



## ***10<sup>th</sup> Sunday after Pentecost***

The Transfer of the Precious Relics of Our **Venerable Father Theodosius**, Hegumen of the Monastery of the Caves at Kiev (1091) \* -

Theodosius brought Cenobitic Monasticism to Kievan Rus' and, together with Anthony of Kiev, founded the Kyiv Caves Lavra (Monastery of the Caves).

**Fore-feast of the Holy Dormition of the Mother of God \***

**Holy Prophet Micah** – he was a contemporary of Prophet Isaiah and was one of the twelve minor prophets (740 to 693 B.C.). He named Bethlehem as the birthplace of the Messiah.

**\*\* Sunday, August 14<sup>th</sup>, 2022 \*\***



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### ***Liturgical Services this coming week***

**Sunday, August 14 \*\* 9:30 a.m. \*\* Rosary (Eng.)**  
/Sacrament of Confession \*\* **10:00 a.m. Divine Liturgy**  
(Eng./Ukr.): God's blessings to all parishioners

**Monday, August 15 \*\*\* Feast of the Dormition of the**  
**Mother of God \*\*\* 9:00 a.m. Div. Lit: God's blessings to**  
all parishioners (traditional blessing of flowers)

**Wednesday, Aug. 17 \*\* 9:00 a.m. Div. Lit: God's**  
blessings to Christina & Brock

**Thursday, Aug. 18 \*\* 9:00 a.m. Div. Lit: +Mary Sawka**

**Saturday, Aug. 20 \*\*\* Grindrod Parish \*\*\* 4:00 p.m.**  
*Div. Lit.: God's blessings to all parishioners (blessing of*  
*flowers)*

**Sunday, August 21 \*\* 9:30 a.m. \*\* Rosary (Eng.) /  
Sacrament of Confession \*\* 10:00 a.m. Divine Liturgy  
(Eng./Ukr.): God's blessings to all parishioners**



**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.

**Troparion, Tone 8:** Raised in virtue, O Father Theodosius, \*  
from childhood you loved the monastic life \* and attained your  
desire courageously. \* You lived in a cave adorning your life with  
fasting and radiance \* and abided in prayer like the bodiless  
powers. \* You shone like a beacon in the land of Rus'. \* Entreat  
Christ God to save our souls.

**Troparion, Tone 4:** O peoples, dance with joy and clap your  
hands with fervour. \* Gather today in eagerness and jubilation,  
and sing with glee; \* for the Mother of God is about to rise in  
glory, \* going up from the earth into heaven. \* it is to her we  
always sing hymns of praise, \* for she is the Mother of God.

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

**Kontakion, Tone 4:** Today the whole universe dances with joy \*  
at your glorious memory, O Mother of God, \* and it cries out to  
you: \* Rejoice, O virgin, pride of Christians.

Now and for ever and ever. Amen.

**Kontakion, Tone 3:** Today we revere the star of Rus', blessed  
Theodosius, \* who shone from the east and came to the West; \*  
for he enriched this whole land and all of us \* with gentleness and  
miraculous wonders \* by the practice and the grace of the  
monastic rule.

**Prokeimenon, Tone 1** - Let Your mercy, O Lord, be upon us, as we have hoped in You.

**verse:** Rejoice in the Lord, O you just; praise befits the righteous.

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

**Epistle: 1** *Corinthians* 4:9-16

*Brothers and Sisters*, for I think that God has exhibited us apostles as last of all, as though sentenced to death, because we have become a spectacle to the world, to angels and to mortals. We are fools for the sake of Christ, but you are wise in Christ. We are weak, but you are strong. You are held in honor, but we in disrepute. To the present hour we are hungry and thirsty, we are poorly clothed and beaten and homeless, and we grow weary from the work of our own hands. When reviled, we bless; when persecuted, we endure; when slandered, we speak kindly. We have become like the rubbish of the world, the dregs of all things, to this very day. I am not writing this to make you ashamed, but to admonish you as my beloved children. For though you might have ten thousand guardians in Christ, you do not have many fathers. Indeed, in Christ Jesus I became your father through the gospel. I appeal to you, then, be imitators of me.

**Alleluia, Tone 1** - God gives me vindication, and has subdued people under me.

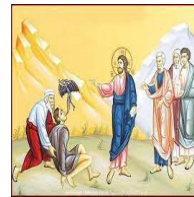
**verse:** Making great the salvation of the king, and showing mercy to His anointed, to David, and to His posterity forever.

**verse:** Your priests shall clothe themselves with justice, and Your venerable ones shall rejoice.

**verse:** For the Lord has chosen Sion; He has chosen it for His dwelling.

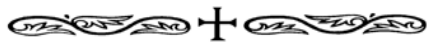
**Gospel; Matthew 17:14-23**

*At that time*, When they came to the crowd, a man came to him,



knelt before him, and said, “Lord, have mercy on my son, for he is an epileptic and he suffers terribly; he often falls into the fire and often into the water. And I brought him to your disciples, but they could not cure him.” Jesus answered, “You faithless and perverse generation, how much longer must I be with you? How much longer must I put up with you? Bring him here to me.” And Jesus rebuked the demon, and it came out of him, and the boy was cured instantly. Then the disciples came to Jesus privately and said, “Why could we not cast it out?” He said to them, “Because of your little faith. For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.” As they were gathering in Galilee, Jesus said to them, “The Son of Man is going to be betrayed into human hands, and they will kill him, and on the third day he will be raised.” And they were greatly distressed.

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



### **The Mutual Link of Prayer and Fasting**

*Prayer with fasting is good. (Tob 12:8)*

**702.** In the Gospels, Christ emphasizes the mutual relationship between prayer and fasting. Both are needed if one is to overcome the influence of the evil one, that is, if one is to be freed from sin. “This kind cannot be driven out by anything, but prayer and fasting” (*Mk 9:29*, rsv-ce). The Holy Fathers stressed the inseparability of fasting and prayer: “To the measure that you take away from the body, to that measure you will fortify the soul with spiritual strength fasting, we restrain and check the *outer person* so that through prayer, the *inner person* might thrive. When prayer is separated from fasting, the inner person lacks the

necessary conditions for growth.

### **Spiritual Combat in the Life of the Christian**

**785** From the moment of one's Baptism, every Christian enters into spiritual combat. There we die to sin, in order to live for God. This battle, as the apostle Paul teaches, is not about wrestling "... against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places" (*Eph* 6:12). The Christian engages in spiritual warfare by being armed with prayer, fasting, and almsgiving; we thus cleanse our thoughts and achieve dispassion. Saint John Cassian teaches that spiritual combat helps a person achieve perfection: "This battle is in accordance with the will of God. It serves human good and awakens in a person ardent striving for greater perfection."

#### **Fasting and Almsgiving**

**786.** Christians have fasted since ancient times. It was and is a way of imitating the forty-day fast of Christ, during which he fought the devil's temptations and overcame them. Fasting as a means of spiritual combat was further developed by monastics, who saw it as a means of achieving purity of heart. Fasting takes hold of the entire being: the body through restraint in food and drink, and the soul through restraint of the passions. Saint John Chrysostom teaches: "Do you not eat flesh? Feed not upon indecency by means of the eyes. Let the ear fast also. The fasting of the ear consists in refusing to receive slander and calumnies ... For what does it profit if we abstain from birds and fishes; and yet bite and devour our brothers and sisters?" (Catechism "Christ Our Pascha")

#### **\*\*\*\* To Ponder \*\*\***

*"You do not see God. Love and you possess Him... for God offers Himself to us at once. Love me, He cries to us, and you shall possess me. You cannot love Me without possessing me." St. Augustine.*

*Commentary on Sunday's Scriptural texts:*

<https://godwithusonline.org/reflections/the-tenth-sunday-after-pentecost-ukrainian/>

\*\*\*\*\* *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. Our gratitude to Mrs. Mildred Kolody for your work on the parish flower beds. God bless you all!

**Please Pray for health of ...** All those affected by the coronavirus, those wounded in the war in Ukraine and: 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.



**Weekly Lunches at SSVP** – each Thursday, from 11 am to 1:00 pm, the Society of St. Vincent de Paul hosts lunches for our senior citizens. It is not only an opportunity for a delicious meal, but also to socialize and to look for bargains at the thrift store. Please join us at 168 Briar Ave.

**Special Request** – We are looking for housing in the Sahali or Aberdeen areas for a mother and daughter from Ukraine. They need to be out of their current location by the end of August. They expect to be joined soon by the husband and their small dog. Please contact Fr Andrzej if you can help, or if you know of someone who can.

**Next Monthly Ukrainian dinner at Kamloops United Church** (421 St Paul Street) – will take place on Friday, August 19<sup>th</sup> at 6:00 p.m. For more information and to register, please call 250-372-3020.

**2022 CAMP ST. VOLODYMYR** – will take place in West Kelowna from Sunday August 21 to Sunday, August-28. Fr. Andrzej will be assisting at the camp with the Sacrament of Confession on Tuesday,

August 23, 2022.

**The Most Holy Trinity Parish Stewardship:** Sunday, August 7 - \$ 1,080 \*\*\*\*\* *May God bless and reward you for your generosity & support.*

### **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.*