



Sunday after the Exaltation of the Cross

Holy Martyrs Trophimus, Sabbatius and Dorymedontus – they suffered for their faith in Christ in the 3rd century under Emperor Probus.

When the torturer asked Sabbatius who he was and what was his rank, he replied, “My rank and dignity, my homeland, my glory and my riches are Christ the Son of God, who is alive forever and by whose providence the whole universe is held together.”

**** Sunday, September 19th, 2021 ****

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Parish Liturgical Services

Sunday, September 19 * 9:30 a.m. Rosary *****
10:00 a.m. * Div. Lit. (Eng./Ukr.): God's blessings**
to all parishioners

Monday, Sept. 20 * 9:45 a.m. Div. Lit.: God's**
blessings for all Members of SSVP Kamloops
Conference & those in Dominica

Tuesday, Sept. 21 * 10:00 a.m. Div. Lit.: +Maria K.**

Wednesday, Sept. 22 * 6:30 p.m. Moleben to St.**
Mother Teresa of Calcutta

Friday, Sept. 24 ** 9:30 a.m. Div. Lit.: God's
blessings for Cecil & Muriel S.

Sunday, Sept. 26 ** 9:30 a.m. Rosary * 10:00 a.m. *** Divine Liturgy (Eng./Ukr.): God's blessings to all parishioners**



Antiphon 1

O God, my God, hear me; why have You forsaken me? The words of my transgressions put salvation far from me.

Through the prayers of the Mother of God, O Saviour, save us.

O God, I will call to You by day but You will not listen; and by night, yet it will not be foolish of me.

Through the prayers of the Mother of God, O Saviour, save us.

But You, the praise of Israel, dwell in the holy place.

Through the prayers of the Mother of God, O Saviour, save us.

Glory... Now... Only-begotten Son...

Antiphon 3

Come, let us sing joyfully to the Lord, let us acclaim God, our Saviour.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Let us come before His face with praise, and acclaim Him in psalms.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

For God is the great Lord, and the great king over all the earth.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Entrance

Come, let us worship and fall down before Christ.

Son of God, crucified in the flesh, save us who sing to You:

Alleluia.

Troparion, Tone 8: You came down from on high, O Merciful One, * and accepted three days of burial * to free us from our sufferings.* O Lord, our life and our resurrection, * glory be to You.

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.

Kontakion, Tone 8: When You rose from the tomb, * You also raised the dead and resurrected Adam. * Eve exults in Your resurrection, * and the ends of the world celebrate Your rising from the dead,* O most merciful One.

Now and for ever and ever. Amen.

Kontakion, Tone 4: By Your own choice, O Christ our God, * You were lifted on the cross. * Grant Your mercies to Your new community * that bears Your Name. * By Your power gladden the faithful people, * and grant them victory against enemies. * May they have the help of Your instrument of peace, * the invincible sign of victory.

Prokeimenon, Tone 7 - Exalt the Lord our God, * and bow in worship at the footstool of his feet, for it is holy.

verse: The Lord reigns, let the people tremble. (*Psalm 98:5,1*)

Epistle - Galatians 2:16-20

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

Brothers and Sisters, we know that a person is justified not by the works of the law but through faith in Jesus Christ. And we have come to believe in Christ Jesus, so that we might be justified by faith in Christ, and not by doing the works of the law, because no one will be justified by the works of the law. But if, in our effort to be justified in Christ, we ourselves have

been found to be sinners, is Christ then a servant of sin? Certainly not! But if I build up again the very things that I once tore down, then I demonstrate that I am a transgressor. For through the law I died to the law, so that I might live to God. I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.



Alleluia, Tone 1 - 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. (*Psalm 73:2,12*)

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

O my soul, magnify the most precious cross of the Lord.

And the Irmos: You are a mystical Paradise, O Mother of God, who though untilled, have brought forth Christ. He has planted upon earth the life-giving Tree of the Cross. Therefore today as we raise it on high we bow low and we magnify you.

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest.
*(Psalm 148:1)** Let the light of Your countenance, O Lord,*
shine upon us.* Alleluia, alleluia,* alleluia. *(Psalm 4:7)*

At the end of Liturgy we sing:

To Your Cross, O Master, we bow in veneration, and we
glorify Your holy Resurrection. *(3)*



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

You will never be happy if your happiness depends on getting solely what you want. Change the focus. Get a new center. Will what God wills, and your joy no man shall take from you.” **Venerable Fulton Sheen**

“The Cross has dissolved hatred towards man, has brought reconciliation, has made the earth heaven, has mingled men with angels, has conquered the bastions of death, has neutralized the strength of the devil, has dismissed the power of sin, has rid the earth of error, has restored the truth, has driven away the demons, has torn down pagan temples, has upset sacrificial altars, has dispelled the smell of burnt offerings, has planted virtue, has founded churches.

The Cross is the Will of the Father, the Glory of the Son, the Joy of the Spirit, the Pride of Paul.

The Cross is brighter than the sun and gayer than its ray.

The Cross has torn our mortgage, has rendered useless the prison of death.

The Cross is proof of the love of God, the unshaken wall, the unconquered weapon, the security of the rich, the richness of the poor, the weapon of the threatened, the rebuke of the passion, the kingdom of virtue, the wonderful and strange song.

The Cross has opened paradise, has admitted the thief, and has guided the human race from impending disaster to the Kingdom of God.” St. John Chrysostom



CATECHETICAL SUMMARY

The Epistle which is proclaimed in the Church today teaches that “Faith” is the union of our entire self to Christ. This union which entrusts my intellect, spirit, soul and body to the Savior joins me to Christ in such an intimate way that my life is transformed into His life. This is the process of Theosis or divinization. As Saint Paul says “it is now no longer I who live, but Christ is living in me.”

Faith, then, is an aspect of love by which I give my life to the one that I love. In this act of total self-gift we can discern two important truths. The one who loves first must die to himself in as much as the lover’s life is no longer about himself but totally about the one whom he loves and whom he sustains through the gift of his life. The second truth that results from the first is that the lover, having died to himself, comes to life or is “resurrected from the dead” in the life of the beloved.

The Gospel which is proclaimed today confirms and makes explicit for us the above explanation of loving faith. “If anyone wishes to come after me, let him deny himself, and take up his cross, and follow me. For anyone who would save his life will lose it; but anyone who loses his life for my sake and for the sake of the Good News will save it.” The cross, the exaltation of which we continue to celebrate, is the sign of the Lord’s total self-giving love. The cross reveals to us the breadth and depth of God’s love. What remains is our response to that gift and our union with that love.

Commentary on Sunday’s gospel:

<https://godwithusonline.org/reflections/the-sunday-after-the-exaltation-of-the-holy-cross-ukrainian/>

**** 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!



Please Pray for health of ... All those affected by the coronavirus, and: Bishop Kenneth, Ann D., Rob E., Margaret M., Roman M., Jayne & Ernie P., Don N., Ambrose S., Robert M., Dave & Betty C., Matt D.,

Mirosław G., John N., Fr. John N., T.W., Bill P., Thomas H., 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., 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!



Society of St. Vincent de Paul – will hold their monthly Members meeting tomorrow, **Monday, Sept. 20th** at the MHTC parish hall at 11:00 a.m.

Next Parish Council Meeting – will take place this coming **Tuesday, September 21st** at 11:00 a.m.

Special Knights of Columbus Workshop – will take place this coming **Thursday, September 23rd** in Sacred Heart Cathedral basement at 7:00 p.m.

2021 Choose Life Kamloops 40 Day Vigil -

Wednesday, September 22 – Sunday October 31, 2021

Daily Prayer Vigil (9:30-10:30 am)

- 1 inside Sacred Heart Cathedral in Kamloops (255 Nicola St.)
- 2 outside on Third Ave from Nicola to Columbia St.

Everyone is welcome! How will you support this important Life Ministry?

The 107th World Day of Migrants and Refugees - will be held on September 26, organized by the Dicastery for Promoting Integral Human Development.

Pope Francis' message for the day focuses on the theme, [Towards An Ever Wider "We."](#) The message calls us to no longer think in terms of "them" but "we," a universal call within the Church and throughout the world to care for our common family and care for our common home.



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.



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.



CONFÉRENCE DES ÉVÊQUES CATHOLIQUES DU CANADA
CANADIAN CONFERENCE OF CATHOLIC BISHOPS

Statement from the Executive Committee of the Canadian Conference of Catholic Bishops on the upcoming federal elections: “Voting: a duty, a gift, an opportunity”

The Executive Committee of the Canadian Conference of Catholic Bishops encourages all Catholics in Canada to vote in the upcoming federal elections. In preparation, the faithful should

reflect on their concerns and aspirations, familiarize themselves with the different party platforms, as well as with the candidates in their respective ridings, and come to a decision about whom to vote for with a free and informed conscience.

When deciding which party to support or whom to vote for, every Canadian follows their conscience. That said, Catholics are called to discern their options on the basis of key principles of the Church's social doctrine and according to their beliefs:

- respect for the sanctity of human life from conception to natural death;
- protection of religious freedom;
- healing and reconciliation of Indigenous peoples and communities;
- respect for the environment
- the struggle for the eradication of poverty;
- promotion of a fair and equitable economy for all;
- defense of the dignity of work and the fundamental rights of workers;
- establishment of peace domestically and abroad.

The democratic duty of every citizen to vote in an election is likewise a gift and an opportunity to exercise civic and social responsibility. By carefully considering our choices, we help shape the fabric of the society in which we live, as well as the legacy we are leaving to younger Canadians. During an election, Catholics can be faced with difficult choices. For this reason, in addition to informing one's conscience, reflecting deeply and sharing with others, we encourage the faithful to invoke the Holy Spirit for an outpouring of his manifold gifts so that the electoral process and whatever lies ahead for us may be marked by enduring peace, justice, respect and social order, so that together we strive to build a brighter future for all.

17 September 2021

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.



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_4h3aAJqoSrg

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)