



10th Sunday after Pentecost

The Procession with the Holy Relics of the Precious and Life-Giving Cross of the Lord

- In the Church of Constantinople, it was customary to organize on this day a procession to honour the Holy Cross. On August 1, the Cross was carried from the Church of St. Sophia through the streets to various churches to give the people the opportunity to venerate it, as a memorial of the miraculous help given by the Cross in earlier wars. This was not just any cross, but the true precious Cross itself. Finally, on Aug. 14, it was returned to the church in the imperial palace.

The Seven Holy Martyred Maccabees, their mother Solome and their teacher Eleazar – they were martyred for having supported the faith of their fathers when King Anthiochus Epiphane (175-164 BC) attempted to impose paganism upon the Jews.

Beginning of the Dormition Fast (Spasivka)

**** Sunday, August 1st, 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](https://www.facebook.com/holytrinitykamloopsbc)

Parish Liturgical Services



Sunday, August 1 ** 10:00 a.m. ***

Divine Liturgy (Eng./Ukr.): God's blessings for all parishioners

Monday, August 2 * 9:00 a.m.** Div. Lit: +Jeanine Boucher

Wednesday, August 4 * 6:30 p.m.** *Moleben to the Mother of God*

Thursday, August 5 * 9:00 a.m.** Div. Lit: God's blessings to Cecil & Muriel S.

Friday, August 6 * Feast of Transfiguration *** 10:00 a.m.** Div. Lit: God's blessings for all parishioners

Sunday, August 8 * 9:30 a.m.** Rosary ***
10:00 a.m. * Div. Lit. (Eng./Ukr.):** God's blessings to all parishioners



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.

Glory be to the Father and to the Son and to the Holy Spirit.

Kontakion, Tone 1: You arose in glory from the tomb * and with Yourself You raise the world. * All humanity acclaims You as God. * and death has vanished.* Adam exults, O Master,* and Eve, redeemed from bondage now, cries out for joy: * “You are the One, O Christ, Who offer resurrection to all.”

Now and for ever and ever. Amen.

Theotokion, Tone 1: When Gabriel uttered to you, O Virgin, his

‘Rejoice!’ * at that sound the Master of all became flesh in you, the Holy Ark. * As the just David said, * you have become wider than the heavens carrying your Creator. * Glory to Him Who dwelt in you! * Glory to Him Who came forth from you! * Glory to Him Who freed us through birth from you!

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*)

Epistle - 1 Corinthians 4:9-16

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

Brothers and Sisters, I think that God has exhibited us apostles as last of all, as though sentenced to death, because we have become a spectacle to the world, to angels and to mortals. We are fools for the sake of Christ, but you are wise in Christ. We are weak, but you are strong. You are held in honor, but we in disrepute. To the present hour we are hungry and thirsty, we are poorly clothed and beaten and homeless, and we grow weary from the work of our own hands. When reviled, we bless; when persecuted, we endure; when slandered, we speak kindly. We have become like the rubbish of the world, the dregs of all things, to this very day.

I am not writing this to make you ashamed, but to admonish you as my beloved children. For though you might have ten thousand guardians in Christ, you do not have many fathers. Indeed, in Christ Jesus I became your father through the gospel. I appeal to you, then, be imitators of me.

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 - *Matthew 17:14-23*



At that time, a man came to him, knelt before him, and said, “Lord, have mercy on my son, for he is an epileptic and he suffers terribly; he often falls into the fire and often into the water. And I brought him to your disciples, but they could not cure him.” Jesus answered, “You faithless and perverse generation, how much longer must I be with you? How much longer must I put up with you? Bring him here to me.” And Jesus rebuked the demon, and it came out of him, and the boy was cured instantly. Then the disciples came to Jesus privately and said, “Why could we not cast it out?” He said to them, “Because of your little faith. For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.”

As they were gathering in Galilee, Jesus said to them, “The Son of Man is going to be betrayed into human hands, and they will kill him, and on the third day he will be raised.” And they were greatly distressed.

Communion Hymn - Praise the Lord from the heavens;* praise Him in the highest.* Alleluia, alleluia,* alleluia. (*Psalm 148:1*)



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.



**** ANNOUNCEMENTS ****

A warm welcome - to all parishioners who join us today in our church for the Divine Liturgy and all who continue to pray at home. We wish you all a healthy & blessed week!



The Mutual Link of Prayer and Fasting

Prayer with fasting is good. (Tob 12:8)

702. In the Gospels, Christ emphasizes the mutual relationship between prayer and fasting. Both are needed if one is to overcome the influence of the evil one, that is, if one is to be freed from sin. “This kind cannot be driven out by anything but prayer and fasting” (*Mk* 9:29, rsv-ce). The Holy Fathers stressed the inseparability of fasting and prayer: “To the measure that you take away from the body, to that measure you will fortify the soul with spiritual strength fasting, we restrain and check the *outer person* so that through prayer, the *inner person* might thrive. When prayer is separated from fasting, the inner person lacks the necessary conditions for growth.

Spiritual Combat in the Life of the Christian

785 From the moment of one’s Baptism, every Christian enters into spiritual combat. There we die to sin, in order to live for God. This battle, as the apostle Paul teaches, is not about wrestling “... against flesh and blood, but against the rulers, against the

authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places” (*Eph* 6:12). The Christian engages in spiritual warfare by being armed with prayer, fasting, and almsgiving; we thus cleanse our thoughts and achieve dispassion. Saint John Cassian teaches that spiritual combat helps a person achieve perfection: “This battle is in accordance with the will of God. It serves human good and awakens in a person ardent striving for greater perfection.”⁴⁹²

Fasting and Almsgiving

786. Christians have fasted since ancient times. It was and is a way of imitating the forty-day fast of Christ during which he fought the devil’s temptations and overcame them. Fasting as a means of spiritual combat was further developed by monastics, who saw it as a means of achieving purity of heart. Fasting takes hold of the entire being: the body through restraint in food and drink, and the soul through restraint of the passions. Saint John Chrysostom teaches: “Do you not eat flesh? Feed not upon indecency by means of the eyes. Let the ear fast also. The fasting of the ear consists in refusing to receive slander and calumnies ... For what does it profit if we abstain from birds and fishes; and yet bite and devour our brothers and sisters?”

787. Fasting is inextricably linked with almsgiving:

In the day on which you fast you will taste nothing but bread and water; and having reckoned up the price of the dishes of that day which you intended to have eaten, you will give it to a widow, or an orphan, or to some person in want, and thus you will exhibit humility of mind, so that he who has received benefit from your humility may fill his own soul, and pray for you to the Lord.⁴⁹⁴


Almsgiving as a manifestation of love for one’s neighbour is an imitation of God himself. It was God who first revealed his mercy towards us. (Catechism “Christ Our Pascha”)

Commentary on the Sunday’s Scriptural texts:

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

Please Pray for health of ... All those affected by the coronavirus, and: Rob E., Margaret M., Roman M., 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., 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.



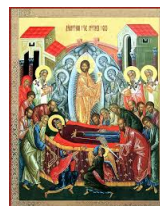
 **Thank you to all our Supporters – Дякуємо –** Our gratitude to everyone for your prayers & ongoing financial support of our parish and for all other ways in which you assist our church community. God bless you all!

Дякуємо



Rosary and Sunday Coffee – next Sunday, August 8th, we will resume praying the Rosary at 9:30 prior to the Divine Liturgy, and on Sunday August 29th, we will also restart our Sunday coffee times!

The Fast of the Mother of God – as part of our preparation for the great feast of the Dormition of the Mother of God on August 15, there is a special time of fasting that will **begin today, on Sunday, Aug 1st** and will last until the day before the Feast, Aug. 14.



Up-coming Major Feasts – this coming Friday, August 6th we will celebrate the feast of the Transfiguration of the Lord (blessing of fruits & vegetables) and on Sunday, August 15th the feast of Dormition of the Mother of God (blessing of flowers).

Kamloops Pro-Life - is holding a monthly **First Friday Vigil** this coming **Friday, August 6th**, on Columbia Street between 4th & 5th Ave. near First Baptist Church, **from 10:00 am until 11:00 am**. This is a silent, prayerful event with signs available.

Sacrament of Reconciliation – dear parishioners, due to the Covid 19 pandemic, we were not able to hold our annual Advent &

Lenten missions and thus missed an opportunity for the Sacrament of Confession. Now that we can gather again in church, I invite and encourage you to partake of this very important Sacrament. Fr. Andrzej is available before Sunday Divine liturgies, or before the daily Divine Liturgies and also at other pre-arranged times.

Prayer During the Coronavirus Outbreak

Lord, Our God, We thank you for the life that is your gift,

For the providence that sustains us,

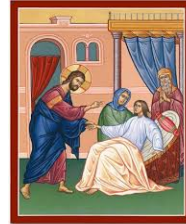
And for your wisdom that directs the course of our days. The threat of an infection of coronavirus is upon us today. This disease causes fear among us and has claimed lives.

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 for Preparation for Holy Communion (St. John of Damascus)

“O Master, Lord Jesus Christ our God, You alone have authority to forgive people their sins, for You are good and love all. Forgive my transgressions committed in knowledge or ignorance. Make me worthy to receive Your divine and glorious, all-pure and life-giving Mysteries without condemnation, incurring neither punishment, nor the increase of my sins. Let me, instead, receive cleansing, sanctification, and a pledge of life and kingdom to come. Let Your Mysteries be a rampart, a help, a routing of my adversaries; and let them wipe away my many transgressions. For You are a God of mercy, compassion, and love for all, and to You we render glory, with the Father and the Holy Spirit, now and always and for ever and ever. Amen.



Pastoral Ministry and Sacraments:

Reconciliation: on Sundays and Holy Days: before Divine Liturgies and other days, by appointment.

Holy Communion: for the sick, by appointment, any time.

Baptisms: by appointment.

Marriages: six months' notice should be given to the parish priest, and he should be contacted before any other arrangements are made.

Funerals and Memorials: by appointment.

Anointing of the Sick (Holy Unction): Those anticipating surgery, hospitalization or treatments and who would like to receive anointing or to meet with parish priest, please call or email Fr. Andrzej in advance to arrange a time and a day.



Catechetical Resources online 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/>



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/UCPp1JaDotlj_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)