

Cheesefare Sunday



## Sunday of Cheese-fare; Sunday of Forgiveness

The First and Second Finding of the Precious  
Head of the Holy, Glorious Prophet and  
Forerunner John the Baptist.

**\*\* Sunday, Feb. 23<sup>rd</sup>, 2020 \*\***

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### **Parish Liturgical Services**



**Sunday, Feb. 23<sup>rd</sup> \*\* 9:30 a.m. \*\* Rosary (Eng.)**

**\*\*\* 10:00 a.m. \*\*\* Divine Liturgy (Eng./Ukr.):**

God's blessings to all parishioners

**Monday, Feb. 24 \*\* 9:30 a.m. Lenten Service –**

**An Akathist Hymn in Honour of the Sufferings of Jesus Christ**

**\*\*\* Wednesday, Feb. 26\*\* 9:00 a.m. School Mass at OLPH \*\***

**Thursday, Feb. 27\*\* 9:30 a.m. Moleben to St. Teresa of  
Calcutta**

**Friday, March 28\*\* 9:30 a.m. Stations of the Cross & Bible  
Study**

**\*\*\* Saturday, Feb. 29\*\* 11:00 a.m. Div. Lit. in the Holy  
Eucharist Cathedral in New Westminster \*\*\***

**Sunday, March 1<sup>st</sup> \*\* 9:30 a.m. \*\* Rosary (Eng.) \*\*\* 10:00  
a.m. \*\*\* Divine Liturgy (Eng./Ukr.): God's blessings to all  
parishioners**



***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 4:*** The head of the Forerunner has dawned from the earth \* shedding rays of incorruption and healing on those who believe; \* from on high it assembles the multitude of angels, \* from below it summons the human race \* to glorify Christ God with one voice.

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

***Kontakion, Tone 2:*** O Forerunner of Grace and prophet of God, \* having obtained your head from the earth like a sacred rose, \* we always receive gifts of healing; \* for again as of old you proclaim repentance in the world.

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 -*** 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.

***Prokeimenon, Tone 7 -*** The just man shall be glad in the Lord and shall hope in Him.

***Epistle - Romans 13:11-14:4; 2 Corinthians 4:6-15***

Brethren, do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and

drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

Receive one who is weak in the faith, but not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him 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. (*Psalm 91:2,3*)

**verse:** The just man shall flourish like the palm tree; and he shall grow like the cedar in Lebanon.

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

### **Gospel**

*Matthew 6:14-21; Matthew 11:2-15*



The Lord said to His disciples, "If you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

"Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for

yourselves treasures in heaven, where neither moth nor rust destroys 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. (*Psalm 148:1*) \*\*\* The just man shall be in everlasting remembrance;\* of evil hearsay he shall have no fear.\* Alleluia, alleluia,\* alleluia. (*Psalm 111:6*)

## \*\* ANNOUNCEMENTS \*\*



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



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

785 - 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**

786 - 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?”

787 - 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/>



**Please Pray for health of ...** Zonia R., Maria Z., Jayne & Ernie P., Jessie P., Lawrence & Ping B., Allan N., Moris P., Mary W., Bill Ch., Piotr & Jadwiga W., Sam D., Ray O., Mary E., Sharon L., Joe S., Jeanne R., Emily H., Lisa M., Michael L., Greg H., Melynda S., Dorothy N., Jayne P., Gloria N., Ann D., Joyce K., Suzanne C., Clay B., Maria W., Anne D., Rose K., Maria S., 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.



**Thank you to all our Volunteers –**

**Дякуємо** – Many thanks to everyone for your support of our parish community and all work done at the church property this past week. Our gratitude to everyone who helped with perogy making on Monday & Tuesday. God bless you all!



**Congratulations! Mnohaya Lita!** – 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 February** (Feb. 27<sup>th</sup> - Timothy Wasylinko).

**Changing of Altar Cloths** – in preparation for the new liturgical season of the Great Fast, we will change the altar cloths today after the Divine Liturgy.

**Great Fast (Lent) 2020** – will begin tomorrow, **Monday, Feb. 24<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.

**Lenten Food Donations** – in the Lenten spirit of almsgiving and sharing our good fortune, we will be collecting non-perishable food items in a box at the back of the church. Thank you in advance for your generosity!

**Society of St. Vincent de Paul, OLPH, Kamloops** – will hold their next monthly meeting tomorrow, **Monday, Feb. 24<sup>th</sup>** at 11:00 a.m. in SSVP dining room on Briar St.

**Bible Study** – will continue this coming **Friday, February 28<sup>th</sup>** after the Service at 9:30 a.m.

<i>The Gospel of Luke</i>	<i>From</i>	<i>To</i>	<i>Psalm(s)</i>
<b>18:1-17</b>	Feb. 23, 2020	Feb. 29, 2020	<b>Pss 118</b>
<b>18:18-30</b>	March 1, 2020	March 7, 2020	<b>Ps 119: 1-24</b>

**Farewell Reception for Bishop Ken Nowakowski** - Holy Eucharist Cathedral parish would like to invite you on **Feb. 29, 2020** to a farewell reception for Bishop Ken that will begin with Divine Liturgy at 11:00 AM with reception to follow. Let us take this opportunity to celebrate Bishop Ken's new appointment as Bishop of the Holy Family of London Eparchy and most importantly his 12 years of dedicated service, enthusiastic leadership and prayerful ministry in the Eparchy of New Westminster.



**Very Special Event** – Celebration of Bishop Ken's enthronement will take place on Tuesday, April 7<sup>th</sup>, 2020 in London, England. For more information and to register for ticket/passes please go to the following Link:

[https://docs.google.com/forms/d/e/1FAIpQLScjH\\_aqj\\_ybB4tRx3EJngRtTvWDOtWrx770LBBjtvs7ybnM8A/viewform?vc=0&c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLScjH_aqj_ybB4tRx3EJngRtTvWDOtWrx770LBBjtvs7ybnM8A/viewform?vc=0&c=0&w=1)

**Annual Tea for Seniors at Holy Family Parish** – this special event organized by the Kamloops Catholic youth group will take place next Saturday, Feb. 29<sup>th</sup>.

**Youth Group Monthly Meeting** – will take place on Friday, March 6<sup>th</sup> at 7:00 p.m. at Holy Family RC parish.

**Special Invitation from Sacred Heart Roman Catholic Cathedral** - please join us on Saturday Feb. 29<sup>th</sup> for a Lenten Reflection by Fr. Derrick. The theme is “Going into the Desert”. **Everyone is welcome!**

**The schedule is as follows:** 7:50 a.m. to 8:50 a.m. - Adoration/Exposition; 9:00 a.m. – Mass; 9:45 a.m. – 10:15 a.m. - Continental Breakfast (downstairs); 10:15 am – 12 Noon – Reflection/dialogue “Going into the Desert” by Fr. Derrick. **LUNCH IS NOT INCLUDED**

**UCWLC Monthly Meeting** – will take place next Sunday, March 1<sup>st</sup> after the Divine Liturgy at 10:00 a.m.

**Perogy Work-Bees** – will take place on Tuesdays **March 3, 10, & 17**. Please plan to come and join us in this fundraising project.



**All Souls Saturday (Задумні Суботу)** – our prayers for our beloved deceased ones will continue on the second, third, and fourth Saturdays of the Great Fast.

**Next Fundraising Breakfast** – on Sunday March 15<sup>th</sup>.

**“Pysanka” writing Workshop** – is planned for Saturday, April 18<sup>th</sup>, 2020. For more information please contact Fr. Andrzej or Ms Holly Paluck.

**Special Petition for 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.

**CAMP ST. VOLODYMYR \*\*\* MARK YOUR CALENDARS!**

August 16-23, 2020, Kelowna BC - Start planning your summer holidays now! If you are between the ages of 7-15 this is a summer must do! Come join us to celebrate our 37<sup>th</sup> year of camp for children in our Eparchy! Registration for campers and counsellors will begin in April. Bus transportation available from New Westminster. If you are interested in volunteering please let us know. For more information

contact Jennifer Caldwell @ 604.220.0584 or [jennsawka@hotmail.com](mailto:jennsawka@hotmail.com).

**OLPH PSG 2020 RAFFLE TICKET FUNDRAISER** -Ticket sales have begun and will continue until Thursday, March 12th. The Main Draw date is Thursday, March 12th at 1:30 pm at the school.

By purchasing a ticket, you will be eligible to win the following prizes:  
1st Prize: \$2000.00 Sun Peaks Package includes (\$1000 Sun Peaks Grand, \$500 Sun Peaks Resort and \$500 Visa Card; 2nd Prize: \$1500 Art Knapps Kamloops; 3rd Prize: \$500.00 Aberdeen Mall Gift Card; 4th Prize: \$450.00 Evening Out Package includes (\$250 Kamloops Live Certificate, \$100 Bold Pizzeria Gift Card and a \$100 Mitz Kitchen Gift Card). The cost per ticket is \$5.00.

On behalf of Our Lady of Perpetual Help School, we wish to thank our families, parishioners and community for supporting this fundraiser. Our school and students benefit in many ways because of your continued support and generosity!

*Anyone interested to participating in this fundraiser, please talk to Adrian or Teresa Wasylinko. We do have more tickets to sell!*

**The Most Holy Trinity Parish Stewardship:** Sunday, Sunday Feb. 16 - \$553.00 \*\*\*\* *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.

### ***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 David and the God-loving Bishop Ken & Bishop Severian & all Clergy.

**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.