



**3rd Sunday of the Great Fast;
Veneration of the Holy Cross of
Our Lord Jesus Christ**

*Fore-feast of the Annunciation of the Mother
of God*

***** Sunday, March 24th, 2019 *****

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Daily Liturgical Services

Sunday, March 24th * 9:30 a.m. Rosary**
(Eng.) *** 10:00 a.m. **Div. Lit.:** God's blessings
for all parishioners. (Eng./Ukr.)

Monday, March 25 * Feast of Annunciation *** 9:00 a.m.**
Div. Lit.: God's blessings for all parishioners

Wednesday, March 27 * 3:30 p.m. Akathist to Christ's
Passion**

Thursday, March 28 * 9:00 a.m. Lenten Service**

Friday, March 29 * 3:00 p.m. Stations of the Cross &
(Sorokouste) – prayers for our beloved deceased ones**

Saturday, March 30 * 3:00 p.m. Prayer Service & Bible
study**

Sunday, March 31 ** 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 3: 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, Tone 4: Today is the herald of joy for the universe! * Let us anticipate the feast and celebrate with exultation: * Gabriel is on his way to announce the glad tidings to the Virgin; * he is ready to cry out in fear and wonder: * Rejoice, Lady full of grace, the Lord is with you!

Troparion, Tone 1: Save Your people, O Lord, and bless Your inheritance. * Grant victory to Your faithful people against enemies,* and protect Your community by Your cross.

+Glory be to the Father and to the Son and to the Holy Spirit.

Kontakion, Tone 7: No longer does the flaming sword guard the gate of Eden; * the tree of the Cross has quenched its flames gloriously.* The sting of death and the victory of Hades are banished, * and You O my Saviour came and called to those in Hades: “Return again to Paradise!”

Now and for ever and ever. Amen.

Kontakion, Tone 4: Through the descent of the Holy Spirit * at the voice of the archangel, * you conceived the One * equal in essence and glory with the Father, * Resurrection of Adam!

Instead of “Holy God”:

To Your Cross, O Master, * we bow in veneration, * and we glorify Your holy Resurrection!

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.

Epistle: Hebrews 4:14-5:6

Brothers and Sisters, since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and grace to help in time of need. Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of this he must offer sacrifice for his own sins as well as for those of the people. And one does not presume to take this honour, but takes it only when called by God, just as Aaron was. So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, “You are my Son, today I have begotten you”; as he says also in another place, “You are a priest forever, according to the order of Melchizedek.”

Alleluia, Tone 8 - Remember Your congregation, which You acquired from the beginning.

verse: But God is our king before the ages; He has wrought salvation in the midst of the earth. (Psalm 73:2,12)



Gospel: Mark 8:34-9:1

The Lord said, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are

ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly I tell you, there are some standing here who will not taste death until they see that the kingdom of God has come with power.”

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: Let the light of Your countenance, O Lord* shine upon us.* Alleluia, alleluia,* alleluia. (Psalm 4:7)



**** ANNOUNCEMENTS ****

Bearing and Gestures during Divine Services

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The physical bearing and gestures of a Christian during prayer are elements of the Church’s prayer and visible signs of personal faith and piety. These include: the sign of the Cross, standing, the raising of hands, kneeling, bows and prostrations, and the kissing of holy objects.

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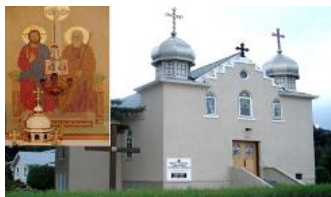
By the sign of the holy Cross, the Christian professes faith in the Most Holy Trinity and the Incarnation of God’s Son. We make the sign of the Cross with our right hand, devoutly and without haste, pronouncing the words, “In the name of the Father, and of the Son, and of the Holy Spirit. Amen.” Joining

the first three fingers of our hand is a sign of our profession of faith in the Holy Trinity, while bending the remaining two to the palm of the hand signifies our confession of two natures—divine and human—in the incarnate Son of God. Signing ourselves crosswise, from the forehead to the breast and from the right shoulder to the left, we profess the Paschal Mystery of Christ—his dying and rising. Every time we sign ourselves with the holy Cross, saying “In the name of the Father, and of the Son, and of the Holy Spirit,” we profess that our salvation, accomplished on the cross by Jesus Christ, is the work of the Holy Trinity....

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The Cross occupies an important place in every church. We see it on the Holy Table, and on the anoly or tetrapod. It crowns the iconostasis, and in the sanctuary we see it behind the Holy Table. It also crowns churches, chapels and graves. The Cross is the sign of Christ’s victory over sin and death, the manifestation of God’s love for us. For this reason we venerate the Cross by prostrating ourselves before it and kissing it.

*** Catechism of the Ukrainian Catholic Church – “Christ Our Pascha” #625-6, p. 206-7 & #641, p. 210 ***
<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 – Many thanks to everyone who helped with perogy making this past week. Our gratitude to Mr. Orest Hrycewich for his beautiful work of polishing church chandeliers and also taking off the Christmas lights from the residence roof. 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.



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

Perogy Work-Bees – our last session will take place this coming **Tuesday March 26**. We begin at 8:30 a.m. Please plan to come and join us in this fundraising project.

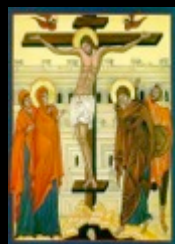


UCWLC Fundraising Projects - Baking Paska – will take place this coming **Thursday, March 28th** starting at 9:30 a.m. Red Beets & Horseradish preparation will take place this coming **Friday, March 29th** starting at 9:00 a.m. Please come and join us in these projects!

Children's Catechism – will continue this coming **Saturday, March 30th** starting at 2:30 p.m.

Next Bible Study – will continue this coming **Sat., March 30th** at 3:00 p.m.

2019 Annual Eparchial Lenten Collection – will take place next Sunday, March 31st.



The Most Holy Trinity Parish Lenten Mission – will take place on Friday, April 5th, 2019 at 2:00 p.m. **Theme:** “*Call To Mercy - day spent with St Mother Teresa*”. St. Teresa’s first class relics will be present.

Our Guest Priest: **Rev. Mykhailo Ozorovych**, Administrator of Holy Eucharist Cathedral in New Westminster.

Next Monthly Catholic Youth Meeting – will take place on Friday, April 5th at 7:00 p.m. at Holy Family RC parish.

Next Fundraising Breakfast – will take place on **Sunday April 7th**.

Lenten Penitential Services - on Friday, April 12th Fr. Andrzej will be assisting in the Sacrament of Confession at St. Anne's School from 9:00 a.m. to noon.



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.



Easter Bake Sale – will take place on **Saturday, April 13th, 2019** from 10:00 a.m. to 12:00 noon.

Pro-life Fundraising Pot Luck Dinner – will take place on Saturday, April 13th at 6:30 p.m., at OLPH Parish Centre - 635 Tranquille Rd. Bring your favorite dish. No ticket sales, so all financial donations will be tax deductible. ph. 778-220-5584.

4th Annual Diocesan Youth Retreat – May 3 – 5, 2019 at Our Lady of Perpetual Help in Kamloops. For youth in grades 7 – 12. For more information visit www.rcdk.org

“Welcome Home”- Are you between 20-50 years? Do you find yourself wondering, ‘What’s the next big step in my life?’ or ‘I want to do mission work but where should I go/what should I do?’

The Ukrainian Redemptorists with their Youth/Young Adult Minister - would like to invite you to a **Come and See** that will be taking place **May 2-5, 2019** at The Welcome Home in Winnipeg Manitoba.

What to expect? A weekend of prayer, volunteer/service, and community living and support!

When can I sign up? Email Liz Artymko, Redemptorist Youth/Young Adult Minister, at rymcssr@gmail.com for more information and registration

Or check out the website www.thewelcomehome.ca

Hurry to register! Limited spots are available!

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 17th - \$ 513.00 **** *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>
4:31-44	March 24, 2019	March 30, 2019	Ps 24-25
5:1-11	March 31, 2019	April 06, 2019	Ps 26-27
5:12-26	April 07, 2019	April 13, 2019	Ps 28-27



Lenten Scriptural Readings for this week

Monday: Genesis 8:21-9:7; Proverbs 11:19-12:6 & Isaiah 14:24-32

Tuesday: Genesis 9:8-17 Proverbs 12:8-22 & Isaiah 25:1-9

Wed.,: Genesis 9:18-10:1; Proverbs 12:23-13:9 & Isaiah 26:21-27:9

Thurs.,: Genesis 10:32-11:9; Proverbs 13:19-14:6 & Isaiah 28:14-22

Friday: Genesis 12:1-7; Proverbs 14:15-26 & Isaiah 29:13-23



Holy Week & Easter Celebrations

Sunday, April 14th - PALM SUNDAY

10:00 a.m. - Divine Liturgy (Eng./Ukr.) -
*After the Divine Liturgy - blessing of pussy
willows & myrovania/blessing with Holy Oil*

Great & Holy Monday, April 15th * 4:00**

p.m. * Akathist to Christ's Passion**

Great & Holy Tuesday, April 16th * 4:00 p.m. *** Stations
of the Cross**

Great & Holy Wednesday, April 17th * 4:00 p.m. *****

Liturgy of the Presanctified Gifts

Great & Holy Thursday, April 18th * 6:00 p.m. –** Matins of the Passion/Strasti (12 Gospels)

Good & Holy Friday, April 19 * 3:00 p.m. –** Good Friday Vespers & Procession with the Shroud - Plashchanycia
After Service until 6:00 p.m. – Confessions & church will be open for personal prayer.

Good Friday is a day of Strict Abstinence - No meat, dairy or poultry products.

Great & Holy Saturday, April 20 * 9:00 a.m. –** Holy Saturday Matins (Jerusalem Matins)

10:00 a.m. – 12:00 p.m. – Confessions & Personal Prayers before the Tomb



Sunday, April 21 – The Holy Resurrection Of Our Lord And Savior Jesus Christ - EASTER SUNDAY – PASCHA / Великдень

****** 8:00 AM ****** Paschal Procession, Easter Matins, Divine Liturgy of St. John Chrysostom. After the Liturgy - blessing of Artos and blessing of Easter Foods.

Monday, April 22 - Bright Monday * 10:00 a.m. –** Divine Liturgy

Tuesday, April 23 - Bright Tuesday * 10:00 a.m. –** Divine Liturgy

Sunday, April 28 – Thomas Sunday * 9:30 a.m. Rosary (Eng.) *** 10:00 a.m. Div. Lit.:** God's blessings for all parishioners. (Eng./Ukr.). After the Liturgy distributing of the Artos (the Blessed Bread), anointing with blessed oil and "Spilne Sviachence"/Parish Easter Lunch.



**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