



Sunday of Meat-fare

Sunday of the Fearful Judgement

Our Venerable Father Leo, Bishop of Catania –

Leo lived in Catania, one of the major cities in Sicily, in the days of Emperor Leo IV (775-80). He was noted for his holiness and apostolic zeal.

**** Sunday, February 20th, 2022****

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)

This Week's Parish Liturgical Services

Sunday, Feb. 20 ** 9:30 a.m. Rosary ** 10:00 a.m. * Div. Lit. (Eng./Ukr.): God's blessings for all parishioners**

Monday, Feb. 21 ** 9:00 a.m. Div. Lit.: God's blessings & good health for SSVP members & volunteers

Tuesday, Feb. 22 * 9:00 a.m. Div. Lit.: God's blessings & good health to Cecil & Muriel Sh.**

Thursday, Feb. 24 ** 9:00 a.m. Div. Lit.: +Kathy Houghton

Friday, Feb. 25 ** 9:00 a.m. Div. Lit.: Andrea B. & family - God's blessings for a safe delivery

Saturday, Feb. 26 - Funeral Service for +Mike Konopada - Vernon

Sunday, Feb. 27 * 9:30 a.m. Rosary ** 10:00 a.m. *** Div. Lit. (Eng./Ukr.): God's blessings to all parishioners**



Troparion, Tone 6: Angelic powers were upon Your tomb * and the guards became like dead men; * Mary stood before Your tomb * seeking Your most pure body. * You captured Hades without being overcome by it. * You met the Virgin and granted life. * O Lord, risen from the dead, * glory be to You!

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

Kontakion, Tone 1: When You come on earth, O God, in glory, * and the universe trembles, * while the river of fire flows before the seat of judgement,* and the books are opened and all secrets disclosed, * then deliver me from the unquenchable fire, * and count me worthy to stand at Your right hand, * O Judge who are most just.

Prokeimenon, Tone 3 - Great is our Lord and great is His strength,* and of His knowledge there is no end.

verse: Praise the Lord, for a psalm is good; may praise be sweet to Him. (*Psalms 146:5,1*)

Epistle - 1 Corinthians 8:8-9:2

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

Brothers and Sisters, “Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus

sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are you not my work in the Lord? If I am not an apostle to others, at least I am to you; for you are the seal of my apostleship in the Lord.

Alleluia, Tone 8 - Come, let us rejoice in the Lord; let us acclaim God our Saviour.

verse: Let us come before His face with praise, and acclaim Him in psalms. (*Psalm 94:1,2*)



Gospel - Matthew 25:31-46

The Lord said, “When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left. Then the king will say to those at his right hand, ‘Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.’ Then the righteous will answer him, ‘Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?’ And the king will answer them, ‘Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.’ Then he will say to those at his left hand, ‘You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me

nothing to drink, I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me.’ Then they also will answer, ‘Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?’ Then he will answer them, ‘Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.’ And these will go away into eternal punishment, but the righteous into eternal life.”

Communion Hymn - Praise the Lord from the heavens; * praise Him in the highest. *(Psalm 148:1)* * Rejoice in the Lord, O you just; * praise befits the righteous. * Alleluia, alleluia, * alleluia. *(Psalm 32:1)*

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

The value of fasting consists not only of avoiding certain foods, but in giving up sinful practices. The one who limits his fast only to abstaining meat mocks it! ... For a true fast, you cannot fast only with your mouth. You must fast with your eyes, your ears, your feet, your hands, and all parts of your body... For what good is it if you don't eat meat or poultry, and yet you bite and devour the flesh of your neighbor? St John Chrysostom

“Jesus made Himself the Bread of Life in order to sanctify my hunger for Him and for His love. He, in turn, made Himself the hungry one to satisfy my hunger for Him through my love and service.” St. Mother Teresa of Calcutta

CATECHETICAL SUMMARY

In the Gospel appointed for Meat-Fare Sunday, we learn that what we do to our neighbor, we do to Christ. How is this possible? How are we to understand the spiritual meaning of this truth?

First, we must always remember that we, men and women, were made in the image and likeness of God. Even after the Ancestral

Sin of our first parents, we remained in God's image. This truth is important when considering our actions toward others. What we do to others, Christians and non-Christians alike, we do to God who remains present in us through the stamp of his image.

In our baptism we were united to Christ and made partakers of his own life, so much so that we can now say with Saint Paul "It is no longer I who live, but Christ who lives in me" (Gal 2:20). This second and deeper level of our identity with Christ, makes the above truth even more profound.

It is Christ who we speak with when we talk with our friends. Christ is present with us as we either care for, or ignore, those around us. Christ is here with us when we either embrace or push away those who are in need. Christ is within us and is in the heart of our neighbor with whom we interact.

As we begin our Lenten journey, let us consider how we treat others in relationship to Christ. Let Christ be in our mind, on our lips, in our heart. Let it be Christ's hands that are outstretched when we help our neighbor who is in need. Let it be Christ's feet that walk where we walk each day. During this Lenten season, let us recognize the presence of God in each and every person we meet.

CHALLENGE QUESTIONS:

1. In terms of the above comments, what happened to us when we were baptized?
2. How should I act toward my brother, sister, friend or neighbor when I realize that they have God within them?
3. What are some ways that I can make Lent an opportunity to live Jesus' life?
4. What are some ways in which Jesus cared for those around him, and what are some ways that I conform my life to Jesus' way of life?

Commentary on the Sunday Gospel Reading:

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

Meat-fare Sunday - Sunday of the Fearful Judgement

As its name indicates, this is traditionally the final day for eating meat until Pascha. This additional week of abstinence from meat comes from the Monastery of Saint Sabbas, near Jerusalem. The monks are thought to have introduced the practice in expiation for a sin of the Emperor Heraclius when he recaptured Jerusalem from the Persians. But this is a historical matter of no particular importance, and is not even mentioned in the Triodion.



The real theme of this Sunday is the Last Judgment, which we read about in the Gospel at the Divine Liturgy (Matt. 25:31-46).

Fasting is a discipline, an aid to repentance. Repentance itself is the object of the exercise. Just before the Great Doxology on this Sunday we sing “If you fast, do not deceive your neighbour! If you abstain from food, do not judge others!”

Even Lent has its temptations: we may be tempted to believe that our religious practice of Lent somehow entitles us to look down on others, or somehow excuses us from serving others. Just the opposite is true. And this “Sunday of the Last Judgment” should keep before our eyes, all through Lent, the primary importance of caring for the needs of others, of recognizing in those in need, Christ Himself. Lent should teach us humility; God forbid that Lent would become an occasion of pride!

The week following this Sunday, the last week before Lent itself, has some interesting features. Wednesday and Friday are “aliturghical days,” which means that no celebration of the Divine Liturgy is foreseen by the calendar, and there are no readings from the Scripture for the Divine Liturgy. Saturday, the day before Forgiveness Sunday, is kept in honour of the monastic saints, the Holy Ascetics, because particularly during Lent we strive to follow their good example.

**** ANNOUNCEMENTS ****



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

Please Pray for health of ... All those affected by the coronavirus, and: Wilma C., Rob E., Elsie K., Billie M., Peter O., Rob R., Bishop Stephan Ch., Zbigniew K., Pat B., Anne D., Margaret M., Ernie P., Ambrose S., Dave & Betty C., Matt D., Miroslaw G., T.W., Bill P., Thomas H., Lawrence & Ping B., Gladys O., Zonia K., Brian K., Mary & Dave E., Sharon & Al L., Joe S., Jeanne R., Lisa M., Michael L., Melynda S., Suzanne C., Clay B., 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 & Volunteers –
Дякуємо – Many thanks to everyone for

Dakyo



your support of our parish community. Our gratitude to **Mrs. Mildred Kolody** for mending one of our vestments. God bless you all!

Great Fast (Lent) 2022 – the 40 days of spiritual preparation for Easter/Pascha will begin on **Monday, Feb. 28th**.

Parish Council Meeting – will take place on **Monday, Feb. 28 at 10:00 a.m.**

Society of St. Vincent De Paul Members Meeting – will take place on **Tuesday, March 1st** at 11:00 a.m.

Kamloops Pro-Life – will be holding a **First Friday Vigil** this coming **Friday, March 4th**, 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.

World Day of Prayer Kamloops 2022 – “I Know the Plans I have for You” (**Jeremiah 29:11**) - - will take place on **Friday, March 4th**. We are invited to celebrate in person at the Most Sacred Heart Roman Catholic Cathedral, Kamloops (255 Nicola Str.) at 1:00 p.m. One may

also join the online service from Kamloops Salvation Army – at www.kamloopssalvationarmy.ca

Diocesan Clergy Mass - to be celebrated by His Excellency Joseph Nguyen, Bishop of Kamloops on **Sunday, March 6 at 1:00 p.m.** at Sacred Heart Roman Catholic Cathedral.

All Souls Saturday (Задущні Суботу) – our prayers for our beloved deceased ones will take place on 2nd, 3rd & 4th **Saturdays of Lent** (March 12, 19 & 26). If needed, please provide Fr. Andrzej with additional names to be added to your family's deceased list.



**Special Collection for Ukraine -
Emergency Humanitarian Aid To The
People In Ukraine** -

Our gratitude to everyone who has donated towards our special collection for Ukraine. We have collected \$440.00. Anyone who still wishes to donate, is welcome to, as we will wait another couple of weeks before we forward this money to New Westminster Eparchy.

Please remember too indicate on the envelope that this is a donation for Ukraine.

The Most Holy Trinity Parish Stewardship: Sunday, Feb. 13 - \$ 460.00 (Sunday collection \$380 & Ukraine \$80) ****
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.

Prayer for the Afflicted People of Ukraine in Time of War

O Lord Jesus Christ, our God, we entreat You to hear the earnest prayer of Your beloved Church of Kievan Rus’ for her deeply afflicted children abiding in the land of Ukraine. Behold their grave sorrow and grievous plight, and speedily come to their

aid. Deliver Your vulnerable people from unjust aggressors, foreign invasion and the terror of war. Strengthen courageous defenders of the nation to fight virtuously, inspired more by love of those they protect than hatred of the enemy. O compassionate Lord, shelter the displaced, heal the wounded, console the orphan, protect the widow, comfort those who mourn, and mercifully receive into Your Kingdom those who have nobly died guarding their homeland against every aggression. Quickly make cease the spilling of blood of friend and foe alike, yet stir many to bravely struggle for that true justice which alone can bring lasting peace. O kind-hearted Lord, as You are our peace, soften the hearts of the unmerciful and convert those who promote hostilities toward reconciliation, so that Your beloved children of the land of Ukraine may abide in that tranquility, justice and freedom which reflects your Kingdom, where You reign with Your eternal Father, and Your most holy, good and life-giving Spirit, now, and forever and ever. *Amen.*



	<p>WORLD DAY OF PRAYER KAMLOOPS 2022 ENGLAND, WALES AND NORTHERN IRELAND</p>			
<p><u>Online</u></p> <p>All videos and resources available</p> <p>Friday, March 4th, 2022</p> <p>at</p> <p>kamloopssalvationarmy.ca</p> <p>For more information call 250-579-9412</p>		<p><u>In-Person</u></p> <p>Friday, March 4th, 2022</p> <p>1 pm @ Sacred Heart Cathedral 255 Nicola St.</p> <p>COVID restrictions in place</p> <p>Live-streamed at rcdk.org (under events)</p> <p>For more information call 250-314-6779</p>		
<p><i>"I Know the Plans I Have for You"</i></p> <table border="0"><tr><td data-bbox="592 1501 690 1656"></td><td data-bbox="690 1501 1218 1656"><p>Women's Inter-Church Council of Canada Conseil œcuménique des chrétiennes du Canada</p></td></tr></table>				<p>Women's Inter-Church Council of Canada Conseil œcuménique des chrétiennes du Canada</p>
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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.



ON-LINE SERVICES

Please join Holy Eucharist Cathedral (New Westminster) live-streamed coverage of liturgical services

***** Sundays ***** at 9:00 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

Telus TV channel by tuning to channel 876 on TELUS Optik.



St. George's parish in Prince George at 10:00 a.m.

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

