



**2<sup>nd</sup> Sunday of the Great  
Sunday of St. Gregory Palamas**  
*The Transfer of the Relics of Our Holy Father  
Nicephorus, Patriarch of Constantinople* – the

principle feast of Nicephorus is on June 13. His remains were transferred to the church of the Holy Apostles in Constantinople on March 13, 847, during the patriarchate of Methodius and under the reign of the Emperors Theodora and Michael.

**\*\* Sunday, March 13<sup>th</sup>, 2022\*\***

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

**Sunday, March 13 \*\* 9:30 a.m. Rosary \*\* 10:00 a.m.**

**\*\*\* Div. Lit. (Eng./Ukr.): God's blessings for all parishioners**

**Monday, March 14 \*\* 9:00 a.m. \*\*\* Lenten Service -  
"Stations of the Cross"**

**Tuesday, March 15\*\* 9:00 a.m.\*\* Div. Lit.: God's  
blessings to St. Ann's Academy Students, their families  
& school staff**

**Wednesday, March 16 \*\* 3:30 p.m. \*\* Liturgy of the Pre-  
Sanctified Gifts**

**Thursday, March 17 \*\*\* 9:00 a.m. \*\*\* Div. Lit.: +Prayers  
for Beloved Deceased Ones (3rd All Souls Service)**

**Sunday, March 20 \*\*\* 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).*



*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, now  
and for ever and ever. Amen.

*Kontakion, Tone 4:* The time for action is now revealed; \* the  
Judge is at the door. \* Let us rise and keep the fast, \* offering  
tears of contrition with alms and crying aloud: \* our sins are more  
numerous than the sands of the sea, \* but forgive us, O Maker of  
all, that we may receive incorruptible crowns.

*Prokeimenon, Tone 5* - You, O Lord, will guard us \* and will  
keep us \* from this generation \* and forever.

*verse:* Save me, O Lord, for there is no longer left a just man.  
(*Psalm 11:8,2*)

*Epistle - Hebrews 1:10-2:3*

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

Brothers and Sisters, “In the beginning, Lord, you founded the  
earth,

    and the heavens are the work of your hands;  
they will perish, but you remain;  
    they will all wear out like clothing;  
like a cloak you will roll them up,  
    and like clothing they will be changed.

But you are the same,  
    and your years will never end.”

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But to which of the angels has he ever said,

“Sit at my right hand  
until I make your enemies a footstool for your feet”?

Are not all angels spirits in the divine service, sent to serve for the sake of those who are to inherit salvation?

Therefore we must pay greater attention to what we have heard, so that we do not drift away from it. For if the message declared through angels was valid, and every transgression or disobedience received a just penalty, how can we escape if we neglect so great a salvation? It was declared at first through the Lord, and it was attested to us by those who heard him.

**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. (*Psalm 17:48,51*)



**Gospel - Mark 2:1-12**

At that time, Jesus returned to Capernaum after some days, and it was reported that he was at home. So many gathered around, that there was no longer room for them, not even in front of the door; and he was speaking the word to them. Then some people came, bringing to him a paralyzed man, carried by four of them. And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. When Jesus saw their faith, he said to the paralytic, “Son, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?” At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, “Why do you raise such questions in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Stand up and take your mat

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and walk'? But so that you may know that the Son of Man has authority on earth to forgive sins"—he said to the paralytic— "I say to you, stand up, take your mat and go to your home." And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, "We have never seen anything like this!"

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



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

### ***Prayer for the Afflicted People of Ukraine in Time of War***



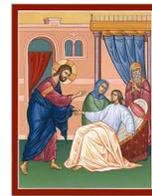
O Lord Jesus Christ, our God, we entreat You to hear the earnest prayer of Your beloved Church of Kievan Rus' for her deeply afflicted children abiding in the land of Ukraine. Behold their grave sorrow and grievous plight, and speedily come to their aid. Deliver Your vulnerable people from unjust aggressors,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

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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.**



**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.



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

*“Absence of passions and the possession of virtue constitute love for God; for hatred of evil, resulting in the absence of passions, introduces in its place the desire for and acquisition of spiritual blessings.” St Gregory Palamas.*

**Patristic Reading**

The soul’s death sentence, brought into effect by man’s transgression, was in accord with the creator’s justice; for when our forefathers forsook God and chose to do their own will, He abandoned them, not subjecting them to constraint. And, for reasons we have stated above, God in his compassion had always forewarned them of this sentence (**Genesis 2:17**). But in the abyss of his wisdom and the superabundance of his compassion, He forbade and delayed in executing the sentence of death upon the body; and when He did pronounce it, He relegated its execution to the future. He did not say to Adam, “Return whence you were taken”, but “You are earth, and to the earth you will return.” (**Genesis 3:19**) Those who listened to these words with intelligence can gather from them that God did not make death (**Wisdom 1:13**) neither that of the soul nor that of the body. He did not originally give the command, “Die on the day you eat of it.” (**Genesis 2:17**) Nor did He say “Return now to earth,” but “You will return.” (**Genesis 3:19**) This He said as a forewarning, but He then delayed its just execution, without prejudicing the eventual outcome.

Death was thus to become the lot of our forefathers, just as it lies in store for us who are now living, and our body was rendered mortal. Death is thus a kind of protracted process or, rather, there are myriads of deaths, one death succeeding the next, until we reach the one final and long-enduring death. For we are born into corruption, and having once come into existence, we are in a state of transiency until we cease from this constant passing away and coming to be. We are never truly the same, although we may appear to be so to those who do not observe us closely. Just as a flame that catches at one end of the slender reed changes continually, and the length of the reed measures its existence, so we likewise are ever changing, and our measure is the length of the life appointed to each of us.

That we should not be entirely ignorant of the superabundance of his compassion for us and the abyss of his wisdom, God deferred man's death, allowing him to live for a considerably longer time. From the first, God shows that His discipline is merciful, or, rather, that He delays a just chastisement so that we do not utterly despair. He granted time for repentance and for a new life pleasing to Him, while through the succession of generations He eased the sorrow produced by death. \*\*\* *St. Gregory Palamas, Topics of Natural and Theological Science*

*Commentary on the Sunday Gospel Reading:*

<https://godwithusonline.org/reflections/the-sunday-of-st-gregory-palamas-ukrainian/>

**\*\* 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., Bishop Stephan Ch., Zbigniew K., Pat B., Anne D., Margaret M., Ernie P., Ambrose S., Dave & Betty C., Matt D., Mirosław 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., 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 “rapida”; to Mr. John Chaplin & Mr. Orest Hrycewich for their maintenance work, & to Mrs. Mildred Kolody for repairing clergy vestments and for other sewing projects. God bless you all!

**Thank You St. Ann’s Academy Students!**



The Students of St. Ann’s Academy, Kamloops, recently held a fundraiser and \$1,200 was donated to Development and Peace for humanitarian aid to the people of Ukraine. Thank you for your generosity and God bless you!



**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 **next Sunday, March 20<sup>th</sup>**. Our guest Confessor will be Bishop Joseph Nguyen (Kamloops Diocese). Confession will begin at 9:30 a.m.

**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 \$1135.00. 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/>

**Sunday Coffee & Cookies** – we are very glad to share that our Sunday coffee gatherings after the Divine Liturgy will resume

today! Please come & join us in fellowship.

**SSVP Volunteers luncheon** – will take place this coming Thursday, March 17<sup>th</sup> at 11:00 a.m.



**Knights of Columbus 4<sup>th</sup> Degree Monthly Meeting** – will take place this coming Thursday, March 17<sup>th</sup>, at 7:00 p.m. in the OLPH Centre.

**Monthly Parish Council Meeting** – will take place on Monday, March 21<sup>st</sup> at 10:00 a.m.

**Fr. Andrzej's Away Time** – this coming Friday, March 18 & Wednesday-Thursday, March 23-24, Fr. Andrzej will be away as part of his annual vacation.

**“Holy Moments” – with Deacon Paul Murphy – Lenten Retreat at OLPH parish** – weekend Masses on March 26/27<sup>th</sup>; Monday March 28<sup>th</sup> at 7:00-8:00 p.m. & Tuesday March 29<sup>th</sup> at 6:30 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 1<sup>st</sup> beginning at 8:45 a.m. until noon.

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

**The Most Holy Trinity Parish Stewardship:** Sunday, Feb. 27 - \$936.00 (Sunday collection \$781.00 & Ukraine \$155.00)  
\*\*\*\* Sunday, March 6 - \$1,315 (Sunday Collection - \$805.00 & Ukraine - \$510). *May God bless and reward you for your generosity & support.*

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

**Monday:** Genesis 6:9-22; Proverbs 8:1-22 & Isaiah 8:13-9:6

**Tuesday:** Genesis 7:1-5; Proverbs 8:32-9:10 & Isaiah 9:8-10:4

**Wednesday:** Genesis 7:6-9; Proverbs 9:12-18 & Isaiah 10:12-20

**Thursday:** Genesis 7:11-8:3; Prov. 10:1-22 & Isaiah 11:10-12:2

**Friday:** Genesis 8:4-21; Proverbs 10:31-11:12 & Isaiah 13:2-13



## **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.



## **Press Release – UKRAINIAN BISHOPS OF CANADA MEET**

The Ukrainian Catholic (UGCC) and Ukrainian Orthodox (UOCC) Bishops of Canada met by zoom conferencing on Thursday, 10 March 2022, to discuss the ongoing tragedy of the war in Ukraine. Initiating and ending their meeting with prayer, the Bishops discussed their insights on the war situation in Ukraine, the plight of those fleeing the war in various countries, and how the faithful in Canada are responding to this human and political tragedy. The Ukrainian Bishops of Canada expressed gratitude to the various agencies that are assisting in providing humanitarian aid to Ukraine, and thank their faithful for their willingness to help in whatever way they can. The Bishops concluded by considering plans to unite the faithful of both Orthodox and Catholic Churches in prayer and action for Ukraine.

+ Lawrence (Huculak), Ukrainian Catholic Archeparch of  
Winnipeg, Metropolitan, UGCC

+ Ilarion (Rudnyk), Bishop of Edmonton and the Western Eparchy,

Locum Tenens of the Metropolitan Cathedral of the UOCC

+ David (Motiuk), Ukrainian Catholic Eparch of Edmonton,  
Administrator of the New Westminster Eparchy, UGCC

+ Andriy (Peshko), Bishop of Toronto and the Eastern Eparchy of the UOCC

+ Bryan (Bayda), Ukrainian Catholic Eparch of Saskatoon,  
Administrator of Toronto and Eastern Canada, UGCC

10 March 2022



## **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/>



### **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-joins-relief-efforts/](https://www.devp.org/en/wp_press_release/solidarity-prayers-and-support-for-ukraine-development-and-peace-joins-relief-efforts/)

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

**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](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/](http://www.bcufoundation.com/donate-today/) or E-transfer to: [fundFUDF@gmail.com](mailto:fundFUDF@gmail.com)

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



**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/UCPp1JaDotlj\\_4h3aAJq0Srg](https://www.youtube.com/channel/UCPp1JaDotlj_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>