



Sunday of Meat-fare - Sunday of the Fearful Judgement

Our Venerable Father Parthenius, Bishop of Lampsacus – Parthenius was a powerful preacher who never had received any formal education. He was a contemporary of Emperor

Constantine the Great.

Passing into Eternal Life (1957) of Blessed Petro Verhun, apostolic Visitator of Forced Labourers in Germany and Martyr of Siberia

**** Sunday, February 7th, 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/UCPp1JaDotlj_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>

Troparion, Tone 3: Let the heavens be glad, let the earth rejoice,
* for the Lord has done a mighty deed with His arm. * He
trampled death by death. He became the first-born of the dead; *
He saved us from the abyss of Hades * and granted great mercy
to the world.

Glory be to the Father and to the Son and to the Holy Spirit, now
and for ever and ever. Amen.

Kontakion, Tone 1: When You come on earth, O God, in glory, *
and the universe trembles, * while the river of fire flows before
the seat of judgement, * and the books are opened and all secrets
disclosed, * then deliver me from the unquenchable fire,* and
count me worthy to stand at Your right hand,* O Judge who are
most just.

Prokeimenon, Tone 3 - Great is our Lord and great is His
strength,* and of His knowledge there is no end.

verse: Praise the Lord, for a psalm is good; may praise be sweet
to Him. (*Psalm 146:5,1*)

Epistle - 1 Corinthians 8:8-9:2

*A reading from the First Epistle of the Holy Apostle Paul to the
Corinthians.*

Brothers and Sisters, “Food will not bring us close to God.” We
are no worse off if we do not eat, and no better off if we do. But
take care that this liberty of yours does not somehow become a
stumbling block to the weak. For if others see you, who possess
knowledge, eating in the temple of an idol, might they not, since
their conscience is weak, be encouraged to the point of eating
food sacrificed to idols? So by your knowledge those weak
believers for whom Christ died are destroyed. But when you thus
sin against members of your family, and wound their conscience
when it is weak, you sin against Christ. Therefore, if food is a
cause of their falling, I will never eat meat, so that I may not
cause one of them to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our
Lord? Are you not my work in the Lord? If I am not an apostle to

others, at least I am to you; for you are the seal of my apostleship in the Lord.

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

verse: Let us come before His face with praise, and acclaim Him in psalms. (*Psalm 94:1,2*)

Gospel - Matthew 25:31-46



The Lord said, “When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left. Then the king will say to those at his right hand, ‘Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.’ Then the righteous will answer him, ‘Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?’ And the king will answer them, ‘Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.’ Then he will say to those at his left hand, ‘You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink, I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me.’ Then they also will answer, ‘Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?’ Then he will answer them, ‘Truly I tell you, just as

you did not do it to one of the least of these, you did not do it to me.’ And these will go away into eternal punishment, but the righteous into eternal life.”

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. *(Psalm 32:1)*



**** 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.



Catechism of the Ukrainian Catholic Church – “Christ Our Pascha” #936-38, p. 291

The Social Dimension of Christian Love

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Christian love is the foundation of all interpersonal relations and all social life. It is precisely love that discloses the dignity of the human person and teaches us how to love him or her. Acts of mercy are the social manifestations of Christian love. The religious character of acts of mercy stems from the fact that Jesus Christ identified himself with every destitute person: “As you did it to one of the least of these who are members of my family, you did it

to me” (Mt 25:40). Love for the sake of Christ is the primary motivation for acts of mercy.

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The Christian ascetical tradition teaches us about seven spiritual works of mercy and seven corporal works of mercy. The seven spiritual works of mercy are: to counsel the doubtful, to instruct the ignorant, to admonish the sinner, to comfort the sorrowful, to sincerely forgive injuries, to bear wrongs patiently, and to pray for the living and the dead. The seven corporal works of mercy are: to feed the hungry, to give drink to the thirsty, to clothe the naked, to shelter the homeless, to minister to the sick, to visit the imprisoned, and to bury the dead.

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Neglecting mercy is a sin against Christian love. “As you did it not to one of the least of these, you did it not to me” (Mt 25:45). A social sin is both a sin against an individual at the level of their societal interaction (murder, theft, robbery, fraud, etc.) as well as a sign of an entire structure of sin, which exists in society or the international community (corruption, human trafficking, drug trafficking, etc.).



**** To Ponder – The Fathers & Mothers Speak *****

“With our neighbour there is life and death; for if we do good to our brother, we shall do good to God: but if we scandalise our brother, we sin against Christ.” St. Anthony of Egypt

“Flee from absence of compassion, and practice almsgiving, both tangible and spiritual. Feed Christ Who hungers for our salvation. If you give food and drink to him who hungers and thirsts for teaching, you have given food and drink to Christ. For within the Christian there is Christ, and faith is nourished

and increased by teaching. If you should see someone who has become a stranger to his heavenly fatherland, take him in with you. While you yourself are entering into the heavens, lead him in as well, lest while you preach to others, you yourself be rejected. If a man should cast off the garment of incorruption which he had at his baptism, rendering him naked, clothe him; and if one should be infirm in faith, as Paul says, help him; and visit him who is shut up in the dark prison of this body and give him counsel which is as a light to him. Perform, then, all of these six types of love, both bodily and also spiritually, for we consist of both soul and body, and these acts of love are to be accomplished by both.” Blessed Theophylact, Archbishop of Ochrid

“Jesus made Himself the Bread of Life in order to sanctify my hunger for Him and for His love. He, in turn, made Himself the hungry one to satisfy my hunger for Him through my love and service.” St. Mother Teresa of Calcutta

Commentary on the Sunday Gospel Reading:

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



Please Pray for health of ... All those affected by the coronavirus, and: Robert M., Dave C., Krzysztof & Ewa W., Matt D., Alexandra & Oleh K., Mirosław 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 – Thank you to Mr. John Chaplin for the work done on our parish security system. Our gratitude to everyone for your 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.

SSVP Zoom Board Meeting – will take place tomorrow, Monday, February 8th at 1:00 p.m.

The 29th World Day of the Sick - will be celebrated this coming **Thursday, February 11**, the Memorial of the Blessed Virgin Mary of Lourdes (according to the Roman Catholic liturgical calendar). Pope Francis issued a message to mark the celebration, on the theme “**You have but one teacher and you are all brothers**” (Mt. 23:8), which encourages a trust-based relationship with the sick and the nurturing of integral human healing. Please visit the following link for the full text of Pope Francis’ message: http://www.vatican.va/content/francesco/en/messages/sick/documents/papa-francesco_20201220_giornata-malato.html

Kamloops Pro-life Society – invites everyone to participate in their monthly vigil this coming Friday, Feb. 12th. We meet from 10:00 a.m. to 11:00 a.m. at First Baptist Church, between 4th & 5th Avenues, on Columbia St.

Great Fast (Lent) 2021 – the 40 days spiritual preparation for Easter/Pascha will begin on **Monday, February 15th**.

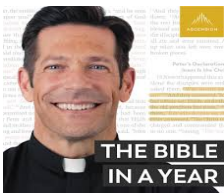
Knights of Columbus the 4th Degree Monthly Zoom Meeting – will take place on Thursday, February 17th at 7:00 p.m.

All Souls Saturday (Задушні Суботу) – our 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.

Clergy of New Westminster Eparchy – during this year's Lenten season 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".

St. Ann's Academy Raffle – an opportunity to support our Catholic School education and to win exciting prizes – **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. **Tickets:** \$5 each. 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/biy-registration>

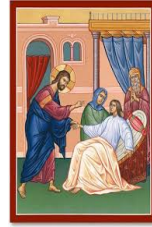
Next Course from God With Us Online - DYING TO SIN - The First Steps in Askesis -- Mondays, February 22, March 1 & 8 @ 8 - 9 p.m. ET. Are we all called to askesis, or asceticism, or is it only the calling of a select few? Join us this Great Lent as we learn from the great ascetics of the Church, discovering 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.



Meat-fare Sunday - Sunday of the Fearful Judgement

As its name indicates, this is traditionally the final day for eating meat until Pascha. This additional week of abstinence from meat comes from the Monastery of Saint Sabbas, near Jerusalem. The monks are thought to have introduced the practice in expiation for a sin of the Emperor Heraclius when he recaptured Jerusalem from the Persians. But this is a historical matter of no particular importance, and is not even mentioned in the Triodion.

The real theme of this Sunday is the Last Judgment, which we read about in the Gospel at the Divine Liturgy (Matthew 25:31-46).

Fasting is a discipline, an aid to repentance. Repentance itself is the object of the exercise. Just before the Great Doxology on this Sunday we sing “If you fast, do not deceive your neighbour! If you abstain from food, do not judge others!”

Even Lent has its temptations: we may be tempted to believe that our religious practice of Lent somehow entitles us to look down on others, or somehow excuses us from serving others. Just the opposite is true. And this “Sunday of the Last Judgment” should keep before our eyes, all through Lent, the primary importance of caring for the needs of others, of recognizing in those in need, Christ Himself. Lent should teach us humility; God forbid that Lent would become an occasion of pride!

The week following this Sunday, the last week before Lent itself, has some interesting features. Wednesday and Friday are “aliturghical days,” which means that no celebration of the Divine Liturgy is foreseen by the calendar, and there are no readings from the Scripture for the Divine Liturgy. Saturday, the day before Forgiveness Sunday, is kept in honour of the monastic saints, the Holy Ascetics, because particularly during Lent we strive to follow their good example.