



1st Sunday of the Great Fast; Sunday of Orthodoxy

*The Holy Martyr Codratus and Those with Him
– they suffered for Christ under Emperors Decius
& Valerian (249-260).*

***** Sunday, March 10th, 2019 *****

Pastor: Fr. Andrzej Wasylanko

109 Tranquille Rd. Kamloops, BC V3B 3E8

Mailing address: 118 Don St., Kamloops, BC V2B 1B7

Phones: 250-376-3690 (church) ** 250-461-7249 (residence)

Email: mostholytrinitypar@shaw.ca * fr.wasylanko@gmail.com

Web-site: <http://kamloops.nweparchy.ca/>

Eparchy: <http://nweparchy.ca>



Daily Liturgical Services

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

Monday, March 11 * 9:00 a.m. Stations of the Cross**

Thursday, March 14 * 9:00 a.m. Akathist to Christ's
Passion**

Friday, March 15 * 3:30 p.m. Liturgy of the Pre-Sanctified
Gifts**

Saturday, March 16 * 9:00 a.m. Div. Lit.:** 2nd All Souls
Saturday (Sorokouste) – prayers for our beloved deceased ones

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

****** The Divine Liturgy of St. Basil the Great is
celebrated today. *******

Troparion, Tone 1: Though the stone was sealed by the

Judeans, * and soldiers guarded Your most pure body, * You arose, O Saviour, on the third day, * and gave life to the world. * And so the heavenly powers cried out to You, O Giver of Life: * Glory to Your resurrection, O Christ! * Glory to Your kingdom! * Glory to Your saving plan, * O only Lover of mankind.

Troparion, Tone 2: We bow before Your most pure image, O kind Lord, * and beg pardon for our sins, O Christ our God. * Of Your own will You consented to ascend the Cross in the flesh to free Your handiwork from enslavement to the enemy. * In thanksgiving we cry aloud to You: * by coming to save the world, our Saviour, You filled all things with joy.

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

Kontakion, Tone 8: The uncircumscribed Word of the Father * became circumscribed when He took flesh of you, O Mother of God, * and when He restored the divine image to its ancient glory, * He suffused it with the beauty of God. * Therefore, confessing our salvation in deed and word, * we portray it in images.

Prokeimenon, Tone 4 - Blessed are You, Lord God of our fathers, * and praised and glorified is Your Name for ever.

verse: For You are righteous in everything You have done to us.

Epistle: *Hebrews 11:24-26,32-40; 12:1-2*

Brothers and Sisters, by faith Moses, when he was grown up, refused to be called a son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ to be greater wealth than the treasures of Egypt, for he was looking ahead to the reward. And what more should I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets — who through faith conquered kingdoms, administered justice,

obtained promises, shut the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Others were tortured, refusing to accept release, in order to obtain a better resurrection. Others suffered mocking and flogging, and even chains and imprisonment. They were stoned to death, they were sawn in two, they were killed by the sword; they went about in skins of sheep and goats, destitute, persecuted, tormented— of whom the world was not worthy. They wandered in deserts and mountains, and in caves and holes in the ground. Yet all these, though they were commended for their faith, did not receive what was promised, since God had provided something better so that they would not, apart from us, be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

Alleluia, Tone 4 - Moses and Aaron are among His priests and Samuel among those who call upon His name.

verse: They called on the Lord, and He heard them.



Gospel: John 1:43-51

At that time, Jesus decided to go to Galilee. He found Philip and said to him, “Follow me.” Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, “We have found him about whom Moses in the law and also the prophets wrote, Jesus, son of Joseph, from Nazareth.” Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.” When Jesus saw Nathanael coming toward him, he said of him, “Here is truly an Israelite in whom there is no deceit!” Nathanael asked him, “Where did you get to know

me?” Jesus answered, “I saw you under the fig tree before Philip called you.” Nathanael replied, “Rabbi, you are the Son of God! You are the King of Israel!” Jesus answered, “Do you believe because I told you that I saw you under the fig tree? You will see greater things than these.” And he said to him, “Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man.”

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 that 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. *** Rejoice in the Lord, O you just; * praise befits the righteous.* Alleluia, alleluia,* alleluia.



**** ANNOUNCEMENTS ****

The Role of Icons in Prayer

592

An icon is written (painted) in prayer and for prayer. To recognize and understand an icon one needs to contemplate it prayerfully. Someone who only views an icon will understand it only as a work of art. The process of contemplating an icon needs to be learned. The word “contemplation” here means “to look to the depth.” The first step toward contemplation is to concentrate the gaze on the icon. Thus, we place a lamp before the icon—a sign of divine light. Concentration leads to interior silence. When we raise our gaze to the icon, we see a figure or group of figures. The inscription on the icon informs us as to whom or

what event we are gazing.

593

The person of Christ is depicted on the icon with certain recognizable signs. One of these signs is the cross-in-halo around the head of Christ. Within this halo is the Greek inscription ὁ ὢν (ho On), which means The-One-Who-Is (see Ex 3:14). Christ is usually depicted in a red tunic, covered with a blue mantle. The royal red of the tunic signifies the divine nature of Christ, which in his Incarnation was clad in his human nature, represented by the blue mantle. In icons of the Transfiguration, Resurrection, Ascension, and Fearful Judgment, as well as icons of the Christ-Child with the Mother of God, the vestments of Christ are depicted in gold or white, signifying the divine nature and the glorified human nature of Christ.

594

The Mother of God is depicted on icons in a red veil that covers her head and shoulders, a symbol of the divine grace with which God fully gifted her. The veil covers a blue tunic, a symbol of her humanity. On her forehead and shoulders are three gold stars that symbolize her perpetual virginity. She is a “virgin before childbirth, a virgin in childbirth, and remains a virgin after childbirth.”

*** *Catechism of the Ukrainian Catholic Church* –
“*Christ Our Pascha*” #592-4, p. 197 ***
<http://catechism.royaldoors.net/catechism/>



Thank you for joining us!

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

Have a blessed week!

Thank you to all our Volunteers –

Дякуємо – Our gratitude to Mr. Orest

Hrycewich for clearing the snow in our parking lot and Ms Holly Paluck for leading us yesterday in a very successful “Pysanka” writing workshop. Many thanks to everyone who helped with perogy making and changing the altar cloths. We are grateful to everyone for your



support of our parish community as well as all work done at the church property this past week. God bless you all!

Please Pray for health of ... Bill Ch., Joyce K., John H., Matthew H., Eugenia W., Myroslava & Michael N., Milynda S., Suzanne C., Sandra Sh., Walter D., Rosa S., John K., Natalia D., Moriss P., Bill & Johanne C., Clay B., Annie A., Maria W., Anne D., Rose K., Maria S., Slava W., Lubko H., Lawrence & Ping B., all sick brothers and sisters in our families and 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.



Pastoral Address – will take place today, **Sunday, March 10th** during coffee time after the Divine Liturgy.

Perogy Work-Bees – will take place on the following **Tuesdays** of March (**March 12, 19, & 26**). Please plan to come and join us in this fundraising project.



All Souls Saturday (Задущні Суботу) – our prayers for our beloved deceased ones will continue on the second, third, and fourth Saturdays of the Great Fast (March 16, 23 & 30.)

Children's Catechism – will continue this coming **Saturday, March 16th** after the Divine Liturgy at 9:00 a.m.

Next Bible Study – will continue this coming **Sat., March 16** after the Divine Liturgy at 9:00 a.m.

Next Fundraising Breakfast – next Sunday March 17th.

Monthly Parish Council Meeting – will take place on **Tuesday, March 19th, 2019** at 7:00 p.m. at the parish hall.

Society of St. Vincent de Paul, OLPH, Kamloops – will hold their next monthly meeting on **Monday, March 18th** at 1:00 p.m. in SSVF dining room on Briar St.

Knights of Columbus 4th Degree Monthly Meeting – will take place on **Thursday, March 21st**, at 7:00 p.m. in the OLPH Parish Centre.



Catechetical Presentation – will take place on **Sunday, March 24th** during coffee after the Divine Liturgy.

Special Petition for the Divine Liturgy - 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.

APPEAL TO UKRAINIAN CATHOLIC YOUTH (age 16-29) - Let your Church hear your voice on these issues: how do you see your membership and participation in the life of our Church, what good do you see in it, why are you a Ukrainian Catholic and why do you want to be a Ukrainian Catholic, what do you expect from your Church? You can address these issues by going to the following link: <https://goo.gl/forms/2EF3oyW2ZiVxBB362>
The survey must be completed by March 31 (from April 1 it will no longer be active).

The Most Holy Trinity Parish Stewardship: Sunday, March 3rd - \$ 923.00 ***** *May God bless and reward you for your generosity & support.*



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.

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.



<i>The Gospel of Luke</i>	<i>From</i>	<i>To</i>	<i>Psalm(s)</i>
4:1-13	March 10, 2019	March 16, 2019	Ps 20-21
4:14-30	March 17, 2019	March 23, 2019	Ps 22-23
4:31-44	March 24, 2019	March 30, 2019	Ps 24-25

Lenten Scriptural Readings for this week

Monday: Genesis 3:21-4:7; Proverbs 3:34-4:22 & Isaiah 4:2-5:7

Tuesday: Genesis 4:8-15; Proverbs 5:1-15 & Isaiah 5:7-16

Wednesday: Genesis 4:16-26; Prov. 5:15-6:3 & Isaiah 5:16-25

Thursday: Genesis 5:1-24; Proverbs 6:3-20 & Isaiah 6:1-12

Friday: Genesis 5:32-6:8; Proverbs 6:20-7:1 & Isaiah 7:1-14



**Chancery Office
Eparchy of New Westminster**

To the Faithful of the Eparchy of New Westminster

10 March 2019

Glory to Jesus Christ!

Dear Sisters and Brothers,

We have now completed our first week of the Great Fast. Our Lenten journey towards the celebration of Easter-Pascha has begun -- a blessed time of increased prayer, fasting and works of charity.

There are so many different forms of prayer: petition, praise, intercession, thanksgiving. But Lent is a special time to stand before our Heavenly Father as we are, acutely aware of our own sinfulness and inadequacy, yet mindful of His grace. This prayer of contrition, to judge oneself before the Lord, is, in fact, one of the meanings derived from the Hebrew word for prayer, *tefillah*. Whether together in community during liturgical prayer or privately in the depths of our heart, let us ask our Lord to heal us and to restore our relationship with Him.

Through the practice of Lenten Fasting we can curb and take charge of the desires of the flesh. We know that food is a gift and that is why we say a prayer of blessing before meals. But hunger is a gift as well, especially when we willfully deny ourselves nourishment or some pleasure. I remember when I was a young boy; my Mom would endlessly warn me not to eat candy or chocolate before supper because I would ruin my appetite. Sadly, more often than not, I did not heed her good advice, and would sneak a chocolate or a candy and then just as she warned, I didn't feel like eating the wonderful meal that she had prepared for the family. During Lent our physical hunger is a sign of spiritual hunger. Our empty stomach is an image of us emptying our hearts of self-centeredness, so that we can be filled by God. When we fast or abstain from certain foods, when we deny ourselves certain activities, we are not only preparing our bodily appetites for the Easter feast, but we are also preparing our spirit for the celebration of life everlasting, which He has already prepared for us.

The third element of our Lenten spiritual journey consists in almsgiving or performing acts of charity, the sharing of our time, talents or treasure with those in need wherever they may be--in our own family, our community and neighborhood, or in distant lands. Almsgiving helps us move beyond ourselves and focus on those who are less fortunate, our sisters and brothers in need. Jesus told us that whatever we do to the least among us, we do it unto Him.

I want to encourage you, Dear Sisters and Brothers, to take advantage of this special time of prayer, of fasting, of almsgiving, and invite us all, as members of the Eparchy of New Westminster, to common action. Each year during the Great Fast I have encouraged all to come together as one Eparchial family and support a particular cause. In

past years we have supported Caritas Ukraine, the Ukrainian Catholic University in Lviv, etc. This year I would like to ask you to make a donation to CATHOLIC MISSIONS IN CANADA. Founded in 1908, Catholic Missions in Canada, at the time called “The Catholic Church Extension Society of Canada,” has come to the aid of isolated missions across our country where a lack of resources makes it impossible to maintain a Catholic presence without outside financial help. In fact, Catholic Missions in Canada came to the financial aid of the first Ukrainian Catholic Bishop in Canada, Blessed Nykyta Budka, who arrived in Canada in 1912. Since that time our Ukrainian Catholic Church has benefited greatly from its financial support. Catholic Missions in Canada has been and continues to be one of our greatest benefactors. Without their help our Eparchy would have a very difficult time providing pastoral ministry to our faithful in British Columbia. Many of our parishes struggle to meet their financial obligations, perhaps to cover costs of property insurance or other running costs, Missions In Canada helps us make up these shortfalls. We receive funding from Catholic Missions in Canada for our annual Eparchial summer Camp, Camp Saint Volodymyr. They have supported the education and formation of some of our Eparchial Clergy. In fact, I am personally indebted to Catholic Missions in Canada. They supported my formation to the priesthood when I was a seminarian!

If I have succeeded in convincing you to make a generous donation this Lent to Catholic Missions in Canada, you can use the special envelopes that will be provided to you. For donations of \$20.00 or more you will also receive a charitable donation receipt. Our Eparchial collection will take place on Sunday 31 March. However, if you are not able to be in church that Sunday, you can use the envelope earlier or even later. All funds collected in the parishes will be forwarded to the Eparchial Chancery Offices and then sent to Catholic Missions in Canada as our Eparchial donation. We will report back to you, so that you can know how much we’ve collected this year.

Together as an Eparchial Family, let us make this Great Fast a special journey of prayer, fasting and generosity, ever mindful of the blessings of Pascha that await us!

With prayerful best wishes, I remain,

Sincerely yours in the Lord,

+Ken