



4th Sunday of the Great Fast *** *Commemoration of St. John Climacus*

*Our Venerable Father Hypatius, Bishop of
Gangra* – Hypatius attended the First
Ecumenical Council of Nicea in 325. He died at the hands of
Novatian heretics in 326.

***** Sunday, March 31st, 2019 *****

Pastor: *Fr. Andrzej Wasylanko*

109 Tranquille Rd. Kamloops, BC V3B 3E8

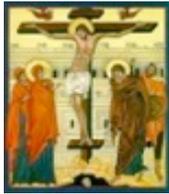
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Daily Liturgical Services

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

Monday, April 1 * 10:00 a.m. Akathist to Christ's
Passion**

Wednesday, April 3 * 3:00 p.m. *Liturgy of the Pre-
Sanctified Gifts***

Thursday, April 4 * 9:00 a.m. *Great Canon of St. Andrew
of Crete***

Friday, April 5 * 2:00 p.m. **Moleben to St. Mother
Teresa of Culcatta & Lenten Mission****

**Sunday, April 7 ** 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 4: When the disciples of the Lord learned from the angel * the glorious news of the resurrection * and cast off the ancestral condemnation, * they proudly told the apostles: * “Death has been plundered! * Christ our God is risen, * granting to the world great mercy.”

Troparion, Tone 1: O John, our God-bearing father, * you were shown to be a citizen of the desert, * an angel in bodily form, * and a worker of miracles. * Through fasting, prayers and vigils you received heavenly gifts * to heal the sick and the souls of those who, in faith, run to you. * Glory to Him who gives you strength. * Glory to Him who crowned you.* Glory to Him who works healing for all through you.

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

Kontakion, Tone 4: On the heights of true abstinence, * the Lord established you as a reliable star, * giving light for guidance to the ends of the earth, * O father John, our teacher.

Prokeimenon, Tone 4 - How great are Your works, O Lord * You have made all things in wisdom.

verse: Bless the Lord, O my soul: O Lord my God, You are exceedingly great.

Prokeimenon, Tone 8 - The venerable ones will exult in glory * and they shall be joyful in their beds.

Epistle: Hebrews 6:13-20

Brothers and Sisters, when God made a promise to Abraham, because he had no one greater by whom to swear, he swore by himself, saying, “I will surely bless you and multiply you.” And thus Abraham, having patiently endured, obtained the promise. Human beings, of course, swear by someone greater than themselves, and an oath given as confirmation puts an end to all dispute. In the same way, when God desired to show even

more clearly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it by an oath, so that through two unchangeable things, in which it is impossible that God would prove false, we who have taken refuge might be strongly encouraged to seize the hope set before us. We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, where Jesus, a forerunner on our behalf, has entered, having become a high priest forever according to the order of Melchizedek.

Alleluia, Tone 4 - Poise yourself and advance in triumph and reign in the cause of truth, and meekness, and justice.

verse: You have loved justice and hated iniquity.

verse: They who are planted in the house of the Lord shall flourish in the courts of our God.



Gospel: Mark 9:17-31

At that time, someone from the crowd answered him, “Teacher, I brought you my son; he has a spirit that makes him unable to speak; and whenever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, but they could not do so.” He answered them, “You faithless generation, how much longer must I be among you? How much longer must I put up with you? Bring him to me.” And they brought the boy to him. When the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. Jesus asked the father, “How long has this been happening to him?” And he said, “From childhood. It has often cast him into the fire and into the water, to destroy him; but if you are able to do anything, have pity on us and help us.” Jesus said to him, “If you are able! —All things can be done for the one who believes.” Immediately the father of the child cried out, “I believe; help my unbelief!” When Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, “You spirit that keeps this boy from speaking and hearing, I command you, come out of him, and never enter him again!”

After crying out and convulsing him terribly, it came out, and the boy was like a corpse, so that most of them said, “He is dead.” But Jesus took him by the hand and lifted him up, and he was able to stand. When he had entered the house, his disciples asked him privately, “Why could we not cast it out?” He said to them, “This kind can come out only through prayer.” They went on from there and passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, “The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again.”

Communion Hymn - Praise the Lord from the heavens; * praise Him in the highest. ** The just man shall be in everlasting remembrance; * of evil hearsay he shall have no fear. * Alleluia, alleluia, * alleluia.



** ANNOUNCEMENTS **

The Covenant between God and Humankind

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Expressed in the covenant between God and humankind, the fulfilment of God’s promise proceeded in historical stages: “As for me, I am establishing my covenant with you and your descendants after you” (Gn 9:9, emphasis added). The covenant between God and Noah and his sons is a first stage. Saint Irenaeus of Lyons emphasizes God’s initiative in the establishment of the covenant: “How shall humankind pass into God, unless God has [first] passed into humankind?” The rainbow, which unites heaven with earth, is a visible sign of this covenant. Noah and his descendants, Shem, Ham, and Japheth, are the representatives of humankind, of all races, and nations, of peoples united by “their own language, by their families, in their nations” (Gn 10:5).

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Abram also belonged to the descendants of Noah, the heirs of

the covenant with God. God drew near to him and his family, calling him to become Abraham, the father of all believers; and gave him the promise: *“I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed”* (Gn 12:2-3). The numerous descendants and the Promised Land (see Gn 13:15) are signs of God’s protection and the fulfilment of God’s promise: *“I will make my covenant between me and you, and will make you exceedingly numerous”* (Gn17:2). God also confirms this covenant with Isaac (see Gn 26:3-4) and with Jacob (see Gn 28:13-15). In Egypt, as God promised, the descendants of Jacob grew into a great nation (see Gn 46:3); and the exodus from Egypt, the journey through the wilderness, and the entrance into the land promised by God all confirmed the faithfulness of God to the word of his promise.

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After the exodus of the Israelites from the slavery of Egypt, the Lord entered into a covenant with Israel on Mount Sinai. There he promised to make them his *“treasured possession among all peoples... a kingdom of priests and a holy nation”* (Ex 19:5-6). The entire nation accepted the covenant, saying: *“All that the Lord has spoken, we will do”* (Ex19:8). For the people, the observance of the commandments becomes the condition of the covenant (see Gn 20). As a sign of this covenant, Moses took blood from sacrificed animals and sprinkled it on the people, saying: *“Behold the blood of the covenant, which the Lord has made with you in accordance with all these words”* (Ex 24:8, rsv-ce).

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God continually supports and protects the people of the promise. If the covenant of God with Moses creates a nation of God’s people, then the covenant with King David prefigures the kingdom of God. *I will raise up your offspring after you, who shall come forth from your body, and I will establish his kingdom... and I will establish the throne of his kingdom forever. I will be a father to him, and he shall be my son... your house and your kingdom shall be made sure forever before me; your throne shall be established forever* (2 Sm 7:12-16).

*** Catechism of the Ukrainian Catholic Church – “Christ Our Pascha” #164-7, p. 61-2 *** <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 for your support of our parish community and all other work done at the church property this past week. Our special gratitude for all those who helped with perogy making and the ladies who worked all day long on Thursday making Paskas as well as the bake sale work done on Friday. Many Thanks to Mr. Orest Hrycewich for polishing candle holders. God bless you all!



Please Pray for health of ... Rob E., Bill Ch., Joyce K., John H., Matthew H., Eugenia W., Myroslava & Michael N., Milynda S., Suzanne C., 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.



Happy Birthday



Многая Літа! – very special God’s blessings to anyone among our parishioners and their families who celebrated their birthday, name-day, wedding anniversary and any other special anniversary during **the**

month of March (20th - Robert Russell; 24th - Ann Derzak; 31st – Todd Flodstrom & Joe Mychaluk)

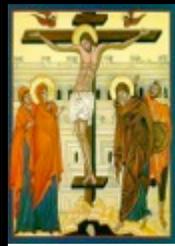
2019 Annual Eparchial Lenten Collection – will take place **today, Sunday, March 31st**. Thank you for your generosity.



Continuation of UCWLC Fundraising Projects:

Baking Babkas – will take place this coming **Tuesday, April 2nd** starting at 9:00 a.m.

Making “Doves” – will take place this coming **Wednesday, April 3rd** starting at 9:00 a.m. **Please come and join us in these fundraising projects!**



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.

OLPH PARISH MISSION - SAVE THE DATE!! April 5 & 6, 2019 - Save the Date for our Parish Retreat with Heather and Jake Khym. Friday, April 5th (Evening) and Saturday, April 6th (Daytime Sessions) RSVP your attendance to Jackie at the Parish Office - olphkamloops@shaw.ca . or (250) 376-5541.

To learn more about Heather & Jake check out their website at www.liferestoration.ca or listen to their podcasts: www.media.ascensionpress.com/category/ascension-podcasts/abidingtogether

Next Fundraising Breakfast – will take place next **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.

Catechetical Presentation – will take place on **Sunday, April 14th** during coffee after the Divine Liturgy.

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

The Most Holy Trinity Parish Stewardship: Sunday, March 24th - \$ 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>
5:1-11	March 31, 2019	April 06, 2019	Ps 26-27
5:12-26	April 07, 2019	April 13, 2019	Ps 28-29
5:27-39	April 14, 2019	April 20, 2019	Ps 30-31



Lenten Scriptural Readings for this week

Monday: Genesis 13:12-18; Proverbs 14:27-15:4; Isaiah 37:33-38:6

Tuesday: Genesis 15:1-15 Proverbs 15:7-19 & Isaiah 40:18-31

Wed.,: Genesis 17:1-9; Proverbs 15:20-16:9 & Isaiah 41:4-14

Thurs.,: Genesis 18:20-33; Proverbs 16:17-17:17 & Isaiah 42:5-16

Friday: Genesis 22:1-18; Proverbs 17:17-18:5 & Isaiah 45:11-17



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 Prayer 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