

Cheese-fare Sunday



Sunday of Cheese-fare; Sunday of Forgiveness

The Repose of Our Venerable Father Constantine the Philosopher, in the Monastic Life, Cyril, Teacher of the Slavs (869); Our Venerable Father Auxentius (457-74) and the Venerable Maron.

**** Sunday, February 14th, 2021**

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[The Most Holy Trinity Parish Public Liturgical Services Postponed until Sunday, Feb. 28th, 2021 \(or further notice\)](#)



Please join Holy Eucharist Cathedral (New Westminster) for live-streamed coverage of liturgical services

**** Sundays **** at 8:30 a.m. Divine Liturgy (Eng.) and at 10:30 a.m. Божественна Літургія (Укр.).***

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

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

Telus TV channel by tuning to channel 876 on TELUS Optik.

Also * Live streaming from the Exaltation of the Holy Cross Parish, Surrey - 09:00 AM & 11:00 AM -**

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

St. George parish in Prince George – please follow this link for bulletin and liturgical schedules:

<https://sgparish263873799.files.wordpress.com/2021/02/sunday-of-forgiveness.pdf>



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: From your childhood you befriended wisdom, * O God-inspired Cyril. * Behold her as a pure virgin all radiant * you took her as a bride for yourself, * and as with beads of gold * she adorned your mind and soul. * O blessed Cyril, * like your namesake of Alexandria * we have found you wise in name and truth.

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

Kontakion, Tone 2: With teaching that was sound and divinely inspired * you enlightened the world as with luminous rays. * Flashing like lightning and surrounding the world * you scattered the radiant word of God * in the west, the north, and the southern lands, * bringing light to the world with your wonders, O blessed Cyril.

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 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. (*Psalm 103:24,1*)

Prokeimenon, Tone 7 - Precious in the sight of the Lord is the death of His venerable ones.

Epistle - Romans 13:11-14:4

Brothers and Sisters, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armor of light; let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Welcome those who are weak in faith, but not for the purpose of quarreling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

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: Blessed is the man who fears the Lord; he shall delight exceedingly in His commandments.

verse: His posterity shall be mighty upon the earth.

Gospel - Matthew 6:14-21

The Lord said to his disciples, “If you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses.



“And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are

fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes 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 ****



Dear Parishioners, please be assured of my prayers and well wishes in this continuing time of battle with the coronavirus.

Our time of closure for public services has been extended yet again, so 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.



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/>



**** To Ponder – The Fathers & Mothers Speak *****
“Nothing makes us so like God as the readiness to forgive.” St. John Chrysostom

“We need to be able to pray. We need prayer just like we need air. Without prayer, we can do nothing.” St. Mother Teresa of Calcutta

Commentary on the Sunday Gospel Reading:

<https://godwithusonline.org/reflections/the-sunday-of-cheese-fare-ukrainian/>



Please Pray for health of ... All those affected by the coronavirus, and: Ambrose Sh., Jennie H., Robert M., Dave & Betty C., Krzysztof & Ewa W., Matt D., Alexandra & Oleh K., Miroslaw G., John N., Fr. John N., T.W., Bill P., Thomas H., Bohdan R., Lawrence & Ping B., Peter O., Gladys O., Alex S., Jessica N., Olga P., Sharon B., Zonia R., Brian K., Maria Z., Jayne & Ernie P., Mary 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., 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** – Our gratitude to everyone for your prayers & ongoing financial support of our parish and for all other ways in which you assist our church community.



Spiritual Journey during Covid-19 Closure – Time of Personal Prayer & Confession - dear brothers & sisters in Christ, although our churches are closed for public liturgical services (until Sunday, Feb. 28th, 2021), it is still possible to come for private prayer and the Sacrament of Confession & to receive Holy Communion by appointment only, during which the guidelines of social distancing will be adhered to. Please call Fr. Andrzej to arrange a time. Also the faithful will be able to receive the Eucharist after their confession.

A Blessed, Healthy & Safe Family Day – God’s blessings to all of you on this long weekend!

Great Fast (Lent) 2021 – the 40 days spiritual preparation for Easter/Pascha will begin tomorrow, **Monday, February 15th**. Please remember that the First Day of Lent is a strict fast from all meat, eggs, and dairy products. Originally, this “Black Fast” was kept for the entire 40 day of Lent. Our Holy Mother Church has since lessened our load by applying this strict fast to just the First and Last day of Lent (Good Friday). Outside of the regular meatless Friday we should also try to keep Wednesday meatless, increase our almsgiving and works of charity, as well increase the amount of time we spend in prayer.

Please find included the following link to Pope Francis’ message for Lent 2021:

http://www.vatican.va/content/francesco/en/messages/lent/documents/papa-francesco_20201111_messaggio-quaresima2021.html

Clergy of New Westminster Eparchy – during this year’s Lenten season, New West clergy will participate in two online events: 1. **Each Tuesday** from 10:30 a.m. to 11:15 a.m. (Feb. 16 - March 30) “JP33” (Jesus Prayer 33) Prayer Challenge & 2. **Each Friday** from 10:00 a.m. to 11:30 a.m. (February 19 - March 26) “Making Friends with the Fathers: Patristic Texts on Pastoral Ministry, an online study for Clergy”.



Knights of Columbus the 4th Degree Monthly Zoom Meeting – will take place this coming **Wednesday, February 17th** at 7:00 p.m.

All Souls Saturday (Задумні Суботу) – prayers for our beloved deceased ones will take place on 2nd, 3rd & 4th **Saturdays of Lent** (Feb. 27, March 6 & 13). If needed, please provide Fr. Andrzej with additional name to be added to your family’s deceased list.

2021 Lenten Mission – will take place online. We are invited to join in reflection on the prayer of St Ephrem the Syrian. When: Friday nights from 7:30 p.m. to 8:30 p.m. **Feb. 26** and **March 5**. The mission will be conducted by clergy from our own Eparchy. Follow the registration to join:

<https://forms.gle/uGGA5ttTrQ5Ks4dK7>

Annual General Meeting - due to the extension of province-wide restrictions, we cannot hold our AGM at its usual time. We are very fortunate and blessed that all the members of the Executive

(Parish Council) have agreed to stay on at their positions until we will be allowed to gather in church and hold the meeting.

2020 Christmas Candle Project Update - On behalf of the Ukrainian Catholic Eparchy of New Westminster and myself, we would like to thank all who took part in our global fundraising program “Christmas Candle/Різдвяна свічка”, for Caritas Ukraine. Because of all your generous donations, we were able to help needy, disadvantaged, disabled and orphaned children in Ukraine. This year we raised \$2000. (Mrs. Dana Lupynis)

Society of St. Vincent de Paul, OLPH, Kamloops – will hold their next monthly Zoom meeting on **Monday, February 22nd at 11:30 a.m.**

Kamloops Catholic Schools 2021 Fundraising Raffles - an opportunity to support our Catholic School education and to win exciting prizes: **St. Ann’s Academy - 1st Prize:** \$1500 cash; **2nd Prize:** Sun Peaks Lookout Ridge Condo Rental (4 nights); **3rd Prize:** Broil King Baron 400 Pellet Barbecue. **Draw Date:** March 10, 2021 at 2:00 p.m. & **OLPH School – 1st Prize:** \$3500-65” TV, Sound Bar, Nintendo Switch & Mario Kart * Deluxe, iPad Pro 11” 256 GB, Air Pods Pro; **2nd Prize** - \$1500 Art Knapp Gift Certificate & **3rd Prize** - \$500 Downtown Certificate, Etsy Gift Certificate. **Tickets:** \$5 each. Draw to take place on March 12th at 1:30. For more information and to purchase tickets, please call Fr. Andrzej at 250-461-7249.

Ascension Press Presents: The Bible in a Year with Fr. Mike Schmitz - In the Bible in a Year Podcast, starting January 1st, 2021, Fr. Mike Schmitz walks you through the entire Bible in 365 episodes, providing commentary, reflection, and prayer along the way. Unlike any other Bible podcast, Ascension’s Bible in a Year Podcast follows a reading plan inspired by The Great Adventure Bible Timeline, a ground-breaking approach to understanding salvation history developed by renowned Catholic Bible teacher Jeff Cavins.



With this podcast, you won’t just read the Bible in a year ... you’ll finally understand how all the pieces of the Bible fit together to tell an amazing story that continues in your life today!

For more information check out the links:

<https://media.ascensionpress.com/category/ascension->

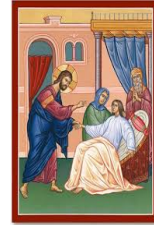
[podcasts/bibleinayear/](https://ascensionpress.com/pages/bi-year/)
<https://ascensionpress.com/pages/bi-year-registration>

Next Course from God With Us Online - DYING TO SIN - The First Steps in Askesis -- Mondays, February 22, March 1 & 8 @ 8 - 9 p.m. ET. Are we all called to askesis, or asceticism, or is it only the calling of a select few? Join us this Great Lent as we learn from the great ascetics of the Church, discovering how to apply the practice of askesis in our own lives. To register, please visit the "Upcoming Evens" at <https://godwithusonline.org>



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.



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.

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 Severian.

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.



The last of the preparatory Sundays before Great Lent, has two themes: it commemorates Adam's expulsion from Paradise, and it



accentuates our need for forgiveness.

There are obvious reasons why these two things should be brought to our attention as we stand on the threshold of Great Lent. Lent is a time when we weep with Adam and Eve before the closed gate of Eden, repenting with them for the sins that have deprived us of our free communion with

God.

But Lent is also a time when we are preparing to celebrate the saving event of Christ's death and rising, which has reopened Paradise to us once more. So sorrow for our exile in sin is tempered by hope of our re- entry into Paradise.

The second theme (forgiveness) is emphasized in the Gospel reading for this Sunday and in the special ceremony of mutual forgiveness at the end of the Vespers on Sunday evening. Before we enter the Lenten fast, we are reminded that there can be no true fast, no genuine repentance, no reconciliation with God, unless we are at the same time reconciled with one another. A fast without mutual love is the fast of demons. We do not travel the road of Lent as isolated individuals but as members of a family.