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|  3rd Sunday of the Great Veneration of the Holy Cross **Our Venerable Fathers Martyred by the Saracens at the Monastery of St. Sabbas in Palestine in 796 A.D.****\*\* Sunday, March 20th, 2022\*\*** |
| Pastor: *Fr. Andrzej Wasylinko**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.caWebsite*:* [*http://kamloops.nweparchy.ca/*](http://kamloops.nweparchy.ca/) |

***This Week’s Parish Liturgical Services***

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

##### **Monday, March 21 \*\* *9:00 a.m.*** \*\*\* Lenten Service ***–“Stations of the Cross***”

##### **Tuesday, March 22***\*\** ***9:00******a.m.\*\**** *Div. Lit.: God’s blessings to Brother Knights & their families*

##### **Friday, March 25 \*\* Feast of Annunciation of the Mother of God \*\*\* 10:00 a.m.**. \*\* Div. Lit.: God’s blessings to all parishioners

 **\*\*\* 6:00 p.m. Prayer Service** – Rosary for Peace in Ukraine – Knights of Columbus

##### **Saturday, March 26** *\*\*\* 8:30 a.m.* **\*\*\*** *Div. Lit.: +Prayers for Beloved Deceased Ones (4th All Souls Service)*

**\*\* 10:30 a.m. – Funeral Mass for +Mary Weisbeck – Holy Family Parish**

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##### **Sunday, March 27** \*\*\* **9:30 a.m.** Rosary/Confession **\*\* 10:00 a.m. \*\*\*** *Div. Lit.* (Eng./Ukr.): God’s blessings to all parishioners

***The Divine Liturgy of St. Basil the Great is celebrated today (and on every Sunday of the Great Fast).***

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*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!”

*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, now and for ever and ever. Amen.

*Kontakion, Tone 7:* No longer does the flaming sword guard the gate of Eden; \* the tree of the Cross has quenched its flames gloriously. \* The sting of death and the victory of Hades are banished, \* and You O my Saviour came and called to those in Hades: “Return again to Paradise!”

***Instead of Holy God, we sing:***

To Your Cross, O Master, \* we bow in veneration, \* and we glorify Your holy Resurrection!

***Prokeimenon, Tone 6 -*** Save Your people, O Lord, and bless Your inheritance.

*verse:* Unto You I will cry, O Lord my God, lest You turn from me in silence. *(Psalm 27:9,1)*

***Epistle -*** *Hebrews 4:14-5:6*

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

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Brothers and Sisters, since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is

unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of this he must offer sacrifice for his own sins as well as for those of the people. And one does not presume to take this honor, but takes it only when called by God, just as Aaron was.

So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

“You are my Son,
 today I have begotten you”;

as he says also in another place,

“You are a priest forever,
 according to the order of Melchizedek.”

***Alleluia, Tone 8 -*** 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.

***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

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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***

In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins’ pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

***Communion Hymn -*** Let the light of Your countenance, O Lord\* shine upon us.\* Alleluia, alleluia,\* alleluia. *(Psalm 4:7)*

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*\*\*\*\*\* Prayers \*\*\*\*\**

***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

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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.

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**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.

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

*“As each day dawns, plan your life as though it were your last on earth, and keep yourself from sin.”* ***St. Anthony***

*“Sacrifice and prayer complement each other. There is no prayer without sacrifice, and there is no sacrifice without prayer. That is what Jesus has shown us. Jesus’ life was spent in intimate union with His Father as He passed through this world doing good. We need to do the same.”* ***St. Mother Teresa of Calcutta***

***The Holy Mystery of Repentance***

*449.  The Holy Mystery of Repentance (or Confession) is a marvellous manifestation of God’s love and mercy towards us sinners. This is because the Lord does not reject us and does not turn away from us when we, having been washed of our sins in Baptism and endowed with divine grace, sin again through malice or weakness. Indeed, the Lord awaits our repentance. He forgives us if we repent and confess our sins (see Lk 15:12-32).* ***Catechism “Christ Our Pascha” p. 154***

***Commentary on the Sunday Gospel Reading:***

[***https://godwithusonline.org/reflections/the-sunday-of-the-veneration-of-the-holy-cross-ukrainian/***](https://godwithusonline.org/reflections/the-sunday-of-the-veneration-of-the-holy-cross-ukrainian/)

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|  **\*\* 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: Msgr. Jerry D., Irene M., Sharon & Al L., Wilma C., Rob E., Elsie K., ****Billie M., Peter O., Rob R., F.T., 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., Joe S., Jeanne R., Lisa M., Michael L., Melynda S., Suzanne C., Clay B., Stefanica K., 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 your support of our parish community. Thank you to Mrs. Louise McGarvey for cleaning our church “Procession Cross”. God bless you all!

**The Most Holy Trinity Parish Welcomes Most Reverent Bishop Joseph Nguyen!**

**Sacrament of Reconciliation at The Most Holy Trinity Parish –** as part of our Lenten spiritual journey, we will have an opportunity to participate in the Sacrament of Confession at our parish **today Sunday, March 20th**. Our guest Confessor is Bishop Joseph Nguyen. Confession will begin at 9:30 a.m.

**Pope Francis to consecrate Russia and Ukraine to the Immaculate Heart of Mary -** The consecration of Russia and Ukraine to the Immaculate Heart of Mary by Pope Francis will take place during the Celebration of Penance this coming Friday, March 25th in St Peter's Basilica.

[https://www.vaticannews.va/en/pope/news/2022-03/pope-francis-to-consecrate-russia-and-ukraine-to-the-immaculate.html](https://www.vaticannews.va/en/pope/news/2022-03/pope-francis-to-consecrate-russia-and-ukraine-to-the-immaculate.html%22%20%5Ct%20%22_blank)

Patriarch Sviatoslav’s welcome of Pope Francis’ prayerful initiative:

[http://news.ugcc.ua/en/articles/message\_of\_his\_beatitude\_sviatoslav\_march\_16\_2022\_21th\_day\_of\_the\_war\_96092.html](http://news.ugcc.ua/en/articles/message_of_his_beatitude_sviatoslav_march_16_2022_21th_day_of_the_war_96092.html%22%20%5Ct%20%22_blank)

**Support** **& Prayers for Ukraine -** Dear brothers and sisters in Christ, please continue to pray for the end of the war in Ukraine and for peace. Our collection for financial support will continue. Thank you for those who already donated. We have collected $1895.00. For more options and information on how to support Ukraine, please refer to the Eparchial website:  [http://nweparchy.ca/help-the-people-of-ukraine-to-survive-the-war-donate-here/](http://nweparchy.ca/help-the-people-of-ukraine-to-survive-the-war-donate-here/%22%20%5Ct%20%22_blank)

**Monthly Parish Council Meeting –** will take place tomorrow, Monday, March 21st at 10:00 a.m.

**Fr. Andrzej’s Away Time –** this coming Wednesday-Thursday, March 23-24, Fr. Andrzej will be away as part of his annual vacation.

**Kamloops Immigrant Services (KIS) a roundtable meeting** – will take place this coming Thursday, March 24. Fr. Andrzej will be participating in the meeting via zoom.

**Kamloops Knights of Columbus Rosary Prayer Service for Ukraine –** this coming, Friday, March 25th Brother Knights from Kamloops Councils will gather at 6:00 p.m. at our parish to pray for peace in Ukraine.

**SSVP Volunteers Workshop –** Fr. Andrzej will be participating in a special workshop for volunteers at SSVP programs on Wednesday, March 30th from 9:00 a.m. to 5:00 p.m.

**“Holy Moments” – with Deacon Paul Murphy – Lenten Retreat at OLPH parish –** weekend Masses on March 26/27th; Monday March 28th at 7:00-8:00 p.m. & Tuesday March 29th at 6:30pm followed by Sacrament of Reconciliation. Livestreaming will be available on the parish youtube page.

**Sacrament of Reconciliation at SAA –** Fr. Andrzej will assist our Roman Catholic clergy in the Sacrament of Reconciliation at St. Ann’s Academy on Friday, April 1st beginning at 8:45 a.m. until noon.

**Society of St. Vincent de Paul AGM –** will take place on Monday April 4th at 11:00 a.m. at our parish hall.

**The Most Holy Trinity Parish Stewardship**: Sunday, March 13 - $1240.00 (Sunday collection $480.00 & Ukraine $760.00) *May God bless and reward you for your generosity & support.*

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***Lenten Scriptural Readings for this week***

**Monday**: Genesis 8:21-9:7; Proverbs 11:19-12:6 & Isaiah 14:24-32

**Tuesday:** Genesis 9:8-17 Proverbs 12:8-22 & Isaiah 25:1-9

**Wed.,:** Genesis 9:18-10:1; Proverbs 12:23-13:9 & Isaiah 26:21-27:9

**Thurs.,:** Genesis 10:32-11:9; Proverbs 13:19-14:6 & Isaiah 28:14-22

**Friday:** Genesis 12:1-7; Proverbs 14:15-26 & Isaiah 29:13-23

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**The Sunday of the Veneration of the Holy Cross**

Not only the Third Sunday of Great Lent, but also the week that follows are devoted to welcoming the Precious Cross of Christ. This adoration of the Cross does not have a penitential character, but rather the opposite: “through the Cross joy has come to the whole world.” Having reached the midpoint of Lent, we take refreshment, as though at a spiritual oasis, in the shade of the Cross, which is the banner and emblem of Christ’s victory. The Cross is a sign of our joy in Christ’s triumph. The liturgical texts express this joy; all the hymns in praise of the Cross have a victorious note to them. The Canon of Sunday Matins resembles the Paschal Canon of Saint John of Damascus.

Saint Hippolytus of Rome teaches: “This Cross is the tree of my eternal salvation, nourishing and delighting me. I take root in the roots of the Cross; I am extended in the branches of the Cross; the dew of the Cross is my delight. The spirit of the Cross refreshes me like a lovely breeze. The shade of the Cross shelters me in my tent; when I flee from excessive heat I find the Cross a refuge, moist with dew, The flowers of the Cross are my flowers. The fruits of the Cross delight me altogether; the fruits of the Cross are always reserved for me, and I feast on the fruits of the Cross unrestrainedly. When I am hungry, the Cross is my nourishment. When I am thirsty, the Cross is my fountain. When I am naked, the Cross clothes me, for its leaves are no longer fig leaves, but the very breath of life. When I fear God, the Cross is my safeguard. When I falter, the Cross is my support. When I go into battle, the Cross is my prize, and when I triumph, the Cross is my trophy.

***"We adore Your cross, Lord, and we glorify Your Holy Resurrection"***

The season of the Great Fast is a special time for mortification and penance, both internal and external. Because this spiritual struggle lasts a longer time, it often happens that we begin the first days or weeks of fasting with great zeal and resolution, but then gradually we become physically and spiritually exhausted, weakened and discouraged. Holy Church knowing well the weakness and instability of our human nature, places before our eyes the holy Cross in the middle of the fast — an extraordinarily powerful incentive to motivate us to persevere in our spiritual struggle.

On the third Sunday, or mid-Lent, holy Church encourages us to venerate the Cross of our Lord in a very special manner, so that we may be strengthened in spirit. This Sunday, therefore, is called the Sunday of the Veneration of the Holy Cross.

The holy Cross is designed to remind us of God's infinite love for us, Christ's suffering for our sake and our obligation to carry our daily cross courageously. Jesus Christ addressed these words to all of us, "If anyone wishes to come after me, let him deny himself and take up his cross daily, and follow me ... He who does not carry his cross and follow me cannot be my disciple." (Luke 9,23 and 14,27)

The Sunday of the Veneration of the Holy Cross reminds us that Christians employ a powerful weapon in their battle with the enemies of his salvation — the Holy Cross. Particularly on this Sunday, the cross is raised before us as a sign of strength, salvation, victory and triumph.

**The Spirit of the Liturgy of the Veneration of the Holy Cross**

The services of this Sunday almost make no mention of the Cross as being a symbol of suffering, penance, or humiliation but rather extol the holy Cross as a symbol of joy, victory and triumph, which are brought to fullness through the glorious Resurrection.

The dominant hymn for this Sunday is: "We adore Your Cross, Lord, and we glorify your holy Resurrection." Where did this sublime hymn come from? This hymn is taken from the Matins service of Easter Sunday: "Having witnessed the Resurrection of Christ..." This prayer is also recited at every Sunday Matins service. It is a very old prayer; we find it already in the Resurrection or Easter Matins and the Sunday Matins of the ninth century.

Metropolitan Andrew Sheptytsky, O.S.B.M., in his pastoral letter on "The Veneration of the Holy Cross" says: "The essence of the veneration of the Cross cannot be more clearly and more gloriously expressed than it is in the service of the Sunday of the Veneration of the Holy Cross. Our Rite has always joined this veneration of the Cross with the commemoration of the Resurrection. Bowing before the Cross, we pray: 'We adore Your Cross, Lord, and we glorify Your Resurrection.' This is the true Christian meaning of the Cross. Beyond the Cross, the Christian sees the glory of the Resurrection and the joy of everlasting bliss."

Instead of the Trisagion Hymn, at the Divine Liturgy on this day, we sing, "We adore your cross, O Lord... " This hymn in honor of the holy Cross we sing as we bow before the Cross and devoutly kiss it, at the conclusion of each church service throughout the whole week until Friday.

The Sunday of the Veneration of the Holy Cross, indeed, teaches us to understand the great significance the Holy Cross has for us, not only during the Lent, but also throughout our whole life. This Sunday tells us that wherever we find the Cross, there will we find strength, victory, salvation and the pledge of resurrection to an eternal life of bliss. To arouse ourselves to a greater veneration and love for the holy Cross, let us frequently call to mind those profound thoughts expressed by the great venerator of the holy Cross, St. Ephrem the Syrian (+373) in the following hymn:

'The Cross is — the resurrection of the dead.

The Cross is — the hope of Christians.

The Cross is — the staff of the lame.

The Cross is — the consolation of the poor.

The Cross is — the dethronement of the proud.

The Cross is — the hope of the hopeless.

The Cross is — the helm of those who sail.

The Cross is — the harbor of the storm-tossed.

The Cross is — the father of orphans.

The Cross is — the comfort of the afflicted.

The Cross is — the protector of youth.

The Cross is — the glory of men.

The Cross is — the crown of the aged.

The Cross is — the purity of virgins.

The Cross is — the bread of the hungry and the fountain of the thirsty. ...

Therefore, let us make the sign of this Life-Giving Cross on our forehead, lips and breast. Let us not leave the Cross even for one hour, even for one moment, and let us not do anything without it, but whether we are going to sleep, or getting up; whether we are eating or drinking, whether we are traveling on land, sailing the sea, or crossing rivers, we should adorn all the members of our body with the sign of the Life-Giving Cross.

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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 the parish priest, please call or email Fr. Andrzej in advance to arrange a time and a day.

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**EMERGENCY HUMANITARIAN AID TO THE PEOPLE IN UKRAINE** - The Ukrainian Catholic Church in Canada has partnered with the Catholic Near East Welfare Association in Canada (CNEWA) to provide immediate humanitarian support for the people of Ukraine. Will you help your brother and sister in need? Please pray. Stay informed. Donate. https://cnewa.org/ca/campaigns/ukraine/

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**Other Options to support Ukraine:**

**Development and Peace / Caritas Canada** – https://www.devp.org/en/wp\_press\_release/solidarity-prayers-and-support-for-ukraine-development-and-peace-j oins-relief-efforts/

**Canadian Red Cross** – https://www.redcross.ca/about-us/media-news/news-releases/red-cross-launches-ukraine-humanitarian-crisis-ap peal

**Come back alive** – https://savelife.in.ua/en/donate/ (works directly with the command and personnel of military units, purchasing infrared thermal imaging cameras, night vision goggles, hemostatics etc)

**Hospitallers** – https://www.facebook.com/hospitallers/posts/2953630548255167 (works directly on the frontline)

**Phoenix Wings** – http://wings-phoenix.org.ua/en/about-fund/ ( the appropriate equipment & uniform, personal non-lethal protection (vests, helmets), required treatment of the wounded soldiers, and repair of the buildings used by the army)

**Ukrainian Women Veteran Movement** – https://www.uwvm.org.ua/?page\_id=3437&lang=en (a consolidation of female veterans, amongst other things organizes preparation for actions in case of emergencies and defense situations.

**BCU Foundation website:** Select FUDF FUND – Friends of Ukraine Defense Forces Fund – www.bcufoundation.com/donate-today/ **or E-transfer to:** fundFUDF@gmail.com

**Ukrainian Canadian Congress** – https://www.canadahelps.org/en/dn/70605

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***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/](https://www.facebook.com/holyeucharistcathedral/%22%20%5Ct%20%22_blank)

**Youtube**[https://www.youtube.com/channel/UCPp1JaDotIj\_4h3aAJq0Srg](https://www.youtube.com/channel/UCPp1JaDotIj_4h3aAJq0Srg%22%20%5Ct%20%22_blank)

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

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

**[https://www.facebook.com/ParishPG](https://www.facebook.com/ParishPG%22%20%5Ct%20%22_blank)**