

Second Sunday of the Great Fast - Sunday of St. Gregory of Palamas

Our Venerable Father and Confessor Basil, Ascetical Companion of Procopius (716-40) – Basil lived under the iconoclastic Emperor Leo. He suffered much, but at the death of the tyrant, he returned to the ascetic life and converted many to the true Christian faith.

**** Sunday, February 28th, 2021 ****

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***The Most Holy Trinity Parish Public
Liturgical Services Postponed until
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>



The Divine Liturgy of St. Basil the Great is celebrated today.

Troparion, Tone 6: Angelic powers were upon Your tomb* and the guards became like dead men;* Mary stood before Your tomb* seeking Your most pure body.* You captured Hades without being overcome by it.* You met the Virgin and granted life.* O Lord, risen from the dead,* glory be to 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: The time for action is now revealed;* the Judge is at the door.* Let us rise and keep the fast,* offering tears of contrition with alms and crying aloud:* our sins are more numerous than the sands of the sea,* but forgive us, O Maker of all, that we may receive incorruptible crowns.

Prokeimenon, Tone 5 - You, O Lord, will guard us* and will keep us* from this generation* and forever.

verse: Save me, O Lord, for there is no longer left a just man. (*Psalm 11:8,2*)



Epistle - Hebrews 1:10-2:3

A reading from the Epistle of the Holy Apostle Paul to the Hebrews.

Brothers and Sisters, “In the beginning, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end.” But to which of the angels has he ever said, “Sit at my right hand until I make your enemies a footstool for your feet”? Are not all angels spirits in the divine service, sent to serve for the sake of those who are to inherit salvation? Therefore we must pay greater attention to what we have heard, so that we do not drift away from it. For if the message declared through angels was valid, and every transgression or disobedience received a just penalty, how can we escape if we neglect so great a salvation? It

was declared at first through the Lord, and it was attested to us by those who heard him.

Alleluia, Tone 6 - He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven.

verse: He says to the Lord: You are my protector and my refuge, my God, in Whom I hope. (*Psalm 90:1,2*)

Gospel - Mark 2:1-12

At that time, Jesus returned to Capernaum after some days, and it was reported that he was at home. So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. Then some people came, bringing to him a paralyzed man, carried by four of them. And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. When Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?" At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, "Why do you raise such questions in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Stand up and take your mat and walk'? But so that you may know that the Son of Man has authority on earth to forgive sins"—he said to the paralytic— "I say to you, stand up, take your mat and go to your home." And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, "We have never seen anything like this!"

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.

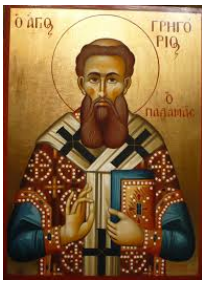
Communion Hymn - Praise the Lord from the heavens; * praise Him in the highest. *** Alleluia, * alleluia, * alleluia.

** 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/ 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 Second Sunday of Lent is kept as a feast of Saint Gregory Palamas, the Archbishop of Thessaloniki in the fourteenth century. Like the restoration of the holy icons, this memorial of Saint Gregory has to do with historical events, but also relates to our understanding of the Christian vocation, and the possibility for every Christian to achieve genuine holiness. Saint Gregory taught that all Christians are called to union with God, which is the object of the Christian life. Saint Gregory was a great ascetic, and a great master of the monastic life, and he taught that this invitation to union with God is open to every Christian. This is the challenge of Lent, but that challenge faces us all year round. Likewise, this is the challenge of monasticism, yet not only for monks and nuns. The Holy Father has expressed it very well: "...in the East, monasticism was not seen merely as a separate condition, proper to a precise category of Christians, but

rather as a reference point for all the baptized, according to the gifts offered to each by the Lord; it was presented as a symbolic synthesis of Christianity.” (Pope John Paul).



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

“Absence of passions and the possession of virtue constitute love for God; for hatred of evil, resulting in the absence of passions, introduces in its place the desire for and acquisition of spiritual blessings.” St Gregory Palamas.

“We must join our prayer with work. How is it possible to change one’s work into prayer? Work cannot substitute for prayer. Nevertheless, we can learn to make work a prayer. How can we do this? By doing our work with God, who is always there. He never leaves our prayers unanswered.” St. Mother Teresa of Calcutta

Commentary on the Sunday Gospel Reading:

<https://godwithusonline.org/reflections/the-sunday-of-st-gregory-palamas-ukrainian/>



Please Pray for health of ... All those affected by the coronavirus, and: Joe M., Ambrose Sh., Jennie H., Robert M., Dave & Betty C., Krzysztof 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., 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, it is still possible to come for private prayer and the Sacrament of Confession & to receive Holy Communion by appointment only, during which the protocols 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.

Congratulations! Mnohaya Lita! – very special God’s blessings to anyone among our parishioners and their families who celebrated their birthday, name-day, wedding anniversary and any other special anniversary during **the month of February** (Feb. 27th - Timothy Wasylenko).

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

2021 Lenten Mission – will take place online. We are invited to join in reflection on the prayer of St Ephrem the Syrian. The 2nd and final session will take place this coming Friday, March 5th. from 7:30 p.m. to 8:30 p.m. The mission will be conducted by Fr. Yuriy Vyshnevsky. Welcoming & opening prayer by Most Rev. Bishop David Motiuk. Follow the link to register:

<https://forms.gle/uGGA5ttTrQ5Ks4dK7>

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

Knights of Columbus Council 8132 (OLPH) Zoom Meetings – officers' meeting will take place this coming Thursday, March 4th at 7:00 p.m. and for all members on Thursday, March 11th at 7:00 p.m.

Knights of Columbus 4th Degree Monthly Zoom Meeting – will take place on Thursday, **March 18th** at 7:00 p.m.



Kamloops Pro-life Society – invites you to join them in the **1st Friday Vigil**, this coming Friday, March 5th from 10:00 to 11:00 a.m. We meet at First Baptist Church, between 4th & 5th Avenues, on Columbia St. **Please** wear a mask, at least for collecting; bring your own hand sanitizer; stand/sit at least 6- 10 feet apart; hold your sign facing toward the on-coming traffic.

Society of St. Vincent de Paul, OLPH, Kamloops – will hold their next monthly board zoom meeting on **Monday, March 8th** at 11:00 a.m. and regular members' meeting on Monday, March 15th at 11:00 a.m.

Join The Conversation With The Ukrainian

Catholic Church - Thursday nights at 4:00 – 6:00 p.m. Join us weekly to dialog with Bishop Brian Bayda, clergy and featured speakers. Follow us on [Tranquillight Calling YouTube channel](#). Email your questions and receive the zoom link: uccconversation@gmail.com



Sacrament of Reconciliation at SAA – Fr. Andrzej will assist Roman Catholic clergy in the Sacrament of Reconciliation at St. Ann's Academy on Thursday, March 11th. We will begin at 9:00 a.m.

Kamloops Catholic School 2021 Fundraising Raffle

- an opportunity to support our Catholic School education and to win exciting prizes: **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.

Next Course from God With Us Online - DYING TO SIN - The First Steps in Askesis -- Mondays, 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 Events” at <https://godwithusonline.org>

Online Lenten Resources:

Ascension Press Presents: The Bible in a Year with Fr. Mike Schmitz -

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

Dynamic Catholic Best Lent Ever - A daily email with a short video to help you reconnect with yourself and your God.

<https://www.dynamiccatholic.com/lent/best-lent-ever.html>

Lenten Reflections with Bishop Barron:

<https://www.lentreflections.com>

A Lenten Webinar Series Presented by the Eparchy of Edmonton

The journey through the Great Fast is one of discovery. Discovery of the image of God, within ourselves and others. Discovery of God’s infinite love for us on the cross and discovery of the gift of grace that can lead us from darkness into the light of spring.

We are the soil. We work to care for the soil of our hearts so that we may produce fruit for His Kingdom. Join us as we explore the wisdom of the Fathers and Mothers of the Eastern Church to discover the treasure within our hearts. We prepare the soil, we sow the seeds and we bear the fruit.

Details: Thursdays, March 4, 11, 18, 7:00 – 8:00 pm., NO COST

March 4 – Preparing the Soil. The inner kingdom of our hearts is where we meet God. We prepare the soil of our hearts to be open to God’s grace by recognizing the thoughts (*Logismoi*) that can turn our gaze away from Him and we embrace those thoughts that turn us toward Him.

Presenter: Rt. Rev. Fr. Stephen Wojcichowsky

March 11 – Sowing the Seeds. Once we are aware of how thoughts (*Logismoi*) can affect us and how we, in our weakness can allow them to take hold, we look inward. We plant seeds of virtues that return our hearts toward God, using the tools of discernment, Scripture, prayer, and examination of conscience.

Presenter: Dr. Theresa Zolner

March 18 – Bearing Fruit. The fruit of all this is love. Our interior work must be reflected in our actions towards others and all of God's creation. We turn to God in repentance, we fast, we receive the body of Christ. Our spiritual work feeds our ability to bear the fruit of love.

Presenter: Sr. Dr. Zoe Bernatsky SSMI

Register here and a zoom link will be sent to you prior to the sessions:

<https://eeparchy.com/2021/02/18/lenten-webinar-series/>

Email education@edmontoneparchy.com if you have questions.



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 6:9-22; Proverbs 8:1-22 & Isaiah 8:13-9:6

Tuesday: Genesis 7:1-5; Proverbs 8:32-9:10 & Isaiah 9:8-10:4

Wednesday: Genesis 7:6-9; Proverbs 9:12-18 & Isaiah 10:12-20

Thursday: Genesis 7:11-8:3; Prov. 10:1-22 & Isaiah 11:10-12:2

Friday: Genesis 8:4-21; Proverbs 10:31-11:12 & Isaiah 13:2-13



The Purpose of the Great Fast

"Because we did not fast we were banished from paradise. So then let us fast so as to return back to paradise. "
(St. Basil, On Fasting I)

Although our time has brought with it many changes in church laws, traditions, and discipline, and the Second Vatican Council has relaxed the rules for fasting, including the Great Fast, nevertheless, the Forty Days Fast still has significance for our spiritual life. For various reasons, today we may be unable to fast

in the same way as our ancestors did; yet even today we are obliged to a spiritual fast — that is, we are obliged to refrain from sin, and from giving in to our evil inclinations. We are also obliged to pray and to practice virtue and good deeds. In reality then, the most important goal of the Great Fast is our spiritual renewal.

In the last chapter we discussed the institution and duration of the Great Fast, now we shall speak about its purpose as recorded in three different periods of history:

1. Apostolic Times:

For the Apostles and First Christians, the day of the Jewish Pasch was a sorrowful day commemorating the death of Jesus Christ, therefore, they celebrated this day with prayer, contrition and fasting. This association of the Pasch with fasting lasted a long time. Even in the second century one may find the word "Pasch" used to denote "fasting" This practice seems to echo the time when the celebration of the death and resurrection of Jesus Christ took place on one and the same day. This association of the sad event of Christ's death with the joyful event of His resurrection has left its traces in our Great Saturday services in which the lenten service is merged with the resurrection service.

2. The Paschal Fast and the Catechumenate:

The third and fourth centuries witnessed the greatest flourishing of the catechumenate. Catechumens were those who were being prepared for the sacrament of Baptism. This preparation extended over a period of three years and terminated solemnly during the Great Fast. The concluding acts of this preparation were: the giving of a name to the catechumen at the beginning of the Great Fast, an exorcism of evil spirits which took place daily throughout the whole lenten period, the last instructions in the truths of the holy faith, the final examination and then, the Baptism itself which took place on Great Saturday. Some of these acts were incorporated into the daily service.

To become a Christian and a member of the Church through

Baptism was regarded as an important event in the life of the newly-baptized and in the life of the Church. For this reason, this joyful event was usually celebrated on the great feasts of the Pasch (Resurrection), Pentecost or the Theophany. In the third century, the rite of baptism was associated above all with the feast of the Pasch. The catechumens prepared themselves for baptism by fasting and prayer. Under the influence of the catechumenate the pre-paschal fast was extended to forty days. As time went on, the rest of the faithful also began to observe this fast together with the catechumens. St. Justin the Martyr (t 167) speaks about this custom of the faithful observing the fast together with the catechumens. He says that those who embraced the Christian faith "were taught to implore God by fasting and prayer for the forgiveness of past sins, and we pray and fast together with them." (Apol. 1,61)

3. The Great Fast — An Endeavor of Soul and Body:

The institution of the catechumenate contributed not only to the extension of the Great Fast to forty days, but also to the fact that, in time, all the faithful adopted this fast so that it became the pre-paschal fast for the whole Church. Later, when the institution of the catechumenate lost some of its meaning, the Forty Days Fast became an independent ritual. Today, it is observed by the faithful as a time for special prayer, fasting and penance, and as a spiritual preparation for the feast of the Pasch (Resurrection).