



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

The Holy Priest-Martyr Basil, Presbyter of Ancyra - Basil suffered martyrdom for Christ in 363 under Emperor Julian the Apostate.

Passing into eternal life (1924) of **Fr. Isidore Dolnytsky**, hymnographer, professor and spiritual father of L'viv and the Greek College in Rome.

Great Fast Day 28.

**** Sunday, March 22nd, 2020 ****

Pastor: Fr. Andrzej Wasylanko

109 Tranquille Rd. Kamloops, BC V3B 3E8

Mailing address: 118 Don St., Kamloops, BC V2B 1B7

Phones: 250-376-3690 (church) ** 250-461-7249 (residence)

Email: mostholyltrinitypar@shaw.ca

Website: <http://kamloops.nweparchy.ca/>

Facebook: holytrinitykamloopsbc



The Most Holy Trinity Parish Liturgical Services Postponed Until Further Notice

Glory Be to Jesus Christ!

Dear Parishioners & Friends,

As you are aware, unfortunately, due to the corona virus epidemic, all public Sunday liturgical services, Lenten services and program activities are cancelled until further notice. This Sunday, I would like to invite you to join us in the live-streaming of the Divine Liturgy from Holy Eucharist Cathedral in New Westminster. The schedule follows below. We are very grateful to Fr. Mykhailo Ozorovych, pastor at the Cathedral, for this wonderful opportunity.

Dear Friends,

Although there are no public liturgical services, I would like to assure you of my prayers, both personal, and liturgical. You are all in my heart as we journey together through this trying time.

Additionally, if you wish come to church for private prayer and quiet time or for the Sacrament of Confession, I am available for you. Please contact me and we will arrange a time for this. However, we need to remember that we all

must follow the regulations of our government and our Medical Officer, which includes social distancing.

If you wish to talk, please give me a call or e-mail me. In the attachment I am including a video message from Fr. Mykhailo. I am doing so because his message captures very well what I would like to share with you.

Please go to the Holy Eucharist Facebook page for live-stream videos of the liturgical services at Holy Eucharist Cathedral.

<https://www.facebook.com/holyeucharistcathedral/>

LITURGICAL SCHEDULE - Livestreaming via Facebook		
FRI, Mar 20	Akathist to the Passion of Christ Акафіст до Страстей Христових Liturgy of Presanctified Gifts	2:30 PM 3:00PM 6:00 PM
SAT, Mar 21	Divine Liturgy for Deceased (Сорокоусти) Vespers	8:30 AM 6:00 PM
SUN, Mar 22	Divine Liturgy - ENG Божественна Літургія - UKR	9:00 AM 10:00 AM
TUES, Mar 24	Divine Liturgy (Bilingual) Great Canon of St Andrew of Crete (Prostrations)	8:30 AM 6:00 PM
WED, Mar 25	Feast of Annunciation of the Mother of God Свято Благовіщення Пречистої Діви Марії	8:30 AM 9:30 AM
THU, Mar 26	Divine Liturgy (Bilingual) Великий Канон Андрея Критського (Поклони)	8:30 AM 6:00 PM
FRI, Mar 27	Akathist to the Passion of Christ Акафіст до Страстей Христових Liturgy of Presanctified Gifts	2:30 PM 3:00PM 6:00 PM
SAT, Mar 28	Divine Liturgy for Deceased (Сорокоусти) Vespers	9:00 AM 6:00 PM
SUN, Mar 29	Divine Liturgy - ENG Божественна Літургія - UKR	9:00 AM 10:00 AM

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.

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 8 - Pray and give thanks to the Lord our God.
verse: In Judea God is known; His name is great in Israel. (*Psalm 75:12,2*)

Prokeimenon, Tone 8 - The venerable ones will exult in glory* and they shall be joyful in their beds. (*Psalm 149:5*)

Epistle - Hebrews 6:13-20



Brethren, when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, saying, “Surely blessing I will bless you, and multiplying I will multiply you.” And so, after he had patiently endured, he obtained the promise. For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute. Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us.

This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

Alleluia, Tone 8 - Come, let us rejoice in the Lord; let us acclaim God our Saviour.

verse: Let us come before His countenance with praise and acclaim Him with psalms.

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, one of the multitude came to Jesus, bowed before Him, and said, “Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and

becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not.”

He answered him and said, “O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me.” Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth.

So He asked his father, “How long has this been happening to him?”

And he said, “From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us.” Jesus said to him, “If you can believe, all things *are* possible to him who believes.”

Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!”

When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: “Deaf and dumb spirit, I command you, come out of him and enter him no more!” Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, “He is dead.” But Jesus took him by the hand and lifted him up, and he arose.

And when He had come into the house, His disciples asked Him privately, “Why could we not cast it out?” So He said to them, “This kind can come out by nothing but prayer and fasting.”

Then they departed from there and passed through Galilee, and He did not want anyone to know it. For He taught His disciples and said to them, “The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day.”

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. *** The just man shall be in everlasting remembrance;* of evil hearsay he shall have no fear.* Alleluia, alleluia,* alleluia.

**** ANNOUNCEMENTS ****



This Sunday, the Church calls our attention to Saint John Climacus (of the Ladder), who lived in 7th century and realised in his own life the ideal of penitence on which we should fix our eyes during the Great Fast. He wrote a spiritual book, *The Ladder of Divine Ascent*, which is a guide for ascetic persons who are living a spiritually disciplined life. There Saint John writes about 33 rungs of the ladder we climb in our ascent to heaven. Each rung represents a different Christian virtue (obedience, repentance, love, humility, etc.). He teaches, *“Prayer is a continuous ascension to heaven... Repentance is the daughter of hope and the denial of despair.”*

We might wonder what value and meaning there is personally for us, Christians living today, in depriving ourselves of food amongst other things, which in themselves are good and useful for our bodily sustenance. The Sacred Scriptures, tradition and the entire orthodox teaching of the Catholic Church through all the centuries teach that fasting is a great help to avoid sin and all that leads to it. For this reason, the history of salvation is replete with occasions that invite fasting.



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

Please Pray for health of ... Fr. Josaphat T., Olga P., 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 & Al L., Joe S., Jeanne R., Emily H., Lisa M., Michael L., Greg H., Melynda S., Dorothy N., 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 **Mr. John Chaplin & Mr. Orest Hrycewich** for their great job in repairing the plumbing system in the parish residence. Thank you very much to all of you for your prayers and support of our parish community. God bless you all!

The Most Holy Trinity UCWLC Branch – Cancellation of Fundraising Projects – due to the coronavirus outbreak, our Ladies have made the difficult decision to cancel this year’s Easter Bake Sale and all the remaining perogy bees as well as upcoming baking sessions.

Next Monthly Parish Council Meeting – will take place on **Tuesday, April 21st, 2020** at 1:00 p.m. at the parish hall.

The Most Holy Trinity Parish Stewardship: Sunday, March 15 - \$500.00 **** *May God bless and reward you for your generosity & support.*

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.

<i>The Gospel of Luke</i>	<i>From</i>	<i>To</i>	<i>Psalm(s)</i>
19:11-28	March 22	March 28	Ps 119:57-72



Today the Lord speaks to us through what is happening, Bishop Borys Gudziak about the coronavirus pandemic.



May this time of Lent, which is so strongly marked by this virus, be the period when we affirm ourselves in our faith, in our certainty that God is with us, Bishop Gudziak, Metropolitan of Philadelphia, said this in a video message to the faithful.

At this critical time of the coronavirus epidemic, Bishop Borys encourages to be careful, to protect ourselves and our fellow men. "Be careful, but also cheerful and confident that you are in God's hands. No matter where we are, at home or on public transport, at work, or on vacation, when we are in church,

we should follow the advice given to us by medical experts,” he said. At the same time, the Metropolitan of Philadelphia is asking us not to forget that we are Christians, we are not doomed or afraid because we know that the Lord is with us.

He also encourages the faithful to reflect on the significance of these events and the presence of God in them. “Today the Lord speaks to us through all what is happening. We have the opportunity to feel our global solidarity and our global weakness. We can walk away from the pride of our technology, our transportation, our sport, realizing that all this is very delicate, that life is a great gift that the Lord gives us, because He wants us to live and live with Him, ” says the bishop.

Life is calming down a bit now, he says, because we should be home more now and perhaps alone. "But let this loneliness not be sorrow, let it be an opportunity to read the Word of God, to listen to the Lord speaking through the signs of the times. Let's support each other. Let's call each other. Let us sing, let us rejoice in the gifts that the Lord has given us - our family, our health, our Church, our people, our neighbor. We are all very gifted,” calls the Metropolitan of Philadelphia.



**Chancery Office
Eparchy of New Westminster**

18 March 2020

Reverend Clergy,

CIX!

As you may already know, the Government of British Columbia has now declared a state of emergency under the *Public Health Act*.

New public health measures are now recommended to limit the time people spend in large crowds and crowded spaces. Effective immediately, all events over 50 people are to be cancelled.

In this light, I have issued the following liturgical norms, effective immediately, which include the suspension of all Divine Liturgies throughout the Eparchy of New Westminster.

We carry all our faithful in our prayers.

God bless,

Bishop David

Dear Faithful,

We are living in extraordinary times. The Coronavirus (COVID-19) is now a global pandemic. It has affected every aspect of our daily lives.

The Government of British Columbia has now declared a state of emergency under the *Public Health Act*. New public health measures are now recommended to limit the time people spend in large crowds and crowded spaces. All events over 50 people are to be cancelled.

Our primary concern must always be to care for the spiritual, physical, mental, and well-being of our fellow parishioners and citizens, many of whom are seniors and those at greater risk. Therefore, to help prevent the spread of COVID-19, the following liturgical norms are to be followed:

- All Divine Liturgies are suspended until further notice.
- Faithful are encouraged to follow the celebration of the Divine Liturgy on weekends via livestream or recording on the internet. On Sundays, Holy Eucharist Cathedral (New Westminster; www.facebook.com/holyeucharistcathedral), and St. Nicholas the Wonderworker parish (Victoria; www.facebook.com/stnicholasvictoria) will livestream liturgical services. **Please note, these are closed to the public.**
- All Lenten liturgical services and Lenten Missions are cancelled. The faithful are directed to the Eparchy of New Westminster website

(www.nweparchy.ca) where they will find videos and materials to help grow spiritually in their Lenten journey.

- All penitential liturgical services are cancelled. Priests are available to hear individual confessions upon request or during posted hours. Confessions will take place in an open space (for example, before the Icon of Christ at the Iconostasis), and not in the confessional. Consult local parishes for hours.
- Funerals may continue to be celebrated in our churches and in funeral homes. In consultation with the relatives of the deceased, the number of attendees should be limited to 50 people. Some families may choose immediate interment, followed by a memorial funeral service at a later date. Public receptions following the funeral are not to take place.
- Children preparing for Solemn Communion and First Reconciliation are to receive instruction by parents in their own homes. Catechists can assist parents with the preparation of lessons and materials.
- Upon request, priests are available to visit the sick and shut-ins who request the Divine Eucharist, Confession or the Sacrament of the Sick. In every case, they are expected to practice appropriate risk mitigation.
- Churches are to remain open, where possible, for some time to allow for private prayer. Consult local parishes for hours.
- Further liturgical norms on Holy Week are forthcoming.
- Pray. Pray. Pray.

As the situation is fluid, for up to date information on the Coronavirus, visit reliable sources, for example, Government of British Columbia Health Services (www2.gov.bc.ca) and Public Health Agency of Canada (canada.ca).

As things evolve, we will provide further liturgical norms as deemed necessary. Let us do what we do best as the people of God, let us pray:

Prayer During the Coronavirus Outbreak

Jesus Christ, you travelled through towns and villages “curing every disease and illness.” At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and health through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbours from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Stay by our side in this time of uncertainty and sorrow. Be with those who have died from the virus. May they be at rest with you in your eternal peace. Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace. Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace. Be with our priests and spiritual care givers. May they know that they are loved and cared for.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace.

For You are a God of mercy, kindness, and love, and we glorify You, Father, Son, and Holy Spirit, now and for ever and ever. Amen.

Bishop David Motiuk
Apostolic Administrator