



3rd Sunday after Pentecost **“Father’s Day”**

The Holy Martyr Julian of Tarsus (284-305).
Apostles’ Fast.

*** Sunday, June 21st, 2020 ***

Pastor: *Fr. Andrzej Wasylanko*

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Sunday’s Liturgical Propers: TONE TWO -p.91



Parish Liturgical Services

In order to participate in liturgical services in church, please sign up by contacting Fr. Andrzej @

250-376-3690 or email: fr.wasylanko@gmail.com

Sunday, June 21 * 10:00 a.m. *** Divine Liturgy**
(Eng./Ukr.): God's blessings to all parishioners

Monday, June 22 ** 10:00 a.m. Div. Lit: God's blessings & good health to Walter Black

Tuesday, June 23 * 10:00 a.m.** Div. Lit.: God's blessings to Elsie Zachary

Wednesday, June 24 ** Feast of Nativity of St. John the Baptist* 9:00 a.m. Div. Lit: God's blessings to all parishioners

Friday, June 26 * 6:00 p.m. Moleben to Christ the
Lover of Mankind**

Sunday, June 28 ** 10:00 a.m. * Divine Liturgy
(Eng./Ukr.): God's blessings to all parishioners**



***Epistle: A Reading from the Epistle of St. Paul to the Romans
(5:1-10):***

Brothers and Sisters, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person— though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life.

Gospel: Matthew 6:22-33



The Lord said to his disciples, “The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light; but if your eye is unhealthy, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! “No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth. “Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither

sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.”



Prayer of Spiritual Communion



My Jesus, I believe that You are present in these Holy Gifts!
I love You above all things and I desire to receive You into my soul.

Since I cannot receive You now, I place before You my whole life and hope, O loving Master;
and I ask, pray, and entreat You: Make me worthy to partake in a mystical way and with a pure conscience of Your awesome and heavenly Mysteries: for forgiveness of sins, for the pardon of offenses, for communion of the Holy Spirit, for the inheritance of the kingdom of heaven, for confidence before You, and not for judgment or condemnation.

I embrace You as You enter and abide in me, and I unite myself completely to You. Permeate my soul and body, and never permit me to be separated from You. Amen.

Молитва духовного Причастя

Мій Ісусе! Я вірю, що Ти присутній у цих Святих Дарів!
Люблю Тебе над усе і моя душа тужить за Тобою.
Не можу зараз Тебе прийняти в Євхаристії,
тому хоча б духовно прийди до мого серця!
Запрошую Тебе, відчиняю навстіж двері мого серця,

згадаючи Твої слова: «Ось стою під дверима і стукаю.
Якщо хто почує Мій голос і відчинить двері,
Я ввійду до нього, і буду вечеряти з ним, а він зі Мною».
Я ввесь єднаюся з Тобою. Ісусе, моє найвище Добро
й моя солодка Любове!
Торкнись мого серця і запали його,
щоб воно завжди палало любов'ю до Тебе! Амінь.



**** ANNOUNCEMENTS ****



A warm welcome - to all parishioners who join us today in our church for the Divine Liturgy and all who continue to pray at home. We wish you all a healthy & blessed week!

Dear Parishioners, although we have reopened our church, because of health concerns and the safety of each other, not everyone will be able to join us for the Sunday Divine Liturgy. Please continue participating in online or televised services and remain united with each other in thought and prayer. Keep up the phone calls and don't forget those who may not receive many calls, emails, texts, etc.



The Heart – The Core of the Human Person

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Holy scriptures speaks of the heart as the inner essence of a human being and the core, or centre, of the entire person. “Just as water reflects the face, so one human heart reflects another.” (Prov. 27:19). The spiritual and moral state of the whole person depends on the state of the heart. The heart is the seat not only of feelings, but also of cognition, self-awareness and consciousness, as well as a human being's other spiritual powers.

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The heart is the sanctuary of the human being, where one stands before the face of God. In the Holy Scripture, we read about the “thoughts and intentions of the heart” (Heb 4:12), where the heart constitutes the very essence of a person, the “place” where a person assumes responsibility and opens or closes oneself to God’s actions. The heart is also the seat of the will. It makes decisions (see 1 Cor. 4:5; 2 Cor 7:9, 8:16), and from it come good and evil intentions (see Mt 15:19; Rom 10:1; Is 57:17), and love of God and neighbor (see Mt 22:37; Mk 12:30-33; Lk 10:27).

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According to Holy Scripture, all human emotions are proper to the heart; it rejoices (see Jer 15:16; Ps 27[28]:9), sorrows (Ps 24[25]:17), suffers anguish (Jer 4:19), rages (Prov. 19:3) and envies (Jas 3:14). God alone can plumb the depths of the human heart: “for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks at the heart” (1 Sam 16:7). God tests the mind and searches the heart (see Jer 17:10). In God, human beings come to recognize themselves and contemplate the depths of their own hearts.

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One of the active manifestations of the heart is a person’s conscience. The term “conscience” comes from the Latin *conscientia* (joint knowledge). Similar, the Ukrainian term *sovist* comes from the Church Slavonic *so-vidaty* (to know jointly). Conscience involves not so much the knowledge held by an individual, or some kind of “subjective truth”, but *joint knowledge* with the Divine Persons for the purpose of joint action with them. Holy Scripture tells of the human heart’s capacity to distinguish between good and evil. King Solomon prayed for “wisdom of the heart” in order to discern between good and evil (see 1 Kings 3:9). In the Gospels, Christ indicates that the heart can be the source of both moral good and moral evil (see Luke 6:45; Mt 12:35).

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In accordance with the tradition of the Holy Fathers, conscience is the most important factor in a person’s being. As Abba Dorotheus teaches:

“When God created man, he breathed into him something divine, as it were, a hot and bright spark added to reason, which lit up the mind and showed him the difference between right and wrong. This is called the conscience, which is the law of his nature ... it is something divinely implanted in us, as we have said, and it can never be destroyed. It always patiently reminds us of our duties.”

St. Clement of Alexandria teaches

“One’s own conscience is best for choosing accurately or shunning. And its firm foundation is right.”

St. John Chrysostom declares: *“God put within our mind a judge so ever-watchful and vigilant – I mean conscience. It is impossible that any judge among men and women should be so indefatigable as our conscience is.”*

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Human thoughts and decisions are born in the heart; it is where intentions and aspiration emerges; it is the source of will and desire. The Christian is called to cultivate the “field” of his or her heart and be careful that the “seed of the enemy” not enter therein (see Mt 13:24-30).

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Being attentive to the heart is first and foremost about dismissing evil thoughts and guarding the heart with sensitivity...

Catechism of the Ukrainian Catholic Church – “Christ Our Pascha” #747-53 p. 244-45

Soul – *A living substance, simple, bodiless, and invisible by nature, activating the body to which it brings life, growth, sensation and reproduction. The mind is not distinct from the soul but serves as a window to the soul. The soul is free, endowed with will, and power to act. Along with the body, the soul is created by God in His image. The soul of man never die. (Gen. 1:26; 2:7; Matt. 10:28)*

Spirit (Gr. pneuma) – *Literally, “breath”; that which is living but immaterial. Spirit is used in three ways in Scripture. (1) The Holy Spirit is one of the Three Persons of the trinity (John 4:24; 20:22). (2) The angels are called spirits (Ps 104:4). (3) The human spirit possesses the intuitive ability to know and experience God (Rom 8:16; 1 Cor. 2:10-12).*

Mind – *The intelligent faculty, the inner person; often used synonymously with “heart”. There are two Greek words for mind: (1) nous, the mind which is separated from the sensible world and the passions (Rom. 8:7; 12:2). It is the highest*

*knowing faculty of the soul, the spirit behind all we think and do.; and **dianoia**, the intellect (Matt. 22:37).*

***Nature** - The sum of the qualities shared by individuals of the same type. (The qualities which distinguish individuals of a type from one another make up the “person”.) the Holy Trinity is one divine Nature in the three Persons. Humanity is one human nature in many persons. Although stained by sin, human nature is good, having been created in the image of God. Through grace, the Holy Spirit restores the nature of believers to its true, uncorrupted state, so that they may grow into union with God (see Gen. 1:26-31; 2 Cor. 3:18; 5:17).*

***Flesh** – (1) In the New Testament usage, flesh refers to fallen human nature, which, through its ties to the world and mortality, struggles against spiritual growth and leads one into sin. Christians are called to subdue the lusts of the flesh so that they may grow in union with Christ (see Rom 8:4-9; Gal 5:16-24). (2) In Christology, flesh refers to the sinless human nature of Christ, or the Body of Christ. In liturgical usage, there is reference to the flesh of Christ in the Eucharist.*

CATECHETICAL SUMMARY

Today’s Scripture readings speak of faith, which is “the substance of things hoped for, the evidence of things not seen” (Hebrews 11:1 OSB). The Epistle tells us, “now that we have been justified through faith, let us have peace with God.” In today’s world we desperately need peace: all over the world, and especially in our country, we see civil unrest, riots, disease, injustice, and death. Yet St Paul says that we Christians “exult in tribulations.” That’s not to say the we are glad these terrible things are happening, but we rejoice because through them God works good: “tribulation produces endurance, and endurance challenge, and challenge hope, and hope does not deceive, for God’s love is poured forth in our hearts through the Holy Spirit, who has been given to us.” By suffering, God makes us stronger, better people. Though the gift of faith, we have hope, we can be *sure* of God’s love for us, and that He has a plan. God is taking care of us, and St Paul

explains why we can be sure of this, saying that, though we would be hesitant to give our lives even for righteous men, Jesus gave His life for us, even though we are sinners!

The Gospel reading continues this theme, comparing us to birds and the flowers. Jesus says “But if God so clothes the wildflower of the field, which today is alive and tomorrow is thrown into the oven, how much more you, O you of little faith! Therefore do not be anxious.” Jesus is telling us to trust Him completely, not worrying about tomorrow. But this doesn’t mean that we should do nothing. We should give ourselves over to God completely. In the last verse of today’s gospel, Jesus says, “seek first the kingdom of God and His righteousness, and all these things shall be added to you” (OSB). In other words, if we seek God in all things and at all times, and we strive to do His will and follow His commandments, then He will take care of us and make sure that we have what we need. Jesus tells us that, to do this, we must make sure our spiritual eyes are healthy. We need to pray often, and look at God, and not look at the chaos and evil in the world around us, lest we forget Him. If we do this, as Saint Paul tells us, we will have peace. (But that doesn’t mean we won’t have trials and troubles, because remember, trials and tribulations make us stronger!)

CHALLENGE QUESTIONS:

1. Have there been times in my life, when I didn’t trust God, and I thought everything relied on me? How did that work out?
2. Have there been times where I understood that God made something good and beautiful happen out of a tragedy or other bad situation? Has suffering ever made me stronger or helped me grow?
3. Jesus says “The lamp of the body is the eye. If your eye is sound, your whole body will be full of light.” In what ways can I make sure that my spiritual eyes are healthy?

4. When I am going through rough times, and I am suffering, what can I do to remind myself that God has a plan, this is somehow part of it, and this is somehow good for me?

THE FATHERS ON SCRIPTURE

Note that he did not simply say, “Don’t be anxious for your life,” but he added the reason and so commanded this. After having said, “You cannot serve God and mammon,” he added, “Therefore I say to you, don’t worry.”

Therefore? Why *therefore*? Because of the unspeakable loss. For the hurt you receive is not in riches only; rather, the wound is in the most vital parts, in the subversion of your salvation, casting you as it does away from the God who made you, cares for you and loves you.

“Therefore I tell you, do not be anxious about your life.” Only after Jesus has shown the hurt to be unspeakable, then and not before does he make the instruction stricter. He not only asks us to cast away what we have but also forbids us to take thought even for the food we need, saying, “Take no thought for your life, what you shall eat,” not because the soul needs food, for it is incorporeal. He spoke figuratively. For though the soul as such needs no food, it cannot endure to remain in the body unless the body is fed.

ST. JOHN CHRYSOSTOM, THE GOSPEL OF MATTHEW, HOMILY 21.2.³

<https://godwithusonline.org/wp-content/uploads/Resources-for-the-Third-Sunday-after-Pentecost.pdf>

Please Pray for health of ... All those affected by the coronavirus, and Fr. Josaphat T., Olga P., Sharon B., Zonia R., Brian K., Maria Z., Jayne & Ernie P., Lawrence & Ping B., Allan N., Moris P., Mary W., 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., 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 Supporters – Дякуємо - Many

thanks to everyone who brought or sent financial support to our parish and for all other ways in which you assist our church community. God bless you all!



Mnohaya Lita! Happy Father's Day! – Many God's blessings of good health, joy, peace and happiness to all fathers, god-fathers and spiritual fathers on this special day!
Mnohaya Lita!



The Fast of the Holy Apostles – started on Monday, June 8th and will last until June 29, that being the Feast of the Holy Apostles Peter & Paul.

Upcoming Feasts – Nativity of St. John the Baptist will be celebrated this **coming Wednesday, June 24th** and the Feast of the Holy Apostles, Sts. Peter & Paul on **Monday, June 29th**.

Society of St. Vincent de Paul, OLPH, Kamloops – will hold their next monthly Board meeting on **Monday July 6th** at 1:00 p.m. in SSVP Dining room on Briar St.

Perogies & Sausage on Sale – anyone interested in purchasing our delicious perogies and garlic sausage, please contact Mrs. Adelle Dmyterko at 250-554-3107 or Fr. Andrzej at 250-461-7249.

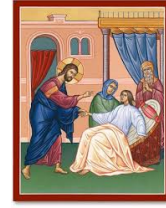
The Most Holy Trinity Parish Stewardship: Sunday, June 14 - \$985.00 **** *May God bless and reward you for your generosity & support.*

<i>The Gospel of Luke</i>	<i>From</i>	<i>To</i>	<i>Psalm(s)</i>
22:47-61	June 21	June 27	Pss 131- Ps 132

Camp St. Volodymyr 2020 Update - As more information on COVID-19 has emerged, the Camp Committee has made the difficult decision to postpone camp for the safety of our children and staff. Please stay tuned for upcoming summer programs for children and youth this summer.

Prayer During the Coronavirus Outbreak

Lord, Our God,
We thank you for the life that is your gift,
For the providence that sustains us,
And for your wisdom that directs the course
of our days. The threat of an infection of
coronavirus is upon us today. This disease
causes fear among us and has claimed lives.
We humbly beg you, loving Lord, dispel our fear and
deliver us from this and other diseases.
Heal those who are afflicted and stop the spread of the
virus.
Strengthen us in charity to care for one another.
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.



**Please join Holy Eucharist Cathedral (New Westminster) or
St. Nicholas parish (Victoria) Facebook page for live-
streamed coverage of liturgical services**

www.facebook.com/stnicholasvictoria

<http://www.stnicholasparish.org/index.php>

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

Youtube https://www.youtube.com/channel/UCPp1JaDotIj_4h3aAJq0Srg

***Holy Eucharist Cathedral Parish* *** Sunday, June 21:**

@ 8:15 a.m. First/Third Hour

Divine Liturgy @ 8:30 a.m.: For the Parishioners of the Holy Eucharist Cathedral

Divine Liturgy @ 10:30 a.m.: For the Faithful of the Eparchy of New Westminster

Daily Services: Tuesday-Saturday – Divine Liturgy @ 8:30 a.m.

Tuesday-Friday – Moleben to Christ the Lover of Mankind @ 6:00 p.m.

Catechetical Recourses on line in English & Ukrainian

1. Royal Doors with daily readings and reflections, UGCC Catechism online, articles, etc

<https://www.royaldoors.net/>

2. Formed: Christian movies, TV shows, prayers, etc.

<https://watch.formed.org/browse>

3. Dynamic Catholic. Beautiful resource for the whole family with Catechism for children, marriage enrichment programs, etc.

<https://dynamiccatholic.com/>

1. Живе ТВ.

<https://zhyve.tv/>

2. Дивен Світ.

<https://dyvensvit.org/>

3. Катехизм УГКЦ.

<http://catechismugcc.org/>



UCCLF Media Release – Remembering the 100th year since the end of Canada’s first national internment operations

For immediate release (Calgary, June 19, 2020)

On Saturday, June 20, 2020, Canadians will mark the 100th anniversary of the conclusion of the internment operations of Ukrainian and other Europeans in Canada that began during the First World War and continued for nearly two years after the war ended.

More than a century ago, thousands of “enemy aliens” were arrested, then herded into camps scattered across this country, from Halifax, N.S., to Nanaimo, B.C. The internees were forced to do heavy labour for the profit of their jailers, and suffered other

state-sanctioned indignities, not because they had done anything wrong, but because of who they were and where they had come from.

All this month, culminating tomorrow, the Ukrainian Canadian Civil Liberties Foundation (UCCLF), and the broader Canadian Ukrainian community, have hallowed and will hallow the victims of this injustice. To help commemorate, UCCLF spearheaded a postcard campaign reaching thousands of Canadians, recalling the internment operations and calling attention to the importance of this date, and it has also placed informational advertisements in the national news media to help educate and commemorate the event to the broader Canadian public.

Commenting, UCCLF's chairman, Borys Sydoruk, said:

"Six years ago, we commemorated the 100th anniversary of the start of internment operations in Canada with [CTO, where we unveiled 100 plaques](#) across the country.

"This year, we remember the 100th year since the final prisoner, unjustly arrested in a country to which he or she was invited, was finally paroled. On Saturday, June 20, 2020, please join us in remembering these men, women and children. Only in knowing and learning from Canada's darker historical episodes can we help prevent future such injustices from happening again."

For more information about internment operations or for questions, please go to <http://www.ucclf.ca> or call 403-903-5013.

The Ukrainian Canadian Civil Liberties Foundation (UCCLF) is dedicated to advancing knowledge among Canadians and the world community about historic and contemporary civil liberties issues affecting Ukrainian Canadians.