

Cheese-fare Sunday



## Sunday of Cheese-fare; Sunday of Forgiveness

*The Holy Martyrs Eutropius and His Companions Cleonicus and Basiliscus* – they were all Cappadocians who gave their lives for Christ under Emperor Maximian (305).

**\*\*\* Sunday, March 3<sup>rd</sup>, 2019 \*\*\***

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### *Liturgical Services this Week*

**Sunday, March 3 \*\*\* 9:30 a.m. Rosary (Eng.)**

**\*\*\* 10:00 a.m. Div. Lit.:** God's blessings for all parishioners (Eng./Ukr.)

**Monday, March 4\*\* 3:00 p.m. Lenten Service – An Akathist Hymn in Honour of the Sufferings of Jesus Christ**

**Friday, March 8\*\* 3:00 p.m. Stations of the Cross & “Sorokouste” (prayers for our beloved deceased ones)**

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



**Troparion, Tone 8:** You came down from on high, O Merciful One, \* and accepted three days of burial \* to free us from our sufferings. \* O Lord, our life and our resurrection, \* glory be to You.

**+Glory be to the Father and to the Son and to the Holy**

**Spirit, now and for ever and ever. Amen.**

***Kontakion, Tone 6:*** O Master, Guide to Wisdom \*, Bestower of prudent counsel, \* Instructor of the foolish and Defender of the poor ones; \* make firm my heart and give it understanding. \* Give me a word, O Word of the Father: \* Behold, I shall not stop my lips from crying out to You: \* In Your mercy, have mercy on me who am fallen.

***Prokeimenon, Tone 8*** - Pray and give praise to the Lord our God. \* Pray and give praise to the Lord our God.

***verse:*** In Judea God is known; His name is great in Israel.

***Epistle: Romans 13:11-14:4***



Brothers and Sisters, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. Welcome those who are weak in faith, but not for the purpose of quarrelling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

***Alleluia, Tone 6*** - It is good to give praise to the Lord, and to sing to Your name, O Most High.

***verse:*** To announce Your mercy in the morning and Your truth every night.

***Gospel: Matthew 6:14-21***

The Lord said, “If you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses. And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also”

***Communion Hymn*** - Praise the Lord from the heavens; \*  
praise Him in the highest. \* Alleluia, alleluia, \* alleluia.



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

**Spiritual Combat in the Life of the Christian**

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From the moment of one’s Baptism, every Christian enters into spiritual combat. There we die to sin, in order to live for God. This battle, as the apostle Paul teaches, is not about wrestling “... against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places” (Eph 6:12). The Christian engages in spiritual warfare by being armed with prayer, fasting, and almsgiving; we thus cleanse our thoughts and achieve dispassion. Saint John Cassian teaches that spiritual combat helps a person achieve perfection: “This battle is in accordance with the will of God. It serves human good and

awakens in a person ardent striving for greater perfection.”

## 1. Fasting and Almsgiving

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Christians have fasted since ancient times. It was and is a way of imitating the forty-day fast of Christ during which he fought the devil’s temptations and overcame them. Fasting as a means of spiritual combat was further developed by monastics, who saw it as a means of achieving purity of heart. Fasting takes hold of the entire being: the body through restraint in food and drink, and the soul through restraint of the passions. Saint John Chrysostom teaches: “Do you not eat flesh? Feed not upon indecency by means of the eyes. Let the ear fast also. The fasting of the ear consists in refusing to receive slander and calumnies ... For what does it profit if we abstain from birds and fishes; and yet bite and devour our brothers and sisters?”

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Fasting is inextricably linked with almsgiving:

*In the day on which you fast you will taste nothing but bread and water; and having reckoned up the price of the dishes of that day which you intended to have eaten, you will give it to a widow, or an orphan, or to some person in want, and thus you will exhibit humility of mind, so that he who has received benefit from your humility may fill his own soul, and pray for you to the Lord.*

Almsgiving as a manifestation of love for one’s neighbour is an imitation of God himself. It was God who first revealed his mercy towards us.” \*\*\* ***Catechism of the Ukrainian Catholic Church – “Christ Our Pascha” #785-87, p. 254-586*** \*\*\* <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 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 ...** 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 3<sup>rd</sup>** during coffee after the Divine Liturgy.

**Great Fast (Lent) 2019** – will begin tomorrow, **Monday, March 4<sup>th</sup>**. Please note that both the **First day of Lent** as well as **Good Friday** are the strictest fasting days. That means we refrain from consuming meat, eggs & dairy products on these days.

**Fr. Andrzej's vacation time** – from Tuesday, March 5<sup>th</sup> to Thursday, March 7<sup>th</sup>, 2019 inclusive, Fr. Andrzej will be away on part of his annual vacation. Fr. Stepan Dovahoshyya from Vernon will be substituting. Fr. Stepan's contact information: phone - **250-549-1327** & e-mail - [dovhoshiastepan@gmail.com](mailto:dovhoshiastepan@gmail.com)).

**Perogy Work-Bees** – will take place on the following Tuesdays of March (**March 5, 12, 19, & 26**). Please plan to come and join us in this fundraising project.



**Next Pastoral Address** – will take place next Sunday, **March 10<sup>th</sup>** during coffee time after the Divine Liturgy.

**Next Fundraising Breakfast** – on Sunday March 17<sup>th</sup>.

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

**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.

**Society of St. Vincent de Paul, OLPH, Kamloops** – will hold their next monthly meeting on **Monday, March 18<sup>th</sup>** at 11:00 a.m. in SSVP dining room on Briar St.

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



**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, Feb. 24<sup>th</sup> - \$ 497.00 \*\*\*\* *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>
<b>3:21-38</b>	March 3, 2019	March 09, 2019	<b>Ps 18-19</b>
<b>4:1-13</b>	March 10, 2019	March 16, 2019	<b>Ps 20-21</b>
<b>4:14-30</b>	March 17, 2019	March 23, 2019	<b>Ps 22-23</b>
<b>4:31-44</b>	March 24, 2019	March 30, 2019	<b>Ps 24-25</b>

### ***Lenten Scriptural Readings for this week***

Monday: Genesis 1:1-13; Proverbs 1:1-20 & Isaiah 1:1-20

Tuesday: Genesis 1:14-23; Proverbs 1:20-33 & Isaiah 1:19-2:3

Wednesday: Genesis 1:24-2:3; Proverbs 2:1-22 & Isaiah 2:3-11

Thursday: Genesis 2:4-19; Proverbs 3:1-18 & Isaiah 2:11-21

Friday: Genesis 2:20-3:20; Proverbs 3:19-34 & Isaiah 3:1-14



### **\*\* COMMUNAL RIGHT OF MUTUAL FORGIVENESS \*\***

When the disciples of the Lord asked him to teach them how to pray (Luke 11:1-13), He left us with what we refer to as the Lord's Prayer, the "Our Father". In this prayer, we ask God to forgive us our trespasses as we forgive those who trespass against us. Before beginning our Great Fast (Lenten) Journey together, as a parish family community, it is important for us to express to

each other our desire to forgive each other for anything that we may have done that may have hurt or offended someone over the past year, or indeed during our life time so that we can be free without these heavy burdens to walk together as a united family, as true daughters and sons of God! This Communal Right of Mutual Forgiveness is not the Mystery/ Sacrament of Reconciliation (Confession) and does not replace that Mystery/Sacrament, but rather is a tangible sign to each other of our forgiveness and also the experience of being forgiven. Hence there is no need to name our offenses, but rather with total sincerity in our hearts let us say to each other: **“Forgive me sister/ brother”** and answer with sincerity and love, **“May God have mercy on you, and know that I forgive you.”**



**Priest:** Bless me, my Sisters and Brothers, and forgive me, a sinner, whatever offenses I may have committed this day and all the days of my life by word, deed and thought as well as by all my senses (bows to all the faithful).

**Faithful:** May God forgive you, Reverend Father. Bless us also and forgive our offences voluntary and involuntary (also bow).

**Priest:** May the Lord God by His grace forgive you all your sins and have mercy on you.

Let us pray for our Most Holy Universal Pontiff, Francis Pope of Rome, for His Beatitude Patriarch Sviatoslav, for our Most Reverend Metropolitan Lawrence, for our God-loving Bishop Ken and the God-loving Bishop Severian.

**Faithful:** May God save and have mercy.

**Priest:** For the noble benefactors and founders of this holy church, for those who serve and who have served in it.

**Faithful:** May God save and have mercy.

**Priest:** For those who are absent and for those who are travelling.

**Faithful:** May God protect and have mercy.

**Priest:** For our benefactors and those who are kind to us.

**Faithful:** May God reward and have mercy.

**Priest:** For those who hate us and for those who love us.



**Faithful:** May God forgive and have mercy.

**Priest:** For the sick and suffering.

**Faithful:** May God heal and have mercy.

**Priest:** For our departed relatives and faithful of our parish and Eparchy.

**Faithful:** May God grant them remembrance and rest and everlasting be their memory.

**Priest:** Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us.

**Faithful:** Amen.



***During Morning Mass, Francis Reminds Not to Put Off Changing Your Ways Until Tomorrow***

You are not sure how and when your life will end. Hence, examine your conscience, dominate your passions, and convert without delay.

According to Vatican News, Pope Francis stressed this during his daily morning Mass at his residence, Casa Santa Marta.

Stop for a while to acknowledge our failures, aware that the end can come any moment, and let us not continue living as we want under the impression that God's compassion is infinite.

Recalling today's advice in the First Reading from the Book of Sirach, the Roman Pontiff called on the faithful to have a change of heart and convert to the Lord.

Wisdom, the Jesuit Pope highlighted, is a daily thing that comes from reflecting on life and from stopping to think about how one lives.

“Do not follow your instincts, your strength, indulging in the passions of your heart,” Francis warned, acknowledging all have passions, but one must be careful and dominate them.

The Holy Father recognized that passions are not bad things, but they need to be managed. “They are like blood that helps do many good things but if you are not able to dominate them, they will dominate you,” he said.

Francis reminded those in his chapel that we are not eternal and therefore cannot do whatever we want, trusting in God’s infinite mercy.

*Don’t believe you will get away with it*

“So don’t be rash and reckless and believe that you will get away with it,” the Pontiff admonished, saying: “You may get away with it once, but you don’t know what’s next.”

“Don’t say: ‘God’s compassion is great, he’ll forgive me my many sins,’ and so I continue doing what I want,” Francis underscored, adding: “Regarding this, the advice of the father or grandfather is: “Don’t wait to convert yourself to the Lord, don’t postpone it from day to day because the anger of the Lord will suddenly burst forth.”

*Don’t Put Off Conversion For Tomorrow*

The Pope went on to give some daily homework, requiring only five minutes a day: “Let’s take a little time every day to examine our conscience, to convert to the Lord, without putting it off for tomorrow.”

“Try to not to let it happen again and if you manage to control yourself and not be controlled by your passion, perhaps it may happen less,” he said.

Again stressing that no one is sure of how and when our life will end, Francis concluded, reminding: “Five minutes at the end of each day will help us think about a change of heart and conversion to the Lord, without procrastination.”

[\[ZENIT\] FEBRUARY 28, 2019, POPE AND HOLY SEE, POPE'S MORNING HOMILY](#)

