



Third Sunday of the Great Fast: Veneration of the Holy Cross

The Holy Priest-Martyrs and Bishops of Cherson - Basil, Ephrem, Capiton, Eugene, Etherius and Others (284-305) & Passing into Eternal Life (1935) of Blessed Leonid Fedorov. *Great Fast Day 21.*

**** Sunday, March 7th, 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 7: By Your cross You destroyed death; * You opened Paradise to the thief; * You changed the lamentation of

the myrrh-bearers to joy, * and charged the apostles to proclaim * that You are risen, O Christ our God, * offering great mercy to the world.

Troparion, Tone 1: Save Your people, O Lord, and bless Your inheritance. * Grant victory to Your faithful people against enemies, * and protect Your community by Your cross.

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

Kontakion, Tone 7: No longer does the flaming sword guard the gate of Eden; * the tree of the Cross has quenched its flames gloriously. * The sting of death and the victory of Hades are banished, * and You O my Saviour came and called to those in Hades: “Return again to Paradise!”

Instead of Holy God, we sing:

To Your Cross, O Master, * we bow in veneration, * and we glorify Your holy Resurrection!

Prokeimenon, Tone 6

Save Your people, O Lord, and bless Your inheritance.

verse: Unto You I will cry, O Lord my God, lest You turn from me in silence. (*Psalm 27:9,1*)

Epistle - Hebrews 4:14-5:6

Brothers and Sisters, since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find the grace to help in time of need.

Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of

this he must offer sacrifice for his own sins as well as for those of the people. And one does not presume to take this honor, but takes it only when called by God, just as Aaron was.

So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

“You are my Son,
today I have begotten you”;

as he says also in another place,

“You are a priest forever,
according to the order of Melchizedek.”

Alleluia, Tone 8 - Remember Your congregation which You acquired from the beginning.

verse: But God is our king before the ages; He has wrought salvation in the midst of the earth.



Gospel - Mark 8:34-9:1

The Lord said, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly I tell you, there are some standing here who will not taste death until they see that the kingdom of God has come with power.”

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 - Let the light of Your countenance, O Lord* shine upon us.* Alleluia, alleluia,* alleluia. (*Psalm 4:7*)

**** 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.



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

*“To fall in love with God is the greatest romance; * To seek Him the greatest adventure: * To find Him, the greatest human achievement.” St Augustine of Hippo*

“Sacrifice and prayer complement each other. There is no prayer without sacrifice, and there is no sacrifice without prayer. That is what Jesus has shown us. Jesus' life was spent in intimate union with His Father as He passed through this world doing good. We need to do the same.” St. Mother Teresa of Calcutta

Commentary on the Sunday Gospel Reading:

<https://godwithusonline.org/reflections/the-sunday-of-the-holy-cross-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.

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".

All Souls Saturday – prayers for our beloved deceased ones will take place this coming **Saturday, March 13th**. 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 – regular members meeting will take place 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. 

Society of St. Vincent de Paul, OLPH, Kamloops – will hold their next monthly board zoom meeting tomorrow, **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 OLPH & SAA – Fr. Andrzej will assist Roman Catholic clergy in the Sacrament of Reconciliation at OLPH school this coming Tuesday, March 9th starting at 9:00 a.m. & St. Ann's Academy on Thursday, March 11th starting at 9:00 a.m.



Lenten Retreat at MASI – The Experience of Deification in the Lenten Liturgies - Presenter: Fr. Khaled Anatolios, University of Notre Dame. **Date:** March 13, 2021. **Time:** 3:00 PM Online (Zoom)

Eastern Christians typically speak of salvation as deification. But can salvation and deification be concretely experienced in our lives in this world? Fr. Anatolios will speak on how the liturgy grants us an experience of salvation as deification. To register for this retreat, please send **an email to sheptytsky@utoronto.ca**

“2021- 24 Hours for the Lord” - to be held on March 12 - 13. This year's theme is ***“Who forgives all your iniquity, who heals all your diseases” (Psalm 103:3)***. Since its introduction in 2014, the *24 Hours for the Lord* is an annual worldwide Lenten initiative of the Roman Catholic rite, traditionally held on the Friday and Saturday preceding the fourth Sunday of Lent, that invites Catholics to receive the mercy of God through Eucharistic

Adoration and the Sacrament of Reconciliation. More information in the email attachment.

Next Sunday, Mar 14, 2021 - Daylight Saving Time Starts - When local standard time is about to reach Sunday, March 14, 2021, **2:00:00 am** clocks are turned **forward** 1 hour to Sunday, March 14, 2021, **3:00:00 am** local daylight time instead.

Course from God With Us Online - DYING TO SIN - The First Steps in Askesis -- Monday, March 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 11, 18. Time: 7:00 – 8:00 pm., NO COST

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

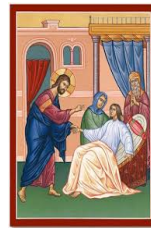
Register here and a zoom link will be sent to you prior to the sessions: <https://eeparchy.com/2021/02/18/lenten-webinar-series/>

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 8:21-9:7; Proverbs 11:19-12:6 & Isaiah 14:24-32

Tuesday: Genesis 9:8-17 Proverbs 12:8-22 & Isaiah 25:1-9

Wed.,: Genesis 9:18-10:1; Proverbs 12:23-13:9 & Isaiah 26:21-27:9

Thurs.,: Genesis 10:32-11:9; Proverbs 13:19-14:6 & Isaiah 28:14-22

Friday: Genesis 12:1-7; Proverbs 14:15-26 & Isaiah 29:13-23



The Sunday of the Veneration of the Holy Cross

Not only the Third Sunday of Great Lent, but also the week that follows are devoted to welcoming the Precious Cross of Christ. This adoration of the Cross does not



have a penitential character, but rather the opposite: “through the Cross joy has come to the whole world.” Having reached the midpoint of Lent, we take refreshment, as though at a spiritual oasis, in the shade of the Cross, which is the banner and emblem of Christ’s victory. The Cross is a sign of our joy in Christ’s triumph. The liturgical texts express this joy; all the hymns in praise of the Cross have a victorious note to them. The Canon of Sunday Matins resembles the Paschal Canon of Saint John of Damascus.

Saint Hippolytus of Rome teaches: “This Cross is the tree of my eternal salvation, nourishing and delighting me. I take root in the roots of the Cross; I am extended in the branches of the Cross; the dew of the Cross is my delight. The spirit of the Cross refreshes me like a lovely breeze. The shade of the Cross shelters me in my tent; when I flee from excessive heat I find the Cross a refuge, moist with dew, The flowers of the Cross are my flowers. The fruits of the Cross delight me altogether; the fruits of the Cross are always reserved for me, and I feast on the fruits of the Cross unrestrainedly. When I am hungry, the Cross is my nourishment. When I am thirsty, the Cross is my fountain. When I am naked, the Cross clothes me, for its leaves are no longer fig leaves, but the very breath of life. When I fear God, the Cross is my safeguard. When I falter, the Cross is my support. When I go into battle, the Cross is my prize, and when I triumph, the Cross is my trophy.

"We adore Your cross, Lord, and we glorify Your Holy Resurrection"

The season of the Great Fast is a special time for mortification and penance, both internal and external. Because this spiritual struggle lasts a longer time, it often happens that we begin the first days or weeks of fasting with great zeal and resolution, but then gradually we become physically and spiritually exhausted, weakened and discouraged. Holy Church knowing well the weakness and instability of our human nature, places before our eyes the holy Cross in the middle of the fast — an extraordinarily powerful incentive to motivate us to persevere in our spiritual struggle.

On the third Sunday, or mid-Lent, holy Church encourages us to venerate the Cross of our Lord in a very special manner, so that we may be strengthened in spirit. This Sunday, therefore, is called the Sunday of the Veneration of the Holy Cross.



The holy Cross is designed to remind us of God's infinite love for

us, Christ's suffering for our sake and our obligation to carry our daily cross courageously. Jesus Christ addressed these words to all of us, "If anyone wishes to come after me, let him deny himself and take up his cross daily, and follow me ... He who does not carry his cross and follow me cannot be my disciple." (Luke 9,23 and 14,27)

The Sunday of the Veneration of the Holy Cross reminds us that Christians employ a powerful weapon in their battle with the enemies of his salvation — the Holy Cross. Particularly on this Sunday, the cross is raised before us as a sign of strength, salvation, victory and triumph.

The Spirit of the Liturgy of the Veneration of the Holy Cross

The services of this Sunday almost make no mention of the Cross as being a symbol of suffering, penance, or humiliation but rather extol the holy Cross as a symbol of joy, victory and triumph, which are brought to fullness through the glorious Resurrection.

The dominant hymn for this Sunday is: "We adore Your Cross, Lord, and we glorify your holy Resurrection." Where did this sublime hymn come from? This hymn is taken from the Matins service of Easter Sunday: "Having witnessed the Resurrection of Christ..." This prayer is also recited at every Sunday Matins service. It is a very old prayer; we find it already in the Resurrection or Easter Matins and the Sunday Matins of the ninth century.

Metropolitan Andrew Sheptytsky, O.S.B.M., in his pastoral letter on "The Veneration of the Holy Cross" says: "The essence of the veneration of the Cross cannot be more clearly and more gloriously expressed than it is in the service of the Sunday of the Veneration of the Holy Cross. Our Rite has always joined this veneration of the Cross with the commemoration of the Resurrection. Bowing before the Cross, we pray: 'We adore Your Cross, Lord, and we glorify Your Resurrection.' This is the true Christian meaning of the Cross. Beyond the Cross the Christian sees the glory of the Resurrection and the joy of everlasting bliss."

Instead of the Trisagion Hymn, at the Divine Liturgy on this day, we sing, "We adore your cross, O Lord... " This hymn in honor of the holy Cross we sing as we bow before the Cross and devoutly kiss it, at the conclusion of each church service throughout the whole week until Friday.

The Sunday of the Veneration of the Holy Cross, indeed, teaches us to understand the great significance the Holy Cross has for us, not only during the Lent, but also throughout our whole life. This Sunday tells us that wherever we find the Cross, there will we find strength, victory, salvation and the pledge of resurrection to an eternal life of bliss. To arouse ourselves to a greater veneration and love for the holy Cross, let us frequently call to mind those profound thoughts expressed by the great venerator of the holy Cross, St. Ephrem the Syrian (+373) in the following hymn:

The Cross is — the resurrection of the dead.

The Cross is — the hope of Christians.

The Cross is — the staff of the lame.

The Cross is — the consolation of the poor.

The Cross is — the dethronement of the proud.

The Cross is — the hope of the hopeless.

The Cross is — the helm of those who sail.

The Cross is — the harbor of the storm-tossed.

The Cross is — the father of orphans.

The Cross is — the comfort of the afflicted.

The Cross is — the protector of youth.

The Cross is — the glory of men.

The Cross is — the crown of the aged.

The Cross is — the purity of virgins.

The Cross is — the bread of the hungry and the fountain of the thirsty. ...

Therefore, let us make the sign of this Life-Giving Cross on our forehead, lips and breast. Let us not leave the Cross even for one hour, even for one moment, and let us not do anything without it, but whether we are going to sleep, or getting up; whether we are eating or drinking, whether we are traveling on land, sailing the sea, or crossing rivers, we should adorn all the members of our body with the sign of the Life-Giving Cross.