebrews 12:28-13:8; John 11:1-45 3 pm First Solemn Communion Class
10 Palm Sunday: The Lord's Entrance into Jerusalem Holy Day of Obligation. Philippians 4:18-19; Luke 19:28-44	11 🐟 Great Monday Great Week. Abstinence from meat	12 🐟 Great Tuesday Great Week. Abstinence from meat	13 🐟 Great Wednesday Great Week.	14 🐟 Great Thursday Great Week. Abstinence from meat	15 🐟🧀 Great Friday Great Week. Strict Fast. Abstinence from	16 🐟 Great Saturday Great Week. Abstinence from meat

			Mia Kennedy's Birthday			
<p>10</p> <p>Palm Sunday: The Lord's Entrance into Jerusalem Holy Day of Obligation. Philippians 4:4-9; John 12:1-18</p> <p>10 am Divine Liturgy with the blessing of Pussy Willows (Flowers & Palm Branches if you bring them too)</p> <p>Fellowship to follow Liturgy</p> <p>5:30 pm Appointment</p> <p>Theodore Nahachewsky's Birthday</p>	<p>11 </p> <p>Great Monday Great Week.</p> <p>Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Matins - Matthew 21:18-43; Sixth Hour - Ezekiel 1:1-20; Liturgy of the Presanctified Gifts - Exodus 1:1-20; Job 1:1-12; Matthew 24:3-35;</p> <p>10 am Appointment</p> <p>2:30 pm Appointment</p> <p>5:30 pm Appointment</p> <p>Catherine Bawol's Birthday</p>	<p>12 </p> <p>Great Tuesday Great Week.</p> <p>Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Matins - Matthew 22:15-23:39; Sixth Hour - Ezekiel 1:21-2:1; Liturgy of the Presanctified Gifts - Exodus 2:5-10; Job 1:13-22; Matthew 24:36-26:2;</p> <p>11 am Appointment</p>	<p>13 </p> <p>Great Wednesday Great Week.</p> <p>Abstinence from meat and foods that contain meat. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Matins - John 12:17-50; Sixth Hour - Ezekiel 2:3-3:3; Liturgy of the Presanctified Gifts - Exodus 2:11-22; Job 2:1-10; Matthew 26:6-16;</p> <p>Stella Benko's & Jordan Schabel's Birthdays</p>	<p>14 </p> <p>Great Thursday Great Week.</p> <p>Abstinence from meat and foods that contain meat. The Divine Liturgy of St. Basil the Great is celebrated in the late afternoon today. Matins - Luke 22:1-39; Vespers with Liturgy - Exodus 19:10-19; Job 38:1-23; 42:1-5; Isaiah 50:4-11; 1 Corinthians 11:23-32; Matthew 26:2-20; John 13:3-17; Matthew 26:21-39; Luke 22:43-45; Matthew 26:40-27:2;</p> <p>6 pm Matins of the Passion aka: Reading of the 12 Passion Gospels</p> <p>Matins - John 13:31-18:1; John 18:1-28; Matthew 26:57-75; John 18:28-19:16; Matthew 27:3-32 Mark 15:16-32; Matthew 27:33-54; Luke 23:32-49; John 19:25-37; Mark 15:43-47; John 19:38-42; Matthew 27:62-66;</p> <p>Don Kwas' Birthday</p>	<p>15  </p> <p>Great Friday Great Week. Strict Fast. Abstinence from meat, dairy and eggs, and foods that contain these ingredients. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. First Hour - Zechariah 11:10-13; Galatians 6:14-18; Matthew 27:1-56; Third Hour - Isaiah 50:4-11; Romans 5:6-11; Mark 15:16-41; Sixth Hour - Isaiah 52:13-54:1; Hebrews 2:11-18; Luke 23:32-49; Ninth Hour - Jeremiah 11:18-23; 12:15,9-11,14,15; Hebrews 10:19-31; John 18:28-19:37; Vespers - Exodus 33:11-23; Job 42:12-16; Isaiah 52:13-54:1; 1 Corinthians 1:18-2:2; Matthew 27:1-38; Luke 23:39-43; Matthew 27:39-54; John 19:31-37; Matthew 27:55-61;</p> <p>3 pm Vespers with the laying out of the Burial Shroud of Christ (Plaschanytsia)</p> <p>Confessions to follow.</p>	<p>16 </p> <p>Great Saturday Great Week.</p> <p>Abstinence from meat and foods that contain meat. The Divine Liturgy of St. Basil the Great is celebrated in the late afternoon today. Matins - Ezekiel 37:1-14; 1 Corinthians 5:6-8; Galatians 3:13,14; Matthew 27:62-66; Vespers - Genesis 1:1-13; Isaiah 60:1-16; Exodus 12:1-11; The Book of Jonah; Joshua 5:10-15; Exodus 13:20-15:19; Zephaniah 3:8-15; 1 Kings 17:8-24; Isaiah 61:10-62:5; Genesis 22:1-18; Isaiah 61:1-9; 2 Kings 4:8-37; Isaiah 63:11-64:5; Jeremiah 31:31-34; Daniel 3:1-23 and the Song of the Holy Children (Apocrypha); Liturgy - Romans 6:3-11; Matthew 28:1-20;</p> <p>3 pm Vespers with the Liturgy of St. Basil the Great</p> <p>"Nadhrobne" (On the Grave) service to follow.</p> <p>Lillian Gregory's Birthday</p>
<p>17</p> <p>Pascha: The Feast of the Resurrection of our Lord God and Saviour, Jesus Christ</p> <p>Acts 1:1-8; John 1:1-17</p> <p>9 am Resurrectional Matins, followed by Paschal Divine Liturgy followed by the blessing of Easter Food</p>	<p>18</p> <p>Bright Monday Bright Week. No fasting or abstinence from foods. Acts 1:12-17; 21-26; John 1:18-28</p> <p>5:30 pm Appointment</p> <p>Anthony Setback's Birthday</p>	<p>19</p> <p>Bright Tuesday Bright Week. No fasting or abstinence from foods. Acts 2:14-21; Luke 24:12-35</p> <p>11 am Appointment</p> <p>Tasha Orysiuk's Birthday</p>	<p>20</p> <p>Bright Wednesday Bright Week. No fasting or abstinence from foods. Acts 2:22-36; John 1:35-51</p> <p>Nola Sokolowski's Birthday</p>	<p>21</p> <p>Bright Thursday Bright Week. No fasting or abstinence from foods. Acts 2:38-43; John 3:1-15</p> <p>Julianna Bryson's Birthday</p>	<p>22</p> <p>Bright Friday Bright Week. No fasting or abstinence from foods. Acts 3:1-8; John 2:12-22</p> <p>Iris Kirschner's, Brian Ostopowich's & Jonathan Sharek's Birthdays</p>	<p>23</p> <p>Bright Saturday. The Holy and Glorious Great-Martyr, Victory-bearer and Wonderworker George Bright Week. All-Night Vigil Feast. No fasting or abstinence from foods. Acts 3:11-16; Acts 12:1-11; John 3:22-33; John 15:17-16:2</p> <p>Simon Pryma's Birthday</p>

Sunday, March 27, 2022

Fourth Sunday of the Great Fast: St. John Climacus. Octoechos Tone 3. Our Holy Mother Matrona of Thessalonica

Troparion: Let the heavens be glad, let the earth rejoice,* for the Lord has done a mighty deed with His arm.* He trampled death by death. He became the first-born of the dead;* He saved us from the abyss of Hades* and granted great mercy to the world.

Troparion: O John, our God-bearing father,* you were shown to be a citizen of the desert,* an angel in bodily form,* and a worker of miracles.* Through fasting, prayers and vigils you received heavenly gifts* to heal the sick and the souls of those who, in faith, run to you.* Glory to Him who gives you strength.* Glory to Him who crowned you.* Glory to Him who works healing for all through you.

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Kontakion: On the heights of true abstinence,* the Lord established you as a reliable star,* giving light for guidance to the ends of the earth,* O father John, our teacher.

Prokeimenon:

Sing to our God, sing; sing to our King, sing.

verse: Clap your hands, all you nations; shout unto God with the voice of joy.

verse*: The venerable ones will exult in glory* and they shall be joyful in their beds.

Epistle: Hebrews 6:13-20 (NRSV)

Brothers and Sisters, when God made a promise to Abraham, because he had no one greater by whom to swear, he swore by himself, saying, "I will surely bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Human beings, of course, swear by someone greater than themselves, and an oath given as confirmation puts an end to all dispute. In the same way, when God desired to show even more clearly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it by an oath, so that through two unchangeable things, in which it is impossible that God would prove false, we who have taken refuge might be strongly encouraged to seize the hope set before us. We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, where Jesus, a forerunner on our behalf, has entered, having become a high priest forever according to the order of Melchizedek.

Alleluia verses:

In You, O Lord, have I hoped that I may not be put to shame for ever.

Be a protector unto me, O God, and a house of refuge to save me.

They who are planted in the hose of the Lord shall flourish in the courts of our God.

Gospel: Mark 9:17-31 (NRSV)

At that time a man came to Jesus, fell down before him and said, "Teacher, I brought you my son; he has a spirit that makes him unable to speak; and whenever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, but they could not do so." He answered them, "You faithless generation, how much longer must I be among you? How much longer must I put up with you? Bring him to me." And they brought the boy to him. When the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. Jesus asked the father, "How long has this been happening to him?" And he said, "From childhood. It has often cast him into the fire and into the water, to destroy him; but if you are able to do anything, have pity on us and help us." Jesus said to him, "If you are able!—All things can be done for the one who believes." Immediately the father of the child cried out, "I believe; help my unbelief!" When Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You spirit that keeps this boy from speaking and hearing, I command you, come out of him, and never enter him again!" After crying out and convulsing him terribly, it came out, and the boy was like a corpse, so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he was able to stand. When he had entered the house, his disciples asked him privately, "Why could we not cast it out?" He said to them, "This kind can come out only through prayer and fasting."

They went on from there and passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, "The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again."

Hymn to the Mother of God

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 Hymn

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

The just man shall be in everlasting remembrance;* of evil hearsay he shall have no fear.

Alleluia, alleluia,* alleluia.