



5th Sunday after Pentecost

Our Venerable Father Anthony of the Monastery of the Caves in Kiev (1073) ***
Forty-Five Martyrs of Nicopolis in Armenia (321-3) *** Holy Brothers Francis, Mutius and Raphael and Those with Them, Martyred in Damascus (1860).

**** Sunday, July 10th, 2022 ****

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Liturgical Services this coming week

Sunday, July 10 ** 8:30 a.m. ** Rosary (Eng.) ** 9:00 a.m. Divine Liturgy (Eng./Ukr.): God's blessings to all parishioners

Monday, July 11 **Feast of St. Olha* 9:00 Div. Lit:** +Brian B.

Thursday, July 14 * 9:00 a.m. ** Div. Lit:** God's blessings & good health to Jeanette

Friday, July 15 ** Feast of St. Volodymyr * 10:00 a.m. *** Div. Lit:** God's blessings to Cecil & Muriel

Saturday, July 16 * 9:00 a.m. ** Div. Lit:** Special Intention

Sunday, July 17 * 9:30 a.m. * Rosary (Eng.) * 10:00 a.m. Divine Liturgy (Eng./Ukr.)

Troparion, Tone 4: When the disciples of the Lord learned from the angel * the glorious news of the resurrection * and cast off the ancestral condemnation, * they proudly told the apostles: * “Death has been plundered! * Christ our God is risen,* granting to the world great mercy.”

Troparion, Tone 4: Leaving behind worldly tumult, * O Venerable Father Anthony, * in keeping with the gospel you turned your back on the world, * and leading a life equal to that of angels you attained to the calm haven of Mount Athos * from whence you came to the Mount of Kiev * with the Fathers’ blessing * and living there an arduous life you enlightened your fatherland, * pointing the way into the Kingdom on high to a multitude of monks and nuns * and thus you lead your homeland to Christ.* Pray to Him that He save our souls.

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

Kontakion, Tone 4: My Saviour and Deliverer from the grave * as God raised out of bondage the children of the earth * and shattered the gates of Hades;* and as Master, He rose on the third day.

Now and for ever and ever. Amen.

Kontakion, Tone 8: Cleaving to God, * whom you loved from your childhood above all else, * you followed Him lovingly with your whole heart, * O Father Anthony.* Scorning this passing world as a trifle* you made your dwelling a cave in the earth.* There you fought well against the unseen enemy’s snares* and shone like the sun to the ends of the earth. * From whence you passed joyfully to heaven’s mansions* and stand now with angels at the Master’s throne. * There we ask you to remember those who feast your memory * that we may cry to you: Rejoice, O Anthony, our Father.

Prokeimenon, Tone 4 - How great are Your works, O Lord * You have made all things in wisdom.

verse: Bless the Lord, O my soul: O Lord my God, You are exceedingly great. (*Psalm 103:24,1*)

Prokeimenon, Tone 7 - Precious in the sight of the Lord is the death of His venerable ones.

Epistle: Romans 10:1-10 & Galatians 5:22-6:2 (NRSV)
Brothers and sisters, my heart's desire and prayer to God for them is that they may be saved. I can testify that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they have not submitted to God's righteousness. For Christ is the end of the law so that there may be righteousness for everyone who believes.

Moses writes concerning the righteousness that comes from the law, that "the person who does these things will live by them." But the righteousness that comes from faith says, "Do not say in your heart, 'Who will ascend into heaven?'" (that is, to bring Christ down) "or 'Who will descend into the abyss?'" (that is, to bring Christ up from the dead). But what does it say? "The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved.

Alleluia, Tone 4 - Poise yourself and advance in triumph and reign in the cause of truth, and meekness, and justice.

verse: You have loved justice and hated iniquity. (*Psalm 44:5,8*)

verse: Blessed is the man who fears the Lord; he shall delight exceedingly in His commandments.

Gospel: Matthew 8:28-9:1



At that time when Jesus came to the other side, to the country of the Gadarenes, two demoniacs coming out of the tombs met him.

They were so fierce that no one could pass that way. Suddenly they shouted, “What have you to do with us, Son of God? Have you come here to torment us before the time?” Now a large herd of swine was feeding at some distance from them. The demons begged him, “If you cast us out, send us into the herd of swine.” And he said to them, “Go!” So they came out and entered the swine; and suddenly, the whole herd rushed down the steep bank into the sea and perished in the water. The swineherds ran off, and on going into the town, they told the whole story about what had happened to the demoniacs. Then the whole town came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And after getting into a boat he crossed the sea and came to his own town.

Communion Hymn - Praise the Lord from the heavens; * praise Him in the highest (*Psalm 148:1*) * The just man shall be in everlasting remembrance; * of evil hearsay he shall have no fear. * Alleluia, alleluia, * alleluia.



Commentary on the Sunday Gospel Reading:
<https://godwithusonline.org/reflections/the-fifth-sunday-after-pentecost-ukrainian/>



Today's Gospel is one of the most tragic of any and all of Scripture because it really, in a nutshell, shows how people's lives are lost. They're lost by just living their life, not thinking of God, doing what they want to do, and then they die. And most of

them will not know what they have missed until the Judgment. What a tragedy.

This tragedy is happening in our lives too. Every time that we

choose the wrong way, we are like the people of the Gadarenes because we are losing an opportunity for sanctity, for blessedness. We must, when we can, do what is right. Because there are so many times we do what is wrong, we must seize upon the moment.

The Lord came so that we would no longer be sinners. But we must answer the question every day: What are we to do with Him?

Those who do not love God answer it in such a way as to say, Go away. Not in so many words. But in the way they live their lives and their priorities what they think is important and what they do, they say, Go away.

Those who love God, they beg Him to stay. So let us be like the Apostles and answer this question as they did. What are we to do with Thee, Jesus?

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

“Start doing what is necessary; then do what’s possible; and suddenly you are doing the impossible.” **St. Francis of Assisi**

“I need nothing in this world in order to be happy. I only need to see Jesus in Heaven, Whom I now see and adore on the Altar with the eyes of faith.” **St. Dominic Savio.**

***** *Prayers* *****

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



God of peace and justice, we pray for the people of Ukraine today. We pray for peace and the laying down of weapons. We pray for all those who fear for tomorrow, that Your Spirit of comfort would draw near to them. We pray for those with power over war or peace, for wisdom, discernment, and compassion to guide their decisions. Above all, we pray for all Your precious children, at risk and in fear, that You would hold and protect them. We pray in the name of Jesus, the Prince of Peace. 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.



**** ANNOUNCEMENTS ****



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



**Thank you to all our Supporters
& Volunteers – Дякуємо –** Many



thanks to everyone for your continued support of our parish community and for supporting our brothers & sisters in Ukraine. God bless you all!

Please Pray for health of ... All those affected by the coronavirus, those wounded in the war in Ukraine and: Lil & Ray S; Jeanette N., Elsie K., Paulette K., Irene M., Sharon & Al L., Wilma C., Rob E., Billie M., Peter O., Rob R., F.T., Zbigniew K., Pat B., Anne D., Margaret M., Dave & Betty C., Matt D., Bill P., Thomas H., Lawrence & Ping B., Gladys O., Zonia K., Brian K., Mary & Dave E., Jeanne R., Lisa M., Michael L., Melynda S., Suzanne C., Clay B., Stefanica K., Sarah N., 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 for your generosity – Most Holy Trinity parish is very grateful to all the parishioners who donated to help with the cost of the parish residence new dishwasher. We have received \$205. Very special thank you to Peter & Judy Orichowski for their very generous donation of \$100. God bless you all.

Next Monthly Ukrainian dinner - at the Kamloops United Church will be hosted this coming Friday, July 15th at 6:00 pm. For more information please contact Fr. Andrzej.

Weekly Senior Lunches – take place each Thursday at St. Vincent DePaul at 168 Briar Ave from 11:00 a.m. to 1:00 p.m. For more information, please contact Fr. Andrzej.

2022 Papal Visit to Canada - Wednesday, July 6, public ticketing for Pope Francis' open air Mass at Commonwealth Stadium, Edmonton, will officially open at 10:30 a.m. Mountain Time.

The public can access tickets (free) through the papal visit website: www.papalvisit.ca.

Additional information regarding participation at other papal events will also be made available next week.

Also, our parishes are asked to take up a special collection during the Divine Liturgies on Sunday, July 24. The proceeds from the collections will help to defray the costs of the papal visit. Through the generosity of several individuals, donations will be matched up to \$200,000. We are praying for & looking forward to welcoming Pope Francis to Canada, July 24-29 for his pilgrimage of healing, reconciliation and hope. *** **Special collection at the Most Holy Trinity parish will take place on Sunday, July 31.**

The 2nd World Day for Grandparents and the Elderly - will be celebrated on **Sunday, July 24**. The theme for this 2nd World Day is: *"In old age they will still bear fruit"* (Psalm 92:15). The intended purpose of the theme is to convey "how grandparents and the elderly are a value and a gift both for society and for ecclesial communities."

The Pontifical Dicastery for Laity, Family and Life has prepared a [Pastoral Kit for the Celebration of the Second World Day for Grandparents and the Elderly](#), including [Pope Francis' Message](#).

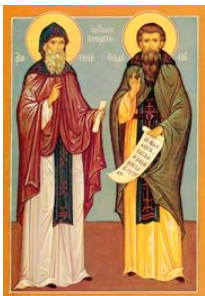
Parish Fundraiser to Support Those Fleeing the War in Ukraine – we have the opportunity to purchase Ukrainian pins at the church entrance as a way of supporting our brothers and sisters who will come from Ukraine. Suggested donation is \$10.

Annual Vacation Time – Fr. Andrzej will take the next part of his annual vacation from **Wednesday, July 20th to Wednesday, July 27, 2022**. Fr. Stepan Dvoshyha from Vernon will be substituting. Divine Liturgy for Sunday July 24th will be celebrated on Saturday, July 23rd at 3:00 p.m. Fr. Stepan's contact information: phone - **250-549-1327** & email - dovhoshiastepan@gmail.com.

The Synod of Bishops of the Ukrainian Catholic Church - will take place from **July 7-15** in Przemyśl, Poland. Its main theme will be "Synodality and Catholicity: The experience of the UGCC." His Beatitude Sviatoslav issued a decree on May 16, 2022, convening the Holy Synod of Bishops of the UGCC. Due to the Coronavirus pandemic, the 2020 and 2021 Synods of UGCC Bishops were held online. In 2022, the Synod was planned to be held in Kyiv; however, due to the ongoing war, the venue was changed to Przemyśl.

Annual Service of Blessing Cars – will take place next **Sunday, July 17th** after the Divine Liturgy at 10:00 a.m.

The Most Holy Trinity Parish Stewardship: Sunday, July 3rd - \$ 870 (dishwasher - \$45)^{****} *May God bless and reward you for your generosity & support .*



Anthony was born in 983 in Liubech, near Chernigov. He was named Antipas by his parents. In his youth he possessed a fear of God and dressed in monastic attire. As he matured he set off on a journey to Mount Athos, where he took to the monastic life. He received a monastic tonsure with the name Anthony, and set his life on a course of pleasing God and living an ascetic life on the path to virtue. He became known for his humility and obedience.

In time, the igumen recognized in him a great future ascetic. Inspired by God, the igumen directed that Anthony should return to his homeland where many monks would come to him. Returning to the Rus' lands, Anthony visited many monasteries near Kiev, but was not able to find the strict life that drew him to Mount Athos. In time, he came upon a cave that had been dug by the priest Hilarion (later to be Metropolitan of Kiev), near the village of Berestovo. Here he began his struggle in prayer, vigil, work, and fasting, eating only a morsel a day and sometimes not eating for a week.

In his ascetic life, people began to come to him for his blessing and counsel. Some who came decided to stay with him. Anthony's renown spread throughout the land, inspiring many to the monastic life. After twelve men had gathered with Anthony, the brethren dug a bigger cave, and within it made a church and cells for the monks. As the community became larger, Anthony appointed Barlaam as abbot of the monastery and then withdrew to another place to dig a new cave where he secluded himself. Nevertheless, monks began to settle around his new cave of seclusion. Thus were formed the Near and Far Caves monasteries. Later, a small wooden church, dedicated to the Dormition of the Theotokos was built over the Far Caves.

After the great Prince Izyaslav of Kiev convinced the igumen Barlaam to move to the Dimitriev monastery, the brethren, with Anthony's blessing, chose the meek and humble Theodosius, as igumen. The community of the Near and Far Caves continued to grow, reaching a population of hundred. Then, Prince Izyaslav gave the community of monks the hill where a large church and cells were built, around which a palisade was built. Thus, the renowned Monastery of the Kiev Caves came into being, the first spiritual center in the land of the Rus', raised up through the efforts of St. Anthony, without gold but on the prayers of saints and by their tears, vigil, and fasting. Many miraculous happening have been recorded associated with St. Anthony,

including the appearance of the Mother of God before Ss. Anthony and Theodosius in the Blachernae church in Constantinople, without their leaving their own monastery, at which the Mother of God foretold the death of Anthony. He died in the year 1073. (“orthodowiki.org”)



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.



Basic Guidelines for Reception of Holy Communion:

1. You are a member of the Catholic Church (Orthodox faithful are welcome to receive Holy Communion); 2) You have participated in the Sacrament of Confession at least during the Easter or Christmas seasons this past year if not more frequently; 3) You attend Divine Services regularly; 4) Your lifestyle is consistent with the teaching of the Catholic Church; 5) You have kept the Liturgical fast – no food at least one hour prior to the Divine Liturgy (water and medicine does not break the fast). 6) You have been in church from the beginning of the service, or at least heard the Gospel. 7) To the best of your ability, you are in the state of Grace.

If for any of these or other reasons you cannot receive Holy Communion, you are very welcome to come for a blessing. Please indicate to the priest that you would like to receive his blessing.