



***Sunday before the  
Exaltation of the Cross  
Post-feast of the Nativity of the  
Mother of God***

*Holy Martyrs Menodora, Metrodora, and Nymphodora – these three martyrs are believed to have been sisters. They were put to death for their faith in Bithynia, under Emperor Galerius Maximianus in the beginning of the 4<sup>th</sup> century.*

**\* Sunday, September 10<sup>th</sup>, 2017 \***

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***Liturgical Services this Week***

**Sunday, 10 \*\*\* 1:30 p.m. Rosary (Eng.)**

**\*\*\* 2:00 p.m. Div. Lit.: God's blessings  
for all parishioners. (Eng./Ukr.)**

**Thursday, Sept. 14 \*\*\* Feast of the Exaltation of the Holy  
Cross \*\*\* 10:00 a.m. Div. Lit.: God's blessings for all  
parishioners**

**Friday, Sept. 15 \*\*\* 9:00 a.m. Div. Lit.: God's blessings &  
good health for Michael Melnyk.**

**Sunday, 17 \*\*\* 9:30 a.m. Rosary (Eng.) \*\*\* 10:00 a.m. Div.  
Lit.: God's blessings for all parishioners. (Eng./Ukr.)**



***Troparion, Tone 5:*** Let us the faithful acclaim and worship the Word,\* co-eternal with the Father and the Spirit,\* and born of the Virgin for our salvation.\* For He willed to be lifted up on the cross in the flesh, to suffer death\* and to raise the dead by His glorious resurrection.

***Troparion, Tone 4:*** Your nativity, O Virgin Mother of God,\* has made joy known to all the world,\* for from you dawned the Sun of Righteousness, Christ our God.\* He abolished the curse and gave the blessing;\* and by making death of no effect He bestowed on us eternal life.

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

***Kontakion, Tone 4:*** By your birth, O immaculate one,\* Joachim and Anna were freed from the reproach of childlessness,\* and Adam and Eve\* from the corruption of death.\* And your people, redeemed from the guilt of their sins,\* celebrate as they cry out to you:\* “The barren one gives birth to the Mother of God\* and nourisher of our life.”

***Prokeimenon, Tone 6 -*** Save Your people, O Lord, \* and bless Your inheritance.

***verse:*** Unto You I will cry, O Lord, my God, lest You turn from me in silence. (Psalm27:9,1)

***Epistle: Galatians 6:11-18***

Brothers and Sisters, see what large letters I make when I am writing in my own hand! It is those who want to make a good showing in the flesh that try to compel you to be circumcised—only that they may not be persecuted for the cross of Christ. Even the circumcised do not themselves obey the law, but they want you to be circumcised so that they may boast about your flesh. May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule— peace be upon them, and mercy, and

upon the Israel of God. From now on, let no one make trouble for me; for I carry the marks of Jesus branded on my body. May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

**Alleuia, Tone 1** - I have exalted one chosen from the people and with my holy oil anointed him.

**verse:** My hand shall always be with him and my arm shall make him strong.

**Gospel: John 3:13-17**



The Lord said, “No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

**Hymn to the Mother of God** - O my soul, magnify the Virgin Mary, born from a barren womb.

**And the Irmos, Tone 8:** Virginité is alien to mothers\* and childbearing is foreign to virgins;\* yet in you, O Mother of God, both of them came together.\* Therefore we and all the nations of the earth\* without ceasing magnify you.

**Communion Hymn** - Praise the Lord from the heavens;\* praise Him in the highest.\* Alleluia, alleluia,\* alleluia. (Psalm 148:1)

**\*\* ANNOUNCEMENTS \*\***

*“You cannot be half a saint; you must be a whole saint or no saint at all.” St. Therese of Lisieux*

A warm welcome - to all parishioners, your families, visitors and guests. Thank you for joining us in this Divine Liturgy. Have a blessed week!

**Please Pray for health of ...** Larissa K., Mike B., Ann W., Lawrence S., Fr. Jeffery S., Hedi M., John H., Lawrence & Ping B., all the sick brothers and sisters in our families and our parish community.



Please let Fr. Andrzej know if you would like to add names to the prayer list and also notify him about any sick and/or hospitalized parishioners and family members.

**The Most Holy Trinity Parish welcomes Fr. Stepan Dovhoshyya!**

**Thank you** – to Mr. John Chaplin & Mr. Orest Hrycewich for installing a wooden fence by the parish residence. Our gratitude goes also to all our parishioners for their work done during this past week on the parish premises. May God bless you all!

**Fr. Andrzej's vacation time** – from Wednesday, August 30<sup>th</sup> until Tuesday, September 12<sup>th</sup> inclusive, Fr. Andrzej will be away on his annual vacation. **Fr. Stepan Dovhoshyya** from Vernon will be substituting him. In case of emergency, please call **250-549-1327** (e-mail: [dovhoshiastepan@gmail.com](mailto:dovhoshiastepan@gmail.com)).

**Next Sunday, Sept. 17** – Rosary will be prayed at the regular time, 9:30 a.m. & Divine Liturgy celebrated at 10:00 a.m.

**Thursday, September 14<sup>th</sup> - Feast of the Exaltation of the Holy Cross** - this feast is a day of obligation and it is also a Fasting Day (no meat).

**Special Petitions for Divine Liturgy:**

\* Lord watch over your people in British Columbia who have had to flee their homes, send your Holy Spirit to comfort those who have lost their homes and businesses. Protect those who are battling the fires and give strength to them and all who are providing comfort to those in need, 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.

\* 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.

**2017 Parish Fund** – just a friendly reminder to our parishioners that not everyone has contributed toward “2017 Parish Fund”.

**Holy Eucharist Cathedral cordially invites you** to celebrate the 10<sup>th</sup> anniversary of Bishop Ken's Episcopacy on Sunday, September 17<sup>th</sup>. Our Bishop, Most Rev. Ken (Nowakowski) celebrated his 10<sup>th</sup> anniversary of Episcopal Ordination on 24 July and we want to continue the celebrations! You are invited to thank God for Bishop Ken's vocation and episcopal ministry in our Eparchy at the Divine Liturgy on Sunday, **17 September** at the Cathedral (501-4<sup>th</sup> Avenue, New Westminster) at **11:00 am**.

There is no charge for the reception meal following the Divine Liturgy, however there is limited seating available. In order to make sure we are prepared to host you, please **RSVP no later than 10 Sept.** to: Fr. Mykhailo Ozorovych Tel: 604-704-5889, or [mykhailo.oz@gmail.com](mailto:mykhailo.oz@gmail.com)

In lieu of a gift, Bishop Ken has requested donations be made to Holy Eucharist Cathedral for the building of a handicapped ramp.

**Pilgrimage To The Holy Land: October 12-24, 2017**

- Walk in the footsteps of Jesus; an unforgettable experience with Fr. Joe Ostapowich, Sr. Angelica SSMI, brother & sister pilgrims. *For details and price call Myrna Arychuk at 604 - 617 - 7200*

**The Most Holy Trinity Parish Stewardship:** Sunday, Sept. 3 - \$525.00 \*\*\*\* *May God bless and reward you for your generosity & support.*



### **Pastoral Ministry and Sacraments:**

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

**Holy Communion:** for the sick, by appointment, any time.

**Baptisms:** by appointment.

**Marriages:** six months' notice should be given to the parish priest,

and he should be contacted before any other arrangements are made.

**Funerals and Memorials:** by appointment.

**Anointing of the Sick (Holy Unction):** Those anticipating surgery, hospitalization or treatments and who would like to receive anointing or to meet with parish priest, please call or email Fr. Andrzej in advance to arrange a time and a day.



**For Christians, life always has meaning – even when it's hard, Pope says - by Elise Harris**

On Wednesday, Pope Francis said going through life downcast as if it had no meaning is not the attitude of a Christian, who has the assurance that even when things look grim, there is always new hope found in Christ.

“It is not Christian to walk with your gaze turned down, without raising your eyes to the horizon. As if our entire path expires here, in the palm of a few meters of the journey,” the Pope said Aug. 23. To live “as if in our lives there was no destination and no landing place, and we were forced to an eternal wandering, without any reason for our many labors; this is not Christian,” he said.

Rather, as Christians “we believe and we know that death and hatred are not the final words pronounced in the parable of human existence,” he said, adding that to be a Christian “means a new perspective: a gaze full of hope.”

Pope Francis spoke to pilgrims in the Vatican's Paul VI Hall for his weekly general audience, continuing his catechesis on Christian hope. In his address, Francis turned to the day's reading from Revelations, in which God, seated on his throne in heaven, says “I will make all things new.” This passage, he said, is a reminder that “Christian hope is based on faith in God who always creates newness in the life of man, in history and in the cosmos. Newness and surprises.”

Turning to the last pages of the bible, the Pope said they show us the final goal for all believers, which is the heavenly Jerusalem, described as “an immense tent, where God will welcome all men to live with them permanently.” “This is our hope,” Francis said, noting how the bible goes on to describe how God will “wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning nor crying nor pain any more, for the former things have passed away.”

He urged those present to reflect on the passage “not in an abstract way,” but in light of all the sad news published in recent days such as the terrorist attack in Barcelona and natural disasters – news “which we all risk becoming addicted to.” Pointing to the many children who suffer from war, youth whose dreams are often destroyed and refugees who embark on dangerous journeys and who many times are exploited, Pope Francis noted that “unfortunately life is also this.”

However, returning to the day's scripture passage, he stressed that “there is a Father who weeps with tears of infinite mercy toward his children. We have a God who knows how to weep, who weeps with us,” he said, adding that he is also a Father “who waits to console us, because he knows our sufferings and has prepared for us a different future.” God, the Pope said, “did not want our lives by mistake, forcing himself and us to long nights of anguish.” Rather, “he created us because he wants us happy. He is our Father, and if we here, now, experience a life that is not what he wanted for us, Jesus guarantees us that God himself is working his ransom.”

Some people believe that all of life's happiness lay in youth and in the past, and that living “is a slow decay.” Still others hold that the joys we experience “are only episodic and passionate,” and that the life of man “is writing nonsense,” the Pope noted.

But as Christians, “we don't believe this. We believe instead that on man's horizon there is a sun that illuminates forever. We believe that our most beautiful days are still to

come.” “We are people more of spring than autumn,” he said, and urged those present to ask themselves: “Am I a man, woman, child of the spring, or the fall? Is my spirit in the fall or the spring?”

“Don't forget that question,” he said in off-the-cuff remarks, asking again “am I a person of the spring or the fall? The spring, which waits for flowers, fruit, the sun, which is Jesus; or the autumn, which is always looking down, embittered, with, as sometimes I've said, a face like peppers in vinegar.”

There are always problems in life, such as gossip, war or illness, but in the end “the grain grows and in the end, evil is eliminated,” he said.

Pope Francis closed his address saying Christians have the knowledge that in the Kingdom of God, grain grows “even if in there are weeds in the middle. In the end evil will be eliminated,” he said. “The future does not belong to us, but we know that Jesus Christ is the greatest grace of life: he is the embrace of God who waits for us at the end, but who already accompanies us and consoles us on the journey...”



### **Basic Guidelines for Reception of Holy Communion:**

1. 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.*