



Exaltation of the Holy Cross



Parish Contacts

Fr. Gregory Wright, Rector
604-788-7546
frgregory@saintherman.net

Fr. Symeon Price, Attached
604-807-7451
fathersymeonprice@gmail.com

Fr. Dn. Theodore Matson
Deacon, Treasurer
604-897-2825
dntheodore@saintherman.net
treasurer@saintherman.net

Eric Gerbrandt, President
president@saintherman.net

Donations: E-Transfer to:
treasurer@saintherman.net

Weekly Services:

Every Saturday:
530pm Great Vespers

Every Sunday:
930am Hours
10am Divine Liturgy
12pm Potluck Lunch
1pm Catechism Classes

Feast Days:
Please Check our Calendar

7221 - 198B Street
Langley, BC V2Y 1R9



Exaltation of the Holy Cross – September 14

Very shortly after the conversion of the Emperor St. Constantine and his mother St. Helena to the Christian Faith, a pious desire arose in them to find the Holy Places where our Lord physically dwelled on this earth, and to build Churches on these Holy Sites.

The most important sites were all located in the same area outside of the former walls of Jerusalem: Golgotha (the place of our Lord's crucifixion); the Tomb in which our Lord was Buried and then Arose from the dead; the Stone on which our Lord was wrapped and prepared for His burial; and the Cave in which our Lord's Precious Cross was hidden.

St. Constantine accepted the Christian Faith in the year 312 (though he delayed his Baptism until the year 337...) In 313 St. Constantine issued the Edict of Milan, which legalized Christianity.

Just 13 years later, in 326AD, St. Helena found the location of the True Cross, and the other above mentioned Holy Places, just outside of the old walls of Jerusalem.

The finding of the True Cross was itself a miraculous event!

After our Lord's Resurrection, the Jews hid our Lord's Cross (together with the 2 Crosses of those Crucified with Him) in a cave. Later, the Romans built a pagan temple dedicated to Venus/Aphrodite on top of the entrance to this cave.

In speaking with the locals, an older Jewish man told St. Helena of a rumour that under the temple of Aphrodite there was a cave, in which was hidden the True Cross of our Lord.

Being the Empress had it's advantages, and St. Helena ordered the demolition of the Temple, and sure enough, underneath was a cave which contained 3 Crosses.

The problem was trying to figure out which Cross was our Lord's Holy Cross...

Patriarch Macarius of Jerusalem had an idea. He brought the corpse of a dead man to the site, and they lay his body on all 3 of the crosses. When they laid his body on the 3rd Cross, he came back to life, stood up, and all knew from this Miracle that this 3rd Cross was in fact the True Cross of our Lord!

A magnificent Church dedicated to the Holy Resurrection (aka Holy Sepulchre) was built over this site (consecrated in 335AD), encompassing the Tomb of Christ, Golgotha, the Stone of Unction, and the Cave of the Finding of the True Cross.

At the Consecration, St. Helen and Patriarch Macarius (assisted by others) raised up the True Cross for all to venerate. The Cross has since been divided up into many Pieces and sent to hundreds of Churches and Monasteries throughout the Christian World. Our Parish is likewise Blessed to have a small sliver of the True Cross, which we will all Venerate together on September 14th!

Fr. Gregory

6th Annual

ALL-PARISH

“RALLY DAY”

PRESENTED BY:
CHILDREN’S & YOUTH
MINISTRY

Sunday, Sept 13, 2026

After Liturgy in the Fellowship Hall

Join the entire Parish for a ‘year-in-review’ slide show
& a short presentation on the year ahead

please bring a dish to share at potluck coffee hour



Thank you for your support! Any ?s contact: kristyduran2@yahoo.com

BACK TO

Sunday School

STARTING



Sunday,
September 20 @ 9:30am

Fellowship hall



We are aiming to have two age groups of classes for the Children
- more details & registration to follow-

Any questions contact "Miss Kristy": kristyduran2@yahoo.com

Youth

Happenings

GRADES 7-12



**Post-liturgy Youth Connection
every Sunday**

IN YOUTH ROOM UNLESS OTHERWISE DETERMINED

UPCOMING



PanOrthodox



Youth Night

SATURDAY SEPTEMBER 19 5:30-7:30



ST. HERMAN'S FELLOWSHIP HALL



St. Herman of Alaska
ORTHODOX CHURCH • LANGLEY, BC

Icon Frescos for St. Herman's

Saint Herman's of Alaska
church
East altar wall
Fresco program suggestion



Thank you to all who stayed and participated in our Special Meeting on Sunday August 16th, where we discussed adding Icon Frescoes to beautify the Interior Walls of our Parish!

Glory to God, the vote was Unanimous to proceed with this project!

We are currently working on Phase 1 (East Altar Wall) for installation in June/July 2027. Shortly after, we will start work on Phase 2 (Ceiling over the Altar) for installation in 2028. God Willing, we may be able to finish our entire Church Interior over the coming 5-7 Years!

If you are interested in supporting this Project which will benefit many generations, please find a Pledge Form on the following pages, which may be returned to treasurer@saintherman.net or handed in to Fr. Deacon Theodore.

Saint Herman of Alaska Orthodox Church

Wall Fresco Icon Project

Pledge Form

Thank you for supporting the beautification of our church through the installation of traditional Orthodox wall fresco icons. Your pledge will assist the Parish Council in planning the project over multiple phases.

This pledge represents a good-faith intention to donate and is not a legally binding obligation. Please note that pledges will be applied to general revenue and are not segregated from other parish expenditures as approved by the parish.

Donor Information

Name: _____

Phone (optional): _____

Email (optional): _____

Pledge Information

Please indicate the amount you intend to contribute in each calendar year.

Year Amount Pledged

2026 \$ _____

2027 \$ _____

2028 \$ _____

2029 \$ _____

2030 \$ _____

Total Pledge: \$ _____

Designation

- ☐ Please apply my pledge to the current phase of the Wall Fresco Icon Project.
- ☐ Please apply my pledge to the project phase that is active when my donation is received.
-

Payment Timing (Optional)

- ☐ One-time donation
- ☐ Monthly
- ☐ Quarterly
- ☐ Annually
- ☐ Other: _____
-

Notes (Optional)

Signature: _____

Date: _____

Thank you for your generosity and for helping beautify our parish for generations to come.



Notes from the Choir: *Real Life!*

September often feels like we are getting back to “real life”. The kids go back to school; sports and extracurricular activities start up again. Many of us will be returning to work after some time off. We have a lot of things demanding our attention.

September 1 is also the beginning of the Church Year. On this day, St. Simeon the Stylite is commemorated. He was a strict ascetic who became a monk at age 18, and lived for a while in an empty well, then in a cave. Many people sought his counsel and prayers for healing. Eventually, his longing for solitude led him to do a very unusual thing: He constructed a pillar and lived on top of it in a small cell where he continued his life of prayer and fasting. Over the years, he increased the height of his pillar, his final one being 80 feet high! He also had a wall built in front of his pillar. He lived this way for 47 years, graciously still counseling the men who came to him for help. His pious example converted many pagans to Christ. This story seems so strange to us now, but several other monastics soon followed his example. St. Simeon managed to prioritize his dedication to Christ, devoting his life to prayer and fasting, while still remaining available to help those in need. He was not concerned with outward appearances or whether people thought he was strange. His “specialty” is interceding on behalf of those who have left or lapsed from the Orthodox Faith.

Near the end of the month, on September 25th, we commemorate St. Sergius of Radonezh. He lived in the 14th century, and “the Lord chose him while still in his mother’s womb” [OCA.org]. He was a great ascetic even as a very young child! His prayers worked wonders of healing and other miracles. We have his icon on the back wall of our temple.

This month we also celebrate 2 of the 12 Great Feasts: Nativity of the Theotokos on the 8th, and Exaltation of the Holy, Precious, and Life-giving Cross on the 14th.

September is a good time to remember that real life is not what is happening in the workplace or school or in politics. All of those things are merely temporal and short-lived. Real Life is here in the Orthodox Church, the Ark of our salvation.



“... we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.” (2Cor. 2:18)

St. Herman's Men's night

THURS. SEP. 3RD

6:30 PM

5191 203rd St. Langley

**(in the clubhouse, next
to the playground of
Longlea Eastates)**

Call or text Sean for more details
778-875-4111

****please park in visitor parking
only or across the street**

Please bring a snack and your choice of drink.

Orthodox Christian Martial Arts & Fitness Classes



Next Orthodox Christian martial arts and fitness classes

Sunday September 13th @ 3pm
&
Sunday September 27th @ 3pm

Revolution MMA
201-6001 196A st, Langley BC

Ages 12 and up
By donation

Any inquiry's email Jamesmcb66@gmail.com



AXIS MUNDI

ORTHODOX INTELLECTUAL FORMATION

Small-Group Seminars for Homeschooled Orthodox Youth

Weekly 90-minute seminars in great books, theology, history, and science — taught by local Orthodox mentors, in cohorts of five. Books included, shipped to your door.

PROGRAMS Formation Seminar · STEM Seminar · Math Initiation

WHEN First classes begin Wednesday, September 9

WHERE Live, online, via Google Meet

CONTACT lucasf@telus.net

MORE INFO AVAILABLE AT

[*axismunditutoring.com*](http://axismunditutoring.com)



September 2026

 **Strict Fast** (No meat, fish, wine, oil, dairy, eggs)

 **Fish, oil and wine** (No meat, dairy and eggs)

 **Wine & Oil** (No meat, fish, dairy, and eggs)

**Father Gregory's day
off is Tuesday
Emergency phone calls ONLY**

**Great Vespers start at 5:30pm
Sunday Hours start at 9:30am
Divine Liturgy starts at 10am
Children's Sunday School 9:30am Sundays (in Church Hall)
Youth Connection- after liturgy during lunch in the youth room**

Fr. Gregory Wright 604-788-7546 frgregory@saintherman.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 15- Oct 1 - Father Gregory will be on vacation (pls contact Fr. Dn Theodore for emergencies)		1 Church New Year begins	2 ✙	3 6:30pm- Men's night	4 ✙	5 5:30pm Great Vespers & Confessions
6 9:30 Hours & Liturgy Bless teachers, students & Sunday school	7 6pm - Vigil - Nativity of the Theotokos	8 8am - Liturgy - Nativity of the Theotokos	9 	10 	11 ✙	12 5:30pm Great Vespers & Confessions
13 9:30 Hours & Liturgy Rally Day! 1:30pm - Vespers/Litya Exaltation of the Cross	14 8am - Liturgy - Exaltation of the Cross 	15	16 ✙	17	18 ✙	19 5:30pm Deacon Vespers 5:30 Youth Event!
20 9:30 Hours & Liturgy - (Fr. Symeon) 1 st day of Sunday School	21	22	23 	24	25 	26 5:30pm Deacon Vespers
27 9:30 Hours & Liturgy (Fr. Peter)	28	29	30 ✙	Sept. 13 th - Rally Day will be held during lunch hour - followed by Vespers with Litya at 1:30		