



## 5<sup>th</sup> Sunday of the Great Fast

*Commemoration of Our Venerable Mother Mary of Egypt*

**Our Venerable Father and Confessor James, Bishop of Catania (813-20). *Great Fast Day 35.***

**\*\* Sunday, March 21<sup>st</sup>, 2021 \*\***

**Pastor:** Fr. Andrzej Wasylanko

109 Tranquille Rd. Kamloops, BC V3B 3E8

**Mailing address:** 118 Don St., Kamloops, BC V2B 1B7

Phones: 250-376-3690 (church) \*\* 250-461-7249 (residence)

Email: [mostholytrinitypar@shaw.ca](mailto:mostholytrinitypar@shaw.ca)

Website: <http://kamloops.nweparchy.ca/>

Facebook: holytrinitykamloopsbc



### ***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](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 1:* Though the stone was sealed by the Judeans,  
\* and soldiers guarded Your most pure body, \* You arose, O

Saviour, on the third day, \* and gave life to the world. \* And so the heavenly powers cried out to You, O Giver of Life: \* Glory to Your resurrection, O Christ! \* Glory to Your kingdom! \* Glory to Your saving plan, \* O only Lover of mankind.

*Troparion, Tone 8:* The divine image was faithfully preserved in you, O mother, \* for taking up the Cross, you followed Christ. \* By your deeds you have taught us to see beyond the flesh, which passes, \* and care for the soul, a thing immortal. \* And so, O venerable Mary, \* your spirit rejoices with the angels.

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

*Kontakion, Tone 3:* Once you were filled with every impurity,\* now through repentance you have been revealed as a bride of Christ,\* following the angelic life, you crushed demons with the weapon of the Cross.\* Therefore, O glorious Mary, you have been shown to be a bride of the kingdom.

*Prokeimenon, Tone 1* - Let Your mercy, O Lord, be upon us, as we have hoped in You.

*verse:* Rejoice in the Lord, O you just; praise befits the righteous. *(Psalm 32:22,1)*

*Prokeimenon, Tone 4* - God is wonderful in His saints,\* the God of Israel. *(Psalm 67:36)*

*Epistle - Hebrews 9:11-14*

Brothers and Sisters, when Christ came as a high priest of the good things that have come, then through the greater and perfect tent (not made with hands, that is, not of this creation), he entered once and for all into the Holy Place, not with the blood of goats and calves, but with his own blood, thus obtaining eternal redemption. For if the blood of goats and bulls, with the sprinkling of the ashes of a heifer, sanctifies those who have been defiled so that their flesh is purified, how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to worship the living God!

*Alleluia, Tone 1* - God gives me vindication, and has subdued people under me.

*verse:* Making great the salvation of the king, and showing mercy to His anointed, to David, and to His posterity forever.

***Gospel - Mark 10:32-45***



At that time, Jesus took the twelve aside again and began to tell them what was to happen to him, saying, “See, we are going up to Jerusalem, and the Son of Man will be handed over to the chief priests and the scribes, and they will condemn him to death; then they will hand him over to the Gentiles; they will mock him, and spit upon him, and flog him, and kill him; and after three days he will rise again.”

James and John, the sons of Zebedee, came forward to him and said to him, “Teacher, we want you to do for us whatever we ask of you.” And he said to them, “What is it you want me to do for you?” And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.” But Jesus said to them, “You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?” They replied, “We are able.” Then Jesus said to them, “The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.”

When the ten heard this, they began to be angry with James and John. So Jesus called them and said to them, “You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”

***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. *(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.*

*Public church services continue to be postponed. 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 \*\*\***

*Let them take courage who are humbled by their passions. For even if they fall into every pit and are caught in every snare, when they attain health they will become healers, luminaries, beacons and guides to all, teaching about the forms of every sickness and through their own experience saving those who are about to fall.” St. John Climacus*

*“Do I give the Christ who is full of zeal, love, joy, and sunshine?  
Do I come up to the mark? Or am I a dark light, a false light, a  
bulb without connection, having no current and therefore  
shedding no radiance? Put your heart into being a bright light.”*  
*St. Mother Teresa of Calcutta*

**Commentary on the Sunday Gospel Reading:**

<https://godwithusonline.org/reflections/the-sunday-of-st-mary-of-egypt-ukrainian/>



**Please Pray for health of ...** All those affected by the coronavirus, and: 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.

**Sincerest Condolences! Vichnaya Pamiat** – we express our sincerest condolences to Mrs. Elsie Mychaluk & her family who mourn death of their beloved husband, father, grand-father and great-grandfather **Joseph (Joe) Mychaluk**. Joseph passed away last Sunday, March 14th. May the soul of our brother in Christ, +Joseph rest in peace. Vichnaya Pamiat!

**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”.

**New Westminster Eparchy Clergy Zoom Conference** – will take place this coming **Thursday, March 25<sup>th</sup>** from 11:00 a.m. to 1:00 p.m.

**Mnohaya Lita Your Beatitude Sviatoslav** – this coming Tuesday, March 23<sup>rd</sup>, His Beatitude, Patriarch Sviatoslav, will mark his 10<sup>th</sup> Anniversary of election as Patriarch of the Ukrainian Catholic Church. To mark the occasion, “Zhyvym TV” will live stream a celebration on March 28, starting at 7:00 pm Kyiv time.

<https://zhyve.tv/broadcast/>

The theme of the celebration is “Together in the Future: Reflections on the Vision of the Ukrainian Catholic Church on the occasion of the 10<sup>th</sup> Anniversary of the Enthronement of His Beatitude Patriarch Sviatoslav.”

**Year “Amoris Laetitia Family** - Pope Francis, to mark the fifth anniversary of the Apostolic Exhortation *Amoris Laetitia* has inaugurated a **special year** dedicated to the family entitled, **Year “Amoris Laetitia Family.”**

This special year opens on March 19, 2021, and concludes on June 26, 2022 at the celebration of the 10<sup>th</sup> World Meeting of Families in Rome. The special year highlights the importance of the family within the domestic Church and encourage community ties between families through several spiritual, pastoral and cultural proposals.

In preparation for the Year “*Amoris Laetitia Family*,” the Dicastery for Laity, Family and Life has provided resource brochures with pertinent information and suggestions for the special year. Throughout the year, the Dicastery will be providing

supplementary information and resources. You are also invited to consult the Dicastery's website dedicated to the Year "*Amoris Laetitia Family*":

<http://www.laityfamilylife.va/content/laityfamilylife/en/amoris-laetitia.html>

**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](mailto:uccconversation@gmail.com)

### **Online Lenten Resources:**

**Ascension Press Presents: The Bible in a Year with Fr. Mike Schmitz** <https://media.ascensionpress.com/category/ascension-podcasts/bibleinayear/>

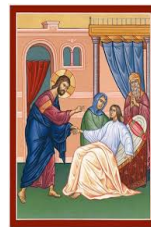
**Dynamic Catholic Best Lent Ever** - A daily email with a short video to help you reconnect with yourself and your God.  
<https://www.dynamiccatholic.com/lent/best-lent-ever.html>

**Lenten Reflections with Bishop Barron:**  
<https://www.lentreflections.com>



### **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.



**St. Mary of Egypt** was born around 344 AD in Alexandria. She was a rich and beautiful courtesan. She chose to lead a selfish life of sin. Once on an excursion to Jerusalem, she noticed throngs of pilgrims entering the Church of the Holy Sepulchre. Curious to join the attractions, Mary tried to enter the Church, but was prevented by some mysterious force. Mary began to wonder if her sinful life was the cause for preventing her entrance into the Church. At that moment, she became aware of the Icon of the Mother of God which had been above the entrance of the Church. Filled with compunction of heart, she cried for her many sins.



Mary sought a life of repentance for her wicked past by entering the desert. There she lived as a hermit for nearly fifty years, wilfully depriving herself of all comforts of life and exposing her beauty to the harshness of the sun.



While in the desert one day, she met Saint Zosimus. According to the custom of Palestinian monks, this priest-monk had gone out into the wilderness in the first days of Holy Week to meditate on the Passion of Christ. She asked him to bring the Holy Eucharist to her on Holy Thursday. She related her life to the priest, and then arranged with Zosimus to meet again in a year so she could confess and receive Communion again (frequent Communion was not common among these desert dwellers). When he returned to the site in 421 AD, she was not there, and he finally came upon her body. As happened with some other desert saints, a lion was near her body, and he helped Zosimus to bury her body, and then lay down and mourned for her. The dramatic conversion and life-long penance of Mary is one of the most famous in Christian literature and has been enormously popular among Eastern Christians.



### ***Lenten Scriptural Readings for this week***

**Monday:** Genesis 27:1-41; Proverbs 19:16-25; Isaiah 48:17-49:4

**Tuesday:** Genesis 31:3-16; Proverbs 21:3-21 & Isaiah 49:6-10

**Wed.,:** Genesis 43:26-45:16; Proverbs 21:23-22:4 & Isaiah 58:1-11

**Thurs.,:** Genesis 46:1-7; Proverbs 23:15-24:5 & Isaiah 65:8-16

**Friday:** Genesis 49:33-50:26; Proverbs 31:8-31 & Isaiah 66:10-24

### **The Feast of the Annunciation the Most Holy Mother of God**



"With the voice of the Archangel we cry out to you, O Most Pure One: 'Rejoice, O full of grace, the Lord is with you. '" (*Hymn of Praise of the Feast*)

"Today is the beginning of our salvation and the revelation of the eternal mystery: the Son of God becomes the Son of a Virgin. " (*Troparion of the Feast*).

Thus, with a song of praise our Church greets the feast of the Annunciation of the Most Holy Mother of God, calling it the beginning of our salvation. And justifiably, for this feast is one of the most important feasts of our Ecclesiastical Year. The very title of the feast, found in our liturgical books, indicates its importance: "The Annunciation of our Most Holy Queen, the Mother of God and Most Pure Virgin Mary. "

St. Athanasius the Great (+373), in his sermon on the Annunciation, calls this feast the first in the list of feasts, for it begins the work of salvation of the human race. The basis for this feast is the joyful annunciation recorded in St. Luke (1:26-38). The Annunciation is first in a whole series of great mysteries in the life of Jesus Christ and his Most Holy Mother. The feast of the Annunciation is not only one of the twelve greatest feast-days of our Church, but its service is taken even if it should fall on Palm Sunday, Great Friday or on the feast of the Resurrection (Easter day).

### **The Significance of the Mystery of the Annunciation**

The mystery of the Annunciation has fundamental significance, for with it begin the New Testament and our salvation. Mankind had waited thousands of years for the good news of the Archangel concerning the incarnation of the Son of God. Heaven, earth, and the righteous souls in limbo awaited this good news. On this day God fulfilled his promise to send a redeemer, for on this day the 'Word was made flesh and dwelt among us.' (John 1:14)

In a sermon on the Annunciation, attributed to St. John Chrysostom, we read: "Gabriel was sent to reveal the salvation of the world. Gabriel was sent to bring to Adam the promise of his return from slavery to sin. Gabriel was sent to the Virgin, to restore the honor of womanhood. Gabriel was sent to prepare a worthy bridal chamber for the pure Bridegroom. Gabriel was sent to espouse creature with the Creator. Gabriel was sent to the living palace of the King of angels. Gabriel was sent to the Virgin betrothed to Joseph, but preserved for the Son. The bodiless servant was sent to the pure Virgin. The one who was free from

sin was sent to one exempt from corruption. A lamp was sent to point out the Sun of truth. Morning was sent to precede the light of day. Gabriel was sent to announce Him, who is in the bosom of the Father and in the arms of the Mother. Gabriel was sent to announce Him, Who is seated on a throne at God's right hand and, at the same time, rests in a lowly manger on earth." (Works, Vol. 8, p. 854)

In the instruction which the Prologue gives for this day, we read the following concerning the significance of the mystery: "Today the Son and Word of God, Lord and God, silently places himself in the womb of the Virgin, desiring by his incarnation to deify man and the work of his hands, and to lead him back to the ancient paradise. Today the Uncreated dwells in his creature. Today the invisible becomes visible. Today the inaccessible One is conceived in the virgin womb and becomes eminently accessible. Today the Word of God receives a body, the Son of God becomes the Son of a Virgin... Today the gates of paradise are opened, and the fiery sword that drove our first parents from Paradise is quickly withdrawn and the human race, through faith in deeds, again enters into paradise with joy. Today Adam rejoices, having received into his nature his Creator. Today Eve, having crushed the head of the serpent, her implacable tempter, calls upon the whole world to rejoice, saying: "Rejoice with me, for today we have found inexpressible joy and deliverance from all sin. ' At the moment of the angel's annunciation, the Son of God begins the first moments of earthly life in the womb of the Most Pure Virgin Mary. From this momentous fact the privileges of Mary — those of divine motherhood and virginity — clearly emanate.

### **The History of the Feast**

The celebration of the feast of the Annunciation began in the Eastern Church at the end of the fourth or the beginning of the fifth century. Emperor Mauricius (582- 602) made this feast obligatory throughout the entire empire. At first, both in the East and the West, it was considered a feast of the Lord as is evident

from the names by which it was first known: "The Conception of Christ", "The Annunciation concerning Christ", "The Beginning of Redemption", "The Annunciation", "The Annunciation of the Angel to Mary", "The Day of the Salutation", "The Day or Feast of the Annunciation". In the seventh century, the name was formally established for the entire Eastern Church as "The Annunciation of the Most Holy Mother of God", and it was decreed that this feast be celebrated as a Marian feast.

The date, March 25, was selected for this feast because it occurs just nine months before the feast of the Nativity of our Lord on December 25. In addition to this, there existed an ancient tradition that March 25th marked not only the incarnation of the Son of God, but also both the creation of the world and the death of Christ on the Cross. The Alexandrian Paschal Chronicle of 624, and also the Paschal Chronicle of Constantinople, from the start of the seventh century, places the feast of the Annunciation on the 25th of March.