



## 28<sup>th</sup> Sunday after Pentecost

**The Venerable-Martyr Stephen the New** - born in Constantinople in 715, Stephen became a monk and suffered greatly at the hands of iconoclasts. He was martyred on Nov. 28, 764.

**The Holy Martyr Irenarchus (284-305)** – he suffered martyrdom for his faith under Emperor Diocletian.

*Nativity Fast.*

**\*\* Sunday, November 28<sup>th</sup>, 2021\*\***

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### ***This Week's Parish Liturgical Services***

**Sunday, November 28 \*\*\* 9:30 a.m. Rosary \*\*\***  
**10:00 a.m. \*\*\* Div. Lit. (Eng./Ukr.): God's blessings**  
for all parishioners

**Tuesday, Nov. 30 \*\* Feast of the Apostle Andrew,**  
**The First-Called \*\* 9:30 a.m. Div. Lit.: +Roman Myts**

**Wednesday, Dec. 1 \*\*\* \*\* 4:30 p.m. "Moleben to**  
**Emanuel"**

**Thursday Dec. 2 \*\*\* Sacrament of Reconciliation at**  
**St. Ann's Academy & OLPH School**

**Friday Dec. 3\*\* 9:30 a.m. Div. Lit.: God's blessings &**  
**good health to Jayne Paluck**

**Sunday, December 5 \*\*\* 9:30 a.m.** Rosary/Sacrament of Repentance (Confession) \*\*\* **10:00 a.m. \*\*\* Div. Lit.** (Eng./Ukr.): God's blessings to all parishioners



*Troparion, Tone 2:* When You went down to death, O Life Immortal,\* You struck Hades dead with the blazing light of Your divinity.\* When You raised the dead from the nether world,\* all the powers of heaven cried out:\* “O Giver of Life, Christ our God, glory be to You!”

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

*Kontakion, Tone 2:* You rose from the tomb, O almighty Saviour;\* and Hades, seeing this wonder, was stricken with fear; and the dead arose.\* Creation saw and rejoices with You, and Adam exults.\* And the world, my Saviour, sings Your praises for ever.

Now and for ever and ever. Amen.

*Theotokion, Tone 2:* The tomb and death could not hold the Mother of God,\* unceasing in her intercession and an unfailing hope of patronage,\* for as the Mother of Life she was transferred to life\* by Him Who had dwelt in her ever-virgin womb.

***Prokeimenon, Tone 2***

The Lord is my strength and my song of praise, and He has become my salvation.

*verse:* The Lord has indeed chastised me, but He has not delivered me to death. (*Psalm 117:14,18*)

***Epistle - Ephesians 6:10-17***

*A reading from the Epistle of the Holy Apostle Paul to the Ephesians.*

Brothers and Sisters, be strong in the Lord and in the strength of His power. Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. For our struggle is not

against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

***Alleluia, Tone 2*** - The Lord will hear you in the day of tribulation; the name of the God of Jacob will shield you.

***verse:*** Lord, grant victory to the king and hear us in the day that we shall call upon You.



***Gospel - Luke 13:10-17***

At that time, Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

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



## CATECHETICAL SUMMARY

Today, the Church presents for our consideration the image of the woman who was bent over and unable to stand up because of the evil spirits that afflicted her. As the Fathers of the Church explain, this woman is a symbol of our human nature oppressed by a sinful life – the life of vice and of sin. As Saint Athanasius explained in his great work *On the Incarnation*, man having “rejected the contemplation of God” was weighed down by sin and unable to lift up his eyes to contemplate heavenly realities. It is for this reason, Saint Athanasius explained, that God became man and was born in a manger—that we who were bent over like the animals and feeding ourselves on earthly things might meet God face to face in the feed trough of the manger and be raised in him and returned to our proper stature to contemplate the things above.

### Practical Questions

1. What does it mean to be weighed down by sin?
2. Why does sin make us only see the things of this world and unable to see as God sees?
3. How does the Incarnation help us to “see” again?

### *Catechism of the Ukrainian Catholic Church – “Christ Our Pascha” #788-795, p. 256-7*

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We are constantly under the influence of various thoughts, ideas, and views, and we choose from among them those that we consider important. These thoughts can be either good or evil, and so they affect our spiritual life in different ways.

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In the book of Genesis, we read how the serpent deceived the human race, saying that they will become like God if they reject his commandment. Temptation is a “nudge” or incitement to sin. Confronted by such instigation, humanity can either succumb or

resist it. Adam and Eve succumb to the sinful temptation (evil thought) and become, therefore, personally responsible for the sin.

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The same occurs in our lives. If we give our assent to evil thoughts, then we sin. The beginning of every sin is the acceptance of an evil thought coupled with the desire to bring it to life. If a person does not take possession of an evil thought, this thought is not a sin but only a temptation. Saint John of Damascus distinguishes various stages in the process by which evil thoughts penetrate the heart.

Among these are: suggestion, internal conversation, struggle, assent, and passion (captivity).

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Temptation begins with a suggestion. Suggestion can manifest itself in various images, fantasies, or recollections; it can come through material things and circumstances, making evil appear attractive. Such thoughts accompany a person throughout life. Christ had a similar experience while being tempted in the desert. If a suggestion is not dismissed, the evil thought will continue to penetrate a person's heart.

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The second stage is the conversation, as it were, with the suggested thought. A person considers and weighs arguments for and against the suggestion. We know about the danger of this conversation with the Evil One from the book of Genesis: the conversation between Eve and the serpent was the first step of our ancestors toward sin. Christ, on the other hand, while being tempted in the desert, refused to engage the tempter in conversation, and decisively rejected his suggestions with quotations from Holy Scripture (see Mt 4:1-11; Lk 4:1-13).

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The third stage is struggle. A thought that has penetrated the heart through conversation is difficult to dismiss. A person cannot be rid of it without struggle and effort. The Word of God and prayer assure victory in this battle.

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The fourth stage is assent, that is, acceptance of an evil thought, which is equivalent to defeat in battle. By making an evil thought one's own and deciding to make it a reality, a person has already sinned, even if the evil intention is not yet acted upon.

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The final stage is the actual passion. This is a state of captivity that results from sinful activity. A person given over to passion experiences a constant inclination towards evil. The inclination can become so powerful that a person loses the strength to resist, becomes addicted to evil, and a slave to passion.

## **\*\* 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: Zbigniew K., Pat B., Bishop Kenneth, Anne D., Rob E., Margaret M., Jayne & Ernie P., Don N., Ambrose S., Robert M., Dave & Betty C., Matt D., Miroslaw 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 K., Brian K., 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., 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!

**Mnohaya Lita! Congratulations! – Happy Birthday** – very special God's blessings to anyone among our parishioners and their families who celebrated their birthday, name-day, wedding anniversary and any other special anniversary during **the month of November** (10<sup>th</sup> – Mikayla Russell; 26<sup>th</sup> - Allan Ludwig).

**Sincerest Condolences! Vichnaya Pamiat!** – of behalf of the Most Holy Trinity parish, we extend our sincerest condolences

to Fr. Pavlo & his family who mourn the death of Fr. Pavlo's father, **Mr. Roman Myts**. May the soul of our beloved brother in Christ, +Roman rest in peace. Vichaya Pamiat!



**National Holodomor Awareness Week** - November 22-28, 2021, commemorating the 88<sup>th</sup> anniversary of the Holodomor.

As we gather this year in remembrance, we will pray for the souls of the victims of the Holodomor.

We are grateful to the survivors who have courageously shared their stories to help educate and unite us in raising awareness of the Holodomor. We appeal to the families of the victims and survivors to continue sharing the truth of the Holodomor in the hope that future generations will heed the lessons of history. **Today, Sunday Nov. 28<sup>th</sup>**, we will celebrate the Panakhyda service after the Div. Lit. for those who died during the Holodomor.

**Holodomor** – one of the most heinous crimes in the history of mankind, was the result of a deliberate political strategy masterminded by Stalin and his totalitarian communist regime. By sheer magnitude, losses during the Holodomor surpassed those of the Ukrainian nation during the Second World War. Ukrainians worldwide continue to suffer the consequences of this merciless act.

With the de-classification of documents in Ukraine and eyewitness accounts, the world has learned of a horrific crime against humanity about which little was previously known or officially confirmed. The confirmation was made by Ukraine itself in its quest for historical truth and national identity. It is fact that the *Holodomor*: a) occurred; b) was deliberate; and was c) designed to destroy a nation. <https://www.ucc.ca/issues/holodomor/>

**Food Bank Collection** – as in previous years during St. Philip's Fast, we are collecting non-perishable food for the Kamloops Food Bank. A box is provided at the church entrance. Thank you for your support.

**Pre-Christmas Church decorating** – will take place next **Sunday, Dec. 5<sup>th</sup>** after the Divine Liturgy at 10:00 a.m.

**Special Request from Kamloops St. Vincent De Paul Society** – As part of our ministry to the poor, we are looking for warm toques, mitts and socks for our Christmas bag outreach project, as well as full size shampoo, toothpaste and deodorant. These



can be dropped at the Thrift Store, 168 Briar Ave. on Friday or Saturday from 10 to 3, or you can contact Fr. Andrzej for more information.

**Advent Penitential Services** - Fr. Andrzej will be assisting in the Sacrament of Confession at St. Ann's Academy on Thursday, Dec. 2<sup>nd</sup> (8:45 a.m. – Noon) & OLPH school from 1:00 p.m. & also at OLPH parish on Dec. 15<sup>th</sup> starting at 6:30 p.m.



**Kamloops ProLife Society** – invites us to join in their First Friday prayer hour – this coming Friday, Dec. 3<sup>rd</sup> from 10 to 11 a.m..  
**Stand:** 10 feet apart in silent prayer along Columbia St. between 4th and 5th Ave. by First Baptist Church.

**Reconciliation Service during St Philip's Fast**– although our parish will not have an official Advent Mission this year, as a way of spiritual preparation for Christ's Nativity, parishioners are invited & encouraged to participate in the Sacrament of Reconciliation. Father Andrzej will be available for confession each Sunday at 9:30 a.m. There is also opportunity for confession before daily Divine Liturgy.

**Video series “Journey through Advent 2021”** - Each week, beginning on Sunday, 21 November 2021, the Solemnity of Christ the King, the CCCB will release a video recording of a Bishop reflecting on the Gospel Reading for each Sunday of Advent. This year's reflections were inspired by the Indigenous Delegation travelling to Rome to meet with Pope Francis from 17-20 December 2021. Each reflection is based on one of the five essential stages of reconciliation: examen, confession, repentance, reparation (making amends), and reconciliation. It is likewise hoped these reflections will assist the faithful, Indigenous and non-Indigenous alike, in preparing for Pope Francis' eventual apostolic journey to Canada. The videos were developed under the auspices of the Bishops Working Group on Coordinating Indigenous Initiatives, with the script being approved by the same, as agreed to by the Executive Committee at its Special Meeting on 12 November 2021.

The videos can be now accessed on the CCCB website at the following link:

<https://www.cccb.ca/evangelization-catechesis-catholic-education/video-resources/journey-through-advent/>





**December 9<sup>th</sup> at 7:00 p.m. - join Roman Catholic Sacred Heart Cathedral for a Festival of Lessons and Carols:** This event will be livestreamed through [www.rcdk.org](http://www.rcdk.org) so you can either attend live or watch online. If you are in attendance, masks are mandatory. This joyful evening will help us to spiritually prepare for Christmas.



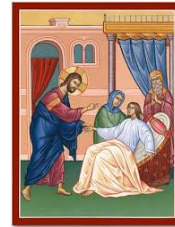
**The Most Holy Trinity Parish Stewardship:** Sunday, Nov. 21 - \$ 280.00 \*\*\*\* *May God bless and reward you for your generosity & support.*

### **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.

### **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 **9:00 a.m.** (Eng.) & **10:30 a.m.** (Ukr.)

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

**Youtube** [https://www.youtube.com/channel/UCPp1JaDotlj\\_4h3aAJq0Srg](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** live streamed at **10:00 AM** on the Facebook page at <https://www.facebook.com/ParishPG> and on the parish web-site at <http://www.sgparish.ca>



**The Early Church Fathers on the Holy Eucharist**

By Fr. Vasyl Chepelskyy

Christ nourishes us with His Body and Blood in the Holy Mystery of the Eucharist, helping us to mature in His image and grow in His likeness (cf. John, 6:51-58, Luke, 22:19-20, Mark, 14:22- 25, Matthew, 26:26-29). The Greek word *eucharistia* means “thanksgiving.” There are countless references of the Early Church Fathers to this Sacrament.

“It is called Mystery, because what we believe is not the same as what we see; one thing we see and another we believe. For such is the nature of mysteries.” – *St. John Chrysostom*

“I have no taste for corruptible food nor for the pleasures of this life. I desire the bread of God, which is the flesh of Jesus Christ,

who was of the seed of David; and for drink I desire His blood, which is love incorruptible.” – *St. Ignatius of Antioch*

“What seems bread is not bread, though by bread taste; but the Body of Christ. What seems wine is not wine, though the taste will have it so; but the blood of Christ.” – *St. Cyril of Jerusalem*

“In this very Sacrament, our people are shown to be one. Just as many grains, collected and ground and mixed together, make one bread, so in Christ, who is heavenly bread, we may know that there is one body, with which our number is joined and united.” – *St. Cyprian of Carthage*

“In our fragmented lives, the Lord comes to meet us with a loving ‘fragility,’ which is the Eucharist,” says Pope Francis, calling it “the memorial of God’s love.” “The Eucharist encourages us, even on the roughest road, we are not alone; the Lord does not forget us and whenever we turn to him, he restores us with his love,” – states the Holy Father.<sup>1</sup>

The Eucharist is the source of Christian life. It is the real presence of Christ, who comes to our hearts and lives and dwells within us each time we receive this Holy Mystery. Eucharist brings wholeness to our fragmented lives, it heals and restores us. It connects us with God in a very intimate and profound way.

In today’s society where we are always in a rush and have so much going on and where it is hard to stop and reflect, let us find moments to be thankful to God for His gifts and love for us. Let us especially be thankful to Him for His gift of Himself in this Holy Mystery. May our whole lives become thanksgiving and may God continue to guide us on the way of our lives.

<sup>1</sup> *Pope Francis’ homily during the Mass for the Feast of the Most Holy Body and Blood of Christ (‘Corpus Christi’), celebrated Sunday, June 18, 2017 in the square in front of the Basilica of St. John Lateran in Rome.*