



Pentecost Sunday

**** Sunday, May 23rd, 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

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

Facebook: holytrinitykamloopsbc



The Most Holy Trinity Parish Public Liturgical Services Postponed Until further notice

Please join in live-streamed coverage of liturgical services:

Holy Eucharist Cathedral (New Westminster) – Divine Liturgy at 8:30 a.m. (Eng.) & 10:30 a.m. (Ukr.)

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

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

St. Nicholas Parish, (Victoria) - Divine Liturgy at 10:00 a.m.
via [Facebook](#) or [Website](#)

St. George's Parish (Prince George) - Divine Liturgy: 8:30 a.m. – (in Ukrainian) & 10:00 a.m. (in English) - Facebook page or at parish webpage (www.sgparish.ca)



At the beginning of the Divine Liturgy, immediately after “Blessed be the Kingdom” and our “Amen”, we kneel and recite the following prayer:

“Heavenly King, Advocate, Spirit of Truth, * Who are everywhere present and fill all things, * Treasury of Blessings,

Bestower of Life, * come and dwell within us, cleanse us of all that defiles us, * and, O Good One, save our souls.” Amen.

1st Antiphon:

The heavens tell the glory of God, * and the firmament declares the work of His hand.

Refrain: *Through the prayers of the Mother of God,* O Savior, save us.*

Day to day pours forth the message * and night proclaims this knowledge to night.

Refrain: *Through the prayers of the Mother of God...*

Their utterance has gone forth into all the earth, * and their words unto the ends of the world.

Refrain: *Through the prayers of the Mother of God....*

Glory be to the Father and to the Son.. Only-begotten Son ..

3rd Antiphon:

Verse: O Lord, by Your power the king shall rejoice and greatly exult in Your salvation.

Troparion Tone 8: *Blessed are You, O Christ our God who revealed the fishermen as most wise by sending them the Holy Spirit; through them You caught the entire world. Loving Master, glory to You.*

Verse: You gave him his heart's desire and did not deny the request of his lips.

Troparion Tone 8: *Blessed are You.....*

Verse: For You have gone before him with gracious blessings, you have placed upon his head a crown of precious stones.

Troparion Tone 8: *Blessed are You....*

Priest: Wisdom! Stand aright!

Entrance Verse: Be exalted, O Lord, in Your strength; we will sing and make music to Your might.

Troparion *Tone 8:* *Blessed are You....*

Glory be to the Father and to the Son

Kontakion *Tone 8:* When the Most High came down and confused the tongues, He parted the nations. When He divided the tongues of fire, He called all to unity; thus with one voice we glorify the all-Holy Spirit.

Instead of "Holy God.." we sing..

All you, who have been baptized into Christ, you have put on Christ! Alleluia! (3)

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen. **You have put on Christ! Alleluia!**

All you, who have been baptized into Christ, you have put on Christ! Alleluia!

Prokeimenon *Tone 8:* Their utterance has gone forth into all the earth, * and their words unto the ends of the world.

Verse: The heavens tell the glory of God, and the firmament declares the work of His hand.

Epistle: A Reading from the Acts of the Apostles: 2: 1 – 11

When the days of Pentecost were ending, the disciples were all together in one place. And suddenly there came a sound from heaven, as of a violent wind blowing, and it filled the whole house where they were sitting. And there appeared to them separate tongues as of fire, and they settled upon each one of them, and all were filled with the Holy Spirit, and they began to speak in foreign tongues, as the Holy Spirit granted them to speak. Now, there were staying in Jerusalem devout Jews from every nation under heaven. And when this sound occurred, a great crowd gathered, and they were astounded because each one heard them speaking in his own language. And all of them, amazed and wondering, were saying to each other, "Look, are not all these men who are speaking Galileans? How then have all of us heard our own language in which we were born? Parthians

and Medes and Elamites, and inhabitants of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya around Cyrene, and visitors from Rome, Jews also and proselytes, Cretans and Arabs, we have heard them speaking in our own language of the wonderful works of God.”

Alleluia Verses: By the Lord’s word the heavens were established, and by the Breath of His mouth all their host.

- The Lord has looked down from heaven and beheld the whole human race.

Gospel: John 7: 37 –52; 8: 12



Now on the last, the great day of the feast, Jesus stood and cried out, saying, “If anyone thirsts, let him come to me and drink. Anyone who believes in me, as the Scripture says, ‘*From within him there shall flow rivers of living water.*’” He said this, however, of the Spirit, whom they who believed in him were to receive; for the Spirit had not yet been given, since Jesus had not yet been glorified. Some of the crowd, therefore, when they had heard these words, said, “This is truly the Prophet.” Others said, “This is the Christ.” Some, however, said, “Can the Christ come from Galilee? Does not the Scripture say it is of the offspring of David, and from Bethlehem, the village where David lived, that the Christ is to come?” So there arose a division among the crowd because of him. And some of them wanted to seize him but no one laid hands on him. The attendants therefore came to the chief priests and Pharisees; and these said to them, “Why have you not brought him?” The attendants answered, “Never has man spoken as this man.” The Pharisees then answered them, “Have you also been fooled? Has any one of the rulers believed in him, or any of the Pharisees? But this crowd, which does not know the Law, is accursed.” Nicodemus, the man who had come to him at night, who was one of them, said to them, “Does our Law judge a man unless it first gives him a hearing, and knows what he does?” They answered and said to him, “Are you also a Galilean? Search and see that out of Galilee arises no prophet.” And again Jesus spoke to them saying, “I am

the Light of the world. Anyone who follows me does not walk in the darkness, but will have the light of life.”

*Instead of “It is truly right...”: O my soul, magnify the one Divinity in three Persons. Rejoice, O Queen, * boast of virgins and mothers,* for every tongue, though capable and eloquent,* cannot hymn you as is your due,* and every mind is confounded * in seeking to comprehend the way in which you gave birth.* Wherefore with one accord we glorify you.*

Communion Verse: Your good Spirit will lead me * to the land of righteousness. Alleluia (3)

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

“The Rhythm of Life’ is to receive in faith and to give in love.”

Fr. Lazarus Moore

“We are able to go through the most terrible places fearlessly, because Jesus is in us. Jesus is our joy, our strength, our joy & our compassion... I take the Lord at His word. Faith is a gift from God. Without it there would be no life. And our work, to be fruitful and beautiful, has to be built on faith. Love and faith go together. They complete each other.” St. Mother Teresa of Calcutta

The Life-Creating Spirit is the Giver of Grace

266. The Source of all grace is God the Father. From the Father, through the Son, and in the Holy Spirit, the grace of God descends upon all creation and sustains its existence. By the power of grace, all being has been wisely ordered, the laws of nature have been established, and the beauty of the universe and of humankind has been designed. Of all that was created, only humankind, called to life in God, has been granted the ability to cooperate with the Holy Spirit, the Treasury of Blessings, who grants God’s grace in a variety of gifts (see 1 Cor 12:4-13). In this cooperation (in Greek, synergia), the natural powers (in Greek, energiai) of humankind are united with the divine and uncreated gift of the grace of the Holy Spirit.

267. The bearer of God's grace in the world is Christ's Church. Through the ministrations of the Holy Mysteries, by means of sanctification and blessing, she apportions grace to those who believe in Christ. Through prayer, ascetical effort, and a life of virtue, Christians grow in the grace of the Holy Spirit to the fullness of divinization. Transfigured by grace, human nature abides in God's nature, "without division or confusion." At the same time, in humankind and through humankind, the nature of all creation is transfigured to its final consummation, as "a new heaven and a new earth" (Rev 21:1).

Catechism of the Ukrainian Catholic Church – "Christ Our Pascha" #266-7, p. 94-5 ** <http://catechism.royaldoors.net/catechism/>

CATECHETICAL SUMMARY

"Out Of His Heart Shall Flow Rivers of Living Waters."

Today we celebrate the great feast of Pentecost, fifty days after Pascha. And while we hear the historical account of Pentecost read in the church today from Acts of the Apostles, we also hear in the Gospel the promise of Jesus that those who believe in him will receive the gift of the Holy Spirit, which will become a life-giving spring which will flow out to others. In other words, we who have received the gift of the life of Jesus within us cannot remain simply consumers but must become, like Jesus, a people who live our life as a gift to others. "For whoever would save his life will lose it; and whoever loses his life for my sake, he will save it" (Lk 9:24). It is in giving of our life, then, that the Christian finds his true purpose in life.

Commentary on the Sunday Gospel Reading:

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

**** ANNOUNCEMENTS ****



Dear Parishioners, please be assured of my prayers and good wishes in this ever present time of battle with the coronavirus.

Please participate in online or televised services and remain united with each other in thought, prayer, phone calls, etc. as we eagerly await the announcement about reopening.



Please Pray for health of ... All those affected by the coronavirus, and: Jayne & Ernie P., Don N., Ambrose S., Robert M., Dave & Betty C., 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., Mary W., 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. Many thanks to Mr. Orest Hrycewich & Mr. John Chaplin for their maintenance work on the church premises. God bless you all!

Zahalnytsia/No fasting – due to the festive Pentecost season, this coming **Friday, May 28th** is not a fasting day.

Next Sunday's service – this coming Tuesday, May 25th we will receive an announcement in regards to ending restrictions for in-person church services. It is our hope that next Sunday, May 30th we will gather again in our beautiful churches in BC to praise God. If that will be a reality, please let Fr. Andrzej know if you are planning to attend – 250-461-7249.

Alpha online – our next catechetical session will take place on **Wednesday, June 2nd** at 10:30 a.m.

The Fast of the Holy Apostles – begins on the Monday after All Saints Sunday (Monday, May 31st) and lasts until June 29, the Feast of the Holy Apostles Peter & Paul.



Pentecost Sunday, May 23 * Divine Liturgy**
(Eng./Ukr.): God's blessings to all parishioners

Monday of the Holy Spirit, May 24 * Div. Lit.:**
God's blessings & good health for Ann Gulka

Wednesday, May 26 * Moleben to the Mother of God *** 6:30 p.m. - outdoor service**

Thursday, May 27 * Div. Lit.:** Special Intention

Friday, May 28 * Div. Lit.:** *God's blessings to staff & students at Ascend Online homeschool*

Sunday, May 30 * Divine Liturgy** (Eng./Ukr.): God's blessings to all parishioners



Prayer During the Coronavirus Outbreak

Lord, Our God,

We thank you for the life that is your gift,

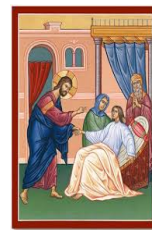
For the providence that sustains us,

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.

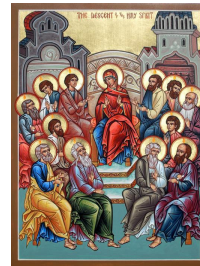


Prayer of Spiritual Communion

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.



The Feast of Pentecost

"We have seen the true light, we have received the Heavenly Spirit, we have found the true faith, we worship the undivided Trinity, for It has saved us." (Stichera of Solemn Vespers of the Feast of the Pentecost)

The glorious feast of the Resurrection concludes with a feast also most glorious and great — and that is, the feast of the Pentecost. After the Nativity and Resurrection of our Lord, this feast belongs to the greatest feasts in the Ecclesiastical Year. The Descent of the Holy Spirit is, as it were, the seal on the work of the salvation of the human race accomplished by the Son of God. On the day of Pentecost, the Holy Spirit himself anoints the Apostles as preachers of

the Good News of Christ. On this day the Church was born and began to function. The Holy Spirit always guides, enlightens, sanctifies and preserves her on the path of truth.

"When the work the Father gave to the Son to do on earth was accomplished," says The Vatican Council, "the Holy Spirit was sent on the day of Pentecost in order that He might continually sanctify the Church, and thus all those who believe, would have access through Christ in one Spirit to the Father... The Spirit dwells in the Church and in the hearts of the faithful, as in a temple. In them, He prays on their behalf and bears witness to the fact that they are adopted sons... By the power of the Gospel He makes the Church keep the freshness of youth. Uninterruptedly, He renews it and leads it to perfect union with its Spouse." (Constitution on the Church, 54)

The Old Testament Pentecost

The Jewish people in ancient times celebrated three great feasts annually: the feast of the Passover, the feast of Pentecost and the feast of Tabernacles. In the Book of Exodus we read: "Three times every year you shall celebrate feasts to me. You shall keep the feast of the unleavened bread. You shall keep the feast of the harvest of the first-fruits of your work, whatsoever you have sown in the field, and the feast also in the end of the year, when you have gathered in all your crops out of the field." (Exodus 23, 14-16)

The feast takes its name from the fiftieth day after the feast of the Passover, and also from the fiftieth day from the beginning of the harvest. Pentecost is a Greek word, which means "the fiftieth day". Originally, Pentecost was a feast of harvest and thanksgiving. On that day, according to the prescription of the law, great crowds of Jews would flock to Jerusalem even from distant lands, to render thanks to the Lord for the fruits of the earth and to make an offering of these fruits in the temple. Later, the Jews connected the

feast of Pentecost as a feast of the harvest with an event in the history of Israel, in this case, with the anniversary of the giving of the Law to Moses on Mount Sinai on the fiftieth day after their departure from Egypt.

The Christian Pentecost

The Apostles and first Christians retained from the Old Testament the feast of the Passover as well as the feast of Pentecost. They also preserved the name, Pentecost, because for them, it was also the fiftieth day after the Pasch (Resurrection); however, they attached to it an altogether different significance.

The principal motive for celebrating Pentecost in the Church of the New Testament was the event of the Descent of the Holy Spirit upon the Apostles. Thus, this feast is also called the day of the Descent of the Holy Spirit or the day of the Holy Trinity.

The Descent of the Holy Spirit was, for the primitive Christian Church, such a joyous, solemn and significant occasion, that they placed this feast on the same level with the feasts of the Resurrection and the Nativity of Christ.

The liturgy of this day is full of joy and praise of the Holy Spirit and the Holy Trinity. "Come all you nations," we sing in the stichera from the Vespers service of this feast, "let us worship the Divinity in Three Persons, the Son in the Father with the Holy Spirit. The Father from eternity had begotten the Son, co-eternal and co-reigning with him; and the Holy Spirit was in the Father, glorified with the Son — one Power, one Being, one Substance, one Godhead, which we all worship, saying: 'Holy God — who created everything through the Son with the help of the Holy Spirit; Holy Mighty One — through whom we knew the Father, and through whom the Holy Spirit came to the world; Holy Immortal One — Spirit, Comforter, who proceeds from the Father and rests in the Son, O Holy Trinity, glory be to you'" In the Matins service, at the Sticheras of Praises, we praise

the Holy Spirit: "The Holy Spirit was, is and always will be. He is without beginning and without end, equal in essence with the Father and with the Son. He is life and the giver of life; he is light and the giver of light, he is all good and the fountain of all goodness..."

The following well-known prayer to the Holy Spirit from the service of Pentecost found its way into our daily prayers: "Heavenly King, Comforter, Spirit of truth, everywhere present and filling all things, Treasury of good things and Giver of life, come and dwell in us and cleanse us of all stain and save our souls, O Good One. " All our church services begin with this prayer.

The Church of the Old Testament had a custom on the feast of Pentecost of covering the floor of their homes and synagogues with fresh grass and adorning their homes and synagogues with the branches of trees and with flowers as a sign that, when the Law of God was given at Mount Sinai, all nature was in bloom. Presumably, the Apostles also observed this custom and decorated the upper room with greenery and flowers. This custom was also taken over by the Church of the New Testament. From this custom, Pentecost received another name namely, "Green Sunday". Flowers and greens are a sign of life and therefore became a symbol of the life-giving Spirit. Just as nature in springtime is renewed with greens and flowers, so too, holy Church and her faithful are renewed by the power of the Holy Spirit.

On the Monday following the feast of Pentecost, our Church celebrates the feast of the Holy Spirit. The feast of Pentecost commemorates the event itself of the descent of the Holy Spirit upon the Apostles, while Monday is dedicated to paying special worship to the Holy Spirit as the Third Person of the Trinity.

In regard to this special worship, the Monday Synaxary says: "On this day, i.e., of Pentecost, we honor that all-holy and life-giving and all-powerful Spirit, one God in the Holy

Trinity, one in dignity, one in nature, and one in glory with the Father and with the Son... Out of deep reverence for the all-holy Spirit the Holy Fathers decreed that a separate feast be celebrated also during the Pentecost honor of Him who is the author of all that is good."

The Vespers service of Monday merits special attention. Ordinarily it is not performed on Sunday evening, but immediately after the Divine Liturgy around noontime on the very day of the Pentecost. The linking of the Vespers service with the Divine Liturgy is explained by Father I. Dolnytsky as an opportunity for the faithful who are present at the Divine Liturgy to take part in the prayers which are read while kneeling. This Vespers service, characterized by three special prayers of a penitential nature, were allegedly composed by St. Basil the Great (379). The Byzantine Canonist Matthew Blastares (14th c.) testifies in his Nomocanon that St. Basil the Great also directed that these prayers be said while kneeling, as a sign of great respect for the Holy Spirit.

The Significance of the Feast of the Descent of the Holy Spirit

The event of the descent of the Holy Spirit was most fruitful in its effects and had great significance for the Apostles and the first Christians; it has this same significance for the whole Church everywhere and always. St. John Chrysostom in his homily on the feast of the Pentecost says: "The all gracious God today bestowed upon us gifts, too great to be adequately expressed in words. Therefore, let us all rejoice together, and while rejoicing, let us praise our God... For I ask, what was given to us for our salvation that was not given to us by the Holy Spirit? He freed us from slavery, adopted and called us to the freedom of the children of God. From this fountain (i.e. the Holy Spirit) flow prophecies, the grace of healing, and all the other gifts and fruits with which the Church is wont to adorn herself. "

In the sticheras of the Great Vespers service of Pentecost we read: "The Holy Spirit is the giver of all gifts. He pours forth prophecies, perfects the priesthood, teaches wisdom to the illiterate, and transforms fishermen into theologians; he brings together into one community the entire Church of God. O Comforter, one with the Father in nature and co-reigning with Him, glory to you."

"Through the Holy Spirit," says St. Basil the Great, "our return to paradise is achieved, we are elevated to the heavenly kingdom, and become once more the children of God. Through Him we are able to call God, Father; we are able to become partakers of the grace of Jesus Christ, to be called children of light, and to share in everlasting glory... " (On the Holy Spirit, ch. 15)

The Holy Spirit bestowed upon the Apostles the gift of tongues, the gift of understanding the Scriptures, and the gift of fortitude in preaching and professing the holy faith. "On the day of Pentecost," says the Second Vatican Council, "the Holy Spirit came down upon the disciples to remain with them forever. The Church was publicly displayed to the multitude, the Gospel began to spread among the nations by means of preaching, and there was presaged that union of all peoples in the catholicity of the faith by means of the Church of the New Covenant, a Church which speaks all tongues, understands and accepts all tongues in her love... " (*On Mission Activity of the Church*, p. 4)

The gifts of the Holy Spirit are truly numerous and great. St. Paul speaks of them in his letter to the Galatians: "But the fruit of the Spirit is: charity, joy, peace, patience, kindness and goodness, faith, modesty, continency. " (Gal. 5,22-23)

The Holy Spirit has also descended upon us with his gifts in the Sacrament of Confirmation and he has anointed us as of Christ and made our bodies His temples. St. Paul reminds us of this great truth, admonishes and exhorts us to live accordingly: "Do you not know that your members are the

temple of the Holy Spirit, who is in you, whom you have from God and that you are not your own? For you have been bought at a great price. Glorify God and bear Him in your body." (1 Cor.)



Catechetical Resources on line in English & Ukrainian

1. Royal Doors with daily readings and reflections, UGCC Catechism online, articles, etc

<https://www.royaldoors.net/>

2. Formed: Christian movies, TV shows, prayers, etc.

<https://watch.formed.org/browse>

3. Dynamic Catholic. Beautiful resource for the whole family with Catechism for children, marriage enrichment programs, etc.

<https://dynamiccatholic.com/>



1. Живе ТВ. <https://zhyve.tv/>

2. Дивен Світ. <https://dyvensvit.org/>

3. Катехизм УГКЦ. <http://catechismugcc.org/>