



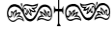
The Most Holy Trinity Ukrainian Catholic Church



Parish Administered by Rev. Fr. Pavlo Myts
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Church Tel.: 250-376-3690 Rectory Tel.: 250-461-7249

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Parish Executive Council Chairperson: Mr. Matt Dmyterko; UCWLC President: Mrs. Adelle Dmyterko - Tel: 250-554-3107

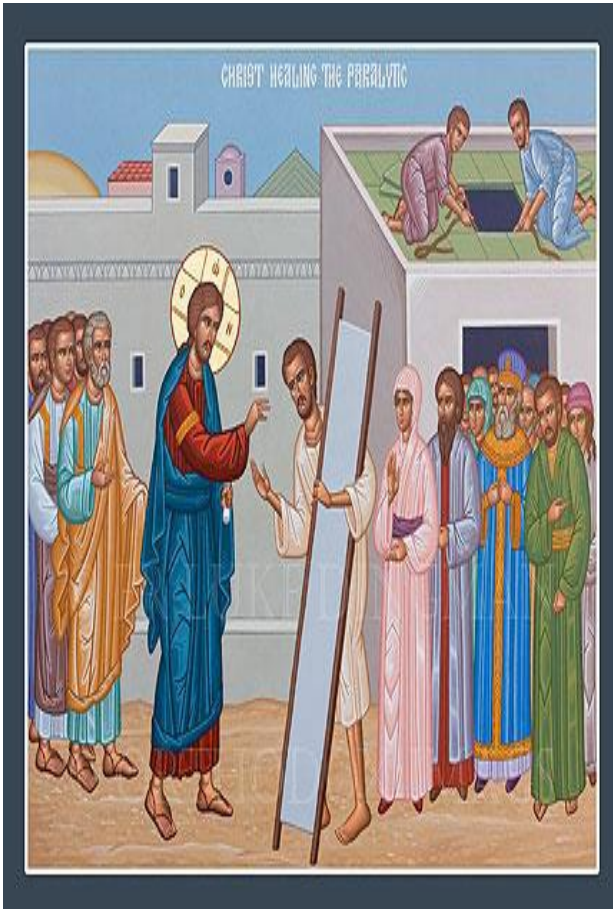
Parish Cantor: Mr. Myron Musey  Ukrainian Catholic Eparchy of New Westminster: www.nweparchy.ca

Second Sunday of the Great Fast/Lent, Sunday of St. Gregory Palamas – February 21st, 2016 A.D.



THE VIBRANT PARISH - A PLACE TO ENCOUNTER THE LIVING CHRIST: Through the Word, the Holy Mysteries & Prayer, Serving One's Neighbour, Leadership, Fostering & Serving Unity and Missionary Spirit – Pastoral Letter of His Beatitude Sviatoslav

O Lord Jesus Christ, our Good Shepherd, as you once gathered lost sheep that they might hear Your voice and be your flock, so also today graciously look down from heaven upon our parish community, and send down on it your Holy Spirit, that it might be a place to receive the joy of Your Good News. Strengthen us with your presence, and always gather us together in prayer. Grant us the spirit of serving others, so that in our parish all might encounter You, the merciful God. Bless our spiritual leaders with Your wisdom, and inspire us to generously give of our time, talents and treasure for the building up of Your Kingdom. Unite us in peace and harmony, as befits Your community of love. Instill in us a missionary spirit, and let our parish community shine with the light of the Gospel, with prayer and good works, inviting all to share in the divine life, so that Your Name, O Saviour, may be praised, together with Your eternal Father, and your most-holy, good and life-giving Spirit. Amen.



In today's Gospel reading, the Church opens before us the well-known page of the Holy Gospel about the cure of a paralytic man, who was brought to Christ by his four friends. This is a good example for the fast. The example, that only together people can be saved, supporting each other, loving, believing, helping and then God will help each of us. Because as He himself gets us out from the depth of sin, so He wants us to help each other.

Sometimes we can't help by outward works, but we can help by inner ones, to help by a prayer. Every day prayer for each other, relatives, friends and even for enemies must be pronounced with such persistence and love as those people, carrying a paralytic man, tried to get into the house where Christ was.

On the 2nd Sunday of the Great Fast/Lent the Church commemorates Saint Gregory Palamas. It was St. Gregory who bore living witness that men can become divine through the grace of Lord in the Holy Spirit; and that even in this life, by prayer and fasting, human beings can become participants of the uncreated light of God's divine glory.

"Absence of passions and the possession of virtue constitute love for God; for hatred of evil, resulting in the absence of passions, introduces in its place the desire for and acquisition of spiritual blessings. How could the lover and possessor of such blessings not love God above all, the Master who is Benediction itself, the only provider and guardian of every good thing? For in a special way such a person is in God, and by means of love he also bears God within himself, in accordance with the words, 'He who dwells in love dwells in God, and God in him.' (1 Jn 4:16) –St. Gregory Palamas



"...Open the doors of your hearts and your homes to Christ, allow His Holy Spirit to transform you, purify and strengthen you in God's love!"

– Pastoral Letter of His Beatitude Sviatoslav Shevchuk "The Vibrant Parish"

"...Відчиніть двері своїх душ і домівок Христові, дозвольте Його

Святому Духові вас перемінити, очистити і скріпити Божою любов'ю!" –Пастирський Лист Блаженнішого Святослава Шевчука "Жива Парафія"

Christian Greetings:

Glory to Jesus Christ! – Glory to Him Forever! Slava Isusu Chrystu! – Slava na Viky!
Слава Ісусу Христу! – Слава на Вікі! Christ is among us! – He is and will be!

Liturgical Propers:

For the Sundays of Great Fast/Lent the Typicon prescribes the Divine Liturgy of Saint Basil the Great

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 be to You.

Troparion (Tone 8): Light of orthodoxy, teacher of the Church; its confirmation! Ideal of monks and invincible champion of theologians. Wonder-working Gregory, glory of Thessalonica and preacher of grace: always intercede before the Lord that our souls may be saved!

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

Kontakion (Tone 4): The time for action is now revealed; the Judge is at the door. Let us rise then and keep the fast, offering tears of contrition with alms and crying aloud: Our sins are more numerous than the sands of the sea, but forgive us, O Maker of all, that we may receive incorruptible crowns.

Prokimenon (Tone 6): Save Your people, O Lord, and bless Your inheritance (Ps 27:9).

Verse: Unto You I will cry, O Lord my God, lest You turn from me in silence (Ps 27:1).

Prokimenon (Tone 3): Sing to our God, sing; sing to our King, sing (Ps 46:7).

Epistle: *A reading from the Letter of Saint Paul to the Hebrews (Hebrews 1:10-2:3)*

Brethren, Scripture says: "Lord, of old you established the earth, and the heavens are the work of your hands. They will perish, but you remain; all of them will grow old like a garment. You will roll them up like a cloak, like a garment they will be changed. But you are the same, and your years will have no end."

To which of the angels has God ever said, "Sit at my right hand till I make your enemies your footstool?" Are they not all ministering spirits, sent to serve those who are to inherit salvation?

In view of this, we must attend all the more to what we have heard, lest we drift away. For if the word spoken through angels stood unchanged, and all transgression and disobedience received its due punishment, how shall we escape if we ignore a salvation as great as ours? Announced first by the Lord, it was confirmed to us by those who had heard him.

Alleluia (Tone 5): Your mercies, O Lord, I will sing for ever; from generation to generation I will announce Your truth with my mouth (Ps 88:2). For You have said: Mercy shall be built up for ever; in the heavens Your truth shall be prepared (Ps 88:3).

Gospel: (Mark 2:1-12)

At that time, Jesus came back to Capernaum after a lapse of several days and word got around that he was at home. At that time they began to gather in great numbers. There was no longer any room for them, even around the door.

While he was delivering God's word to them, some people arrived bringing a paralyzed man to him. The four who carried him were unable to bring him to Jesus because of the crowd, so they began to open up the roof over the spot where Jesus was. When they had made a hole, they let down the mat on which the paralytic was lying.

When Jesus saw their faith, he said to the paralyzed man, "My son, your sins are forgiven."

Now some of the scribes were sitting there asking themselves: "Why does the man talk in that way? He commits blasphemy! Who can forgive sins except God alone?"

Jesus was immediately aware of their reasoning, though they kept it to themselves, and he said to them: "Why do you harbour these thoughts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Stand up, pick up your mat, and walk again?' That you may know that the Son of Man has authority on earth to forgive sins" (he said to the paralyzed man), "I command you: Stand up! Pick up your mat and go home." The man stood and picked up his mat and went outside in the sight of everyone. They were awestruck; all gave praise to God, saying, "We have never seen anything like this!"

Instead of "It is truly...": 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 the 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 Verses: Praise the Lord from the heavens; praise Him in the highest (Ps 148:1). Alleluia! (x3)

Our Eparch, Bishop Ken is requesting that at the conclusion of every Divine Liturgy we say an additional prayer for Peace in Ukraine until the end of the war. **For peace in Ukraine, let us pray: Our Father ... Hail Mary ... Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.**

Музична нотация для молитви. Текст: Пре-тер-пі-вий, за нас стра-сти, І-су-се Хри-сте, Си-ну Бо-жий, по-ми-луй, по-ми-луй, по-ми-луй нас!

Having Suffered

Музична нотация для молитви. Текст: Hav-ing suf-fered the pas-sion for us, O Je-sus Christ, Son of God, have mer-cy, have mer-cy, have mer-cy on us.



GRATITUDE

* to everyone who thoughtfully organized, worked, made special donations and attended our parish monthly breakfast!
 * to everyone who came and worked at pierogis making work bees during the past week!
 * to all our parishioners, guests, visitors and all people of the good will who by their kindness, time, donations, knowingly and unknowingly, organize and lead praying with rosaries, attend services during the week, work at the parish projects, clean the church, prepare coffee and sweets, fixed church vestments, decorated our church hall, look after and graciously support our Christian, Catholic parish community! Thank you very much! May the Almighty God generously bless and reward your care, time and generosity! **“Remember, O Lord, those who bear fruit doing good works in Your holy churches and remembering the poor. Send down Your mercy upon all of us!”** – *(Divine Liturgy of Saint John Chrysostom)*

CONGRATULATIONS

May the Almighty God bless in good health and salvation in many, happy and blessed years of life to all our parishioners, guests, visitors, family members and all those who celebrate their birthdays, name-days, wedding anniversaries and any other special anniversaries this week – Mnohaya i Blahaya Lita!

ANNOUNCEMENTS:



A WARM WELCOME TO OUR PARISHIONERS, GUESTS AND VISITORS WHO HAVE JOINED US IN THIS DIVINE LITURGY. THANK YOU FOR PRAYING WITH US AT THE CHUCH TODAY. WISHING YOU A BLESSED WEEKEND AND FRUITFUL, HEALTHY AND SAFE WEEK! EVERYONE IS WELCOME TO PARTICIPATE IN OUR PARISH FELLOWSHIP AND BIBLE STUDIES AT THE CHURCH HALL TODAY!

Special Petitions:

* We also pray to be blessed with generous hearts to contribute to our Bishop's initiatives and programmes, such as: the support of parishes, the education of parishioners, and the formation of seminarians, Lord hear us and have mercy.

* We also pray for the people of Ukraine, that with the help of the Holy Spirit, they may obtain social peace, political harmony and economic stability: Lord, hear us and have mercy.

III. REMEMBER TO PRAY FOR: yourselves, Most Reverend Bishop Severian Yakymyshyn, Fr. Steven Basarab, Fr. Serabion ElMakary, Steve and Bernice Usipuik, Ann Kuz, Ann Derzak, Dave and Mary Emery, Elsie Kinaschuk, John Kolody, Joseph Mychaluk, Zonia Rurka, Eugene Palsitt, Adeline Palsitt, Orest Hrycewich, Myron and Myrna Wizniak, Bill and Elsie Zachary, Matt Dmyterko, Allan and Sharon Ludwig, Jesse Pawlyshyn, Joe and Olga Burkatsky, Orest Kociuba, Kalyna Kociuba, Allan Bodnaruk, Maria Chorny, Katrien Sobhy, Marg Musey, Jacob and Ann Dressler, Rosemary Pellizzon, Bronie Huska, Peter Huska, Mary Borrett, Stanley and Roma Nowakowski (Bishop Ken's parents), Larry and Valray Necedor, Lawrence and Ping Beaton, Red Mackay, Les Blain, Theresa Munro, Michelle New, Randy Hamilton, Adam Laniel, Cryss O'Donnell, Rose Ostowowich (Fr. Joe Ostowowich's mother), members of our parishes and those who are not able to join actively in our community, your families, relatives, friends; especially the shut-in or those in the hospitals, nursing and senior homes, those seeking God's answer to their prayers or those rejoicing with God's answer; those celebrating birthdays and anniversaries; those called to their eternal reward and for the family they leave behind; widows and widowers, orphans, homeless and all people who have asked us pray for them. Please, also in your kindness keep praying daily for vocations to the priesthood and religious life. Remember to ask for special blessings for Christian families!

REMINDER for families of individuals, who are admitted to hospital - If you or a family member is admitted to hospital and you wish to have a priest visit, please be sure to have someone call our parish rectory office to make this request. Your pastor may have no other way of knowing that you are in hospital, as privacy legislation.

IV. Pierogies making work bee at 8:30 a.m. on Tue., Feb. 23rd and Paska's making work bee at 8:30 a.m. on Thurs., Feb. 25th. Everyone is welcome to help our UCWLC ladies' project in supporting of our church!

V. The Kamloops Pro-life Society 2016 Annual General Meeting is on Thursday, Feb. 25, at the OLPH Parish Centre, 635 Tranquille Rd. Registration is 6:30pm; meeting at 7:00p.m. Please come with your questions and ideas....Refreshments to follow.

VI. Sunday (Feb. 14th) collection: \$ 533.00 CAD

VII. The Great Fast/Lenten Missions will take place in our parish starting at 2:00 pm with the Sacrament of Reconciliation/Confession before Service on Friday, March 4th, 2016 in Kamloops, BC. Rev. Fr. Bohdan Lukie, pastor The Ukrainian Catholic Church of Our Lady of Perpetual Help in Yorkton, SK will be our mission master priest this year.



EASTER Bread & Bake Sale

at the **Most Holy Trinity Ukrainian Catholic Church** (109 Tranquille Road)
on Saturday, March 19th, 2016 from 10:00 am - 12:00 pm.

Paskas & Babkas (Easter Breads), Fresh baked Cabbage Rolls, Potato & Cheddar Cheese Perogies, Homemade Baking

Please note: There will be limits on the amounts allowed per person.

Sponsored by Ukrainian Catholic Women's League.



Біаємо!

Everyone Welcomed!

HIS BEATITUDE SVIATOSLAV: “WHAT SEA OUR SPIRITUALITY IS SIMILAR TO: “LIVELY” SEA OF GALILEE OR DEAD SEA?”

The righteous are not only those who take from God everything He gives them, but the ones who know how to share the God’s gifts with others. That what it takes – serve out everything and follow the Christ. As the source of all goods, even terrestrial prosperity, are not simply human’s efforts, but the Lord. For those who stay with God there is lack in nothing!

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Stressed in his homily the Head and Father of the UGCC, His Beatitude Sviatoslav, on 31st of January in Vakulenchuk village, Zhytomyr region.

Speaking his mind on, the Head of the Church added that God is a source of terrestrial and eternal prosperity: “Only He is a way of salvation. So let us ask ourselves today: why do I pray, visit Church, what is the motivation of my piety?”

As it was mentioned by His Beatitude Sviatoslav, often, in our county in particular, people want to use God as an instrument for satisfying their own needs. Such kind of attitude turns to be a peculiar “religious magic”.

He gave an example of such religiosity. There two seas on the Holy Land. The Sea of Galilee on South which is “lively” because water from Jordan flows into and water goes out of it, simultaneously. Exactly on this sea shore Jesus Christ has called his disciples and his apostles were fish-men on this sea, too. There is also another sea, where Jordan flows into. This sea soaks water without giving it out – Dead Sea. There is no live creature in it. For it takes everything in and gives nothing in turn.

Then how our personal spiritual life looks like? Do I share the prosperities once received from God? What sea we are similar to, “lively” sea of Galilee or Dead sea? The more we serve out, the more we receive.

We can compare it to such a thing: the longer and better a teacher teaches at school, the better he understands a subject he delivers. The better master is sharing his talents with others, the more he multiplies them and develops his skills. The more we give out, the more we become able to get.

“Now we are going through not only political difficulties but material extremity as well. So let us have a look: what is a power of our people today that help us to stand out? Solidarity. For these two years we have learned to share everything what we are, what we can, know and have. The whole world is surprised with our people, knowing we are getting poor every day, however we support our army. Volunteer work gets a new breath every single time. The answer is: the more we share with our sufferers and needy, the more we can get, the more blessed we become and more God’s gifts our people obtain”, summed up His Beatitude Sviatoslav.



Liturgical celebrations during week:

Lenten Scriptural Readings for 3rd week of the Great Fast/Lent

Mon.: Genesis 6:9-22; Proverbs 8:1-22 & Isaiah 8:13-9:6

Tue.: Genesis 7:1-5; Proverbs 8:32-9:10 & Isaiah 9:8-10:4

Wed.: Genesis 7:6-9; Proverbs 9:12-18 & Isaiah 10:12-20

Thurs.: Genesis 7:11-8:3; Proverbs 10:1-22 & Isaiah 11:10-12:2

Fri.: Genesis 8:4-21; Proverbs 10:31-11:12 & Isaiah 13:2-13

Mon., Feb. 22nd – 9:00 a.m. The Divine Liturgy: **Douglas Coyne**

Tue., Feb. 23rd – 6:30 a.m. The Divine Liturgy: **Margaret Hubbard**

Wed., Feb. 24th – 9:00 a.m. The Great Canon of St. Andrew of Crete

– 4:00 p.m. The Divine Liturgy of Pre-Sanctified Gifts: **Also Crasti**

Thurs., Feb. 25th – 9:00 a.m. The Divine Liturgy: **Francesco Luca**

Fri., Feb. 26 – 9:00 a.m. The Great Canon of St. Andrew of Crete

– 4:00 p.m. The Way of the Cross, followed by Sorokousty/Lenten Memorial Service for the deceased. (Eng./Ukr.)

Sunday, Feb. 28th, 2016 – 9:30 a.m. Rosary (Eng.)

– 10:00 a.m. The Divine Liturgy: **God’s blessings for all parishioners.** (Eng./Ukr.)

Please, contact Fr. Pavlo if you want to have the Divine Liturgies celebrated in your special (such as: In thanksgiving for favours received, the Infirm, General Intentions, the Deceased, Help of the Holy Spirit, for the Travelers, etc.) intentions.

Pastoral Ministry and Sacraments:

Reconciliation: on Sundays and Holy Days: before Liturgies and other days, by appointment.

Holy Communion: for the sick, by appointment, any time. **Baptisms:** by appointment. **Marriages:** please make an appointment to meet with the parish priest. **Funerals and Memorials:** by appointment. **Holy Unction** (Anointing of the Sick): Those anticipating surgery, hospitalization or treatments and who would like to receive anointing, please contact Fr. Pavlo to arrange a time.

Basic Guidelines for Reception of Holy Communion:

You are a member of the Catholic Church (Orthodox faithful are welcome to receive Holy Communion); 2) You have participated in the Sacrament of Confession at least during the Easter or Christmas seasons this past year if not more frequently; 3) You attend Divine Services regularly; 4) Your lifestyle is consistent with the teaching of the Catholic Church; 5) You have kept the Liturgical fast – no food at least one hour prior to the Divine Liturgy (water and medicine does not break the fast). 6) You have been in church from the beginning of the service, or at least heard the Gospel. 7) To the best of your ability, you are in the state of Grace.

If for any of these or other reasons you cannot receive Holy Communion, you are very welcome to come for a blessing. Please indicate to the priest that you would like to receive his blessing.