



1st Sunday of the Great Fast; Sunday of Orthodoxy

The Holy Venerable-Martyr Eudocia – she was a nun who lived during the reign of Emperor Trajan (98-117) – She suffered martyrdom at Heliopolis, Lebanon.

**** Sunday, March 1st, 2020 ****

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Parish Liturgical Services

Sunday, March 1st ** 9:30 a.m. ** Rosary (Eng.)

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

God's blessings to all parishioners

Monday, March 2 * 9:00 a.m. Stations of the Cross**

Thursday, March 5 * 9:30 a.m. Akathist to Christ's Passion**

Friday, March 6 * 3:30 p.m. Liturgy of the Pre-Sanctified Gifts**

Saturday, March 7 * 9:00 a.m. Div. Lit.: 2nd All Souls Saturday (Sorokouste) – prayers for our beloved deceased ones**

Sunday, March 8th ** 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 5: Let us the faithful acclaim and worship the Word, * co-eternal with the Father and the Spirit, * and born of

the Virgin for our salvation. * For He willed to be lifted up on the cross in the flesh, to suffer death * and to raise the dead by His glorious resurrection.

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

Brethren, by faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward.



And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in

battle, turned to flight the armies of the aliens. Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trials of mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented—of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth. And all these, having obtained a good testimony through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect apart from us.

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down 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. (*Psalm 98:6*)

Gospel - John 1:43-51

At that time, Jesus wanted to go to Galilee, and 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 of whom Moses in the law, and also the prophets, wrote—Jesus of Nazareth, the son of Joseph.”

And Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.”

Jesus saw Nathanael coming toward Him, and said of him, “Behold, an Israelite indeed, in whom is no deceit!” Nathanael said to Him, “How do You know me?” Jesus answered and said to him, “Before Philip called you, when you were under the fig tree, I saw you.” Nathanael answered and said to Him, “Rabbi,

You are the Son of God! You are the King of Israel!” Jesus answered and said to him, “Because I said to you, ‘I saw you under the fig tree,’ do you believe? You will see greater things than these.” And He said to him, “Most assuredly, I say to you, hereafter you shall see heaven open, 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 than 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. (*Psalm 148:1*) * Rejoice in the Lord, O you just; * praise befits the righteous. * Alleluia, alleluia, * alleluia.



The Role of Icons in Prayer

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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.

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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 $\theta\ \acute{\omicron}\ \nu$ (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.

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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/>



** 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!



Please Pray for health of ... Sharon B., Zonia R., Brian K., 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 to changed the altar cloths last Sunday & to Mr. Orest Hrycewich for making new candle holders for the icon of the Mother of God. God bless you all!

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

Perogy Work-Bees – will take place on Tuesdays **March 3, 10, & 17**. Please plan to join us in this fundraising project and enjoy socializing at the same time!



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!

Catholic Youth Group Monthly Meeting – will take place this coming **Friday, March 6th** at 7:00 p.m. at Holy Family RC parish.

<i>The Gospel of Luke</i>	<i>From</i>	<i>To</i>	<i>Psalm(s)</i>
18:18-30	March 1, 2020	March 7, 2020	Ps 119: 1-24
18:31-43	March 8, 2020	March 14	Ps 119:25-40



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

https://docs.google.com/forms/d/e/1FAIpQLScjH_aqj_ybB4tRx3EJngRtTvWDOtWrx77oLBBjtvs7ybnM8A/viewform?vc=0&c=0&w=1

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 (March 7, 14 & 21).

Next Fundraising Breakfast – will take place on Sunday March 15th.

“Pysanka” Writing Workshop – is planned for Saturday, April 18th, 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 37th 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.

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!

Announcements from the Kamloops Pro-Life Society:

- ***Our next First Friday Vigil*** - is on Friday March 6th at 10:30 a.m. along the Columbia St. sidewalk bordering St. Ann's Academy. Signs are available. Please come and pray with us for 1 hour. "Could you not keep watch for one hour?" -- Jesus Christ—

- ***Fundraising Dinner*** - Be an early bird and buy your ticket now... Full Gospel Tabernacle, 1550 Tranquille Rd., on Saturday May 2, 2020. Gathering: 5:30 p.m.; Dinner 6:00 p.m.

Tickets : \$35.00

Program: Andre Shutten, Director, Law & Policy, ARPA Canada

Topic : Presenting Life Issues Before Government & Courts

Tickets available at:

** St. Joseph's Bookstore 256 Nicola St. (778-471-6100)

** Pro-life office 331 Maple St. (250-376-4054)

** www.eventbrite.ca

The Most Holy Trinity Parish Stewardship: Sunday,
Sunday Feb. 23 - \$479.00 ***** *May God bless and reward you
for your generosity & support.*

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



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.