



***Sunday before the Exaltation of  
the Cross \* Post-feast of the Nativity  
of the Mother of God \*\****

*Our Venerable Mother Theodora of Alexandria –  
having repented of the sin of adultery, Theodora entered a  
monastery where she dressed in men's garb and lived a strict  
ascetic life. She died in 440.*

**\*\* Sunday, September 11<sup>th</sup>, 2022 \*\***

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***Liturgical Services this coming week***

**Saturday, Sept. 10 \*\*\*** Grindrod Parish \*\*\* **5:00 p.m.** *Div. Lit.:  
God's blessings to all parishioners*

**Sunday, Sept. 11 \*\*** 9:30 a.m. \*\* **Rosary** (Eng.) / Sacrament of  
Confession \*\* **10:00 a.m.** *Divine Liturgy* (Eng./Ukr.): God's  
blessings to all parishioners

**Monday, Sept. 12 \*\*\*** **9:00 a.m.** *Div. Lit: God's blessings to  
members of the Knights of Columbus & their families*

**Tuesday, Sept. 13 \*\*\*** **9:00 a.m.** *Div. Lit: +Eileen J.*

**Wednesday, Sept. 14 \*\*** Feast of the Exaltation of the Precious  
Cross \*\*\* **9:00 a.m.** *Div. Lit.: God's blessings to all parishioners*

**Friday, Sept. 16 \*\*\*** **9:00 a.m.** *Div. Lit: +Johnny K.*

**Saturday, Sept. 17 \*\*\*** Grindrod Parish \*\*\* **5:00 p.m.** *Div. Lit.:  
God's blessings to all parishioners*

**Sunday, Sept. 18 \*\*** 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 5:** Let us the faithful acclaim and worship the Word, \* co-eternal with the Father and the Spirit, and born of the Virgin for our salvation. \* For He willed to be lifted up on the cross in the flesh, to suffer death \* and to raise the dead by His glorious resurrection.

**Troparion, Tone 4:** Your nativity, O Virgin Mother of God, \* has made joy known to all the world, \* for from you dawned the Sun of Righteousness, Christ our God. \* He abolished the curse and gave the blessing; \* and by making death of no effect \* He bestowed on us eternal life.

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

**Kontakion, Tone 5:** You, my Saviour, descended to Hades,\* and as the Almighty, You shattered its gates.\* With Yourself You, as the Creator, raised the dead and shattered the sting of death,\* and delivered Adam from the curse, O Lover of Mankind.\* And so we cry out: “Save us, O Lord.”

Now and for ever and ever. Amen.

**Kontakion, Tone 4:** By your birth, O immaculate one, \* Joachim and Anna were freed from the reproach of childlessness,\* and Adam and Eve \* from the corruption of death.\* And your people, redeemed from the guilt of their sins, \* celebrate as they cry out to you: \* “The barren one gives birth to the Mother of God \* and nourisher of our life.”

**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:** *Galatians 6:11-18 (NRSV)*

Brothers and Sisters, see what large letters I make when I am writing in my own hand! It is those who want to make a good showing in the flesh that try to compel you to be circumcised—only that they may not be persecuted for the cross of Christ. Even

the circumcised do not themselves obey the law, but they want you to be circumcised so that they may boast about your flesh. May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule—peace be upon them, and mercy, and upon the Israel of God. From now on, let no one make trouble for me; for I carry the marks of Jesus branded on my body. May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

**Alleluia, Tone 1** - I have exalted one chosen from among My people; with My holy oil I have anointed him.

**verse:** My hand shall sustain him, and my arm shall make him strong. (*Psalm 88:20-21,22*)



**Gospel: John 3:13-17 (NRSV)**

The Lord said, No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. “Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

**Hymn to the Mother of God** -  
O my soul, magnify the Virgin Mary, born from a barren womb.

**And the Irmos, Tone 8:** Virginité is alien to mothers \* and childbearing is foreign to virgins; \* yet in you, O Mother of God, both of them came together. \* Therefore, we and all the nations of the earth \* without ceasing magnify you.

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

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

“The path to God is a daily cross. No one has ascended to heaven by way of ease. We know where the easy way leads.” *St. Isaac of Syria*

“God made you without your permission, but He won’t save you without your permission.” *St. Augustine.*

“God still loves the world. He continues loving without fail. God so loved the world that He gave His only Son. God still loves the world and today He continues to give Jesus to the world through you and me. ... Our joy will be complete if we remain in His love – for His love is personal, intimate, real, living, delicate, faithful love.” *St. Mother Teresa of Calcutta*



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

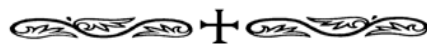
***Prayer for the Afflicted People of Ukraine in Time of War***

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!



*Дякуємо*

**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: Jill C., Shelly N., Shane E., 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., 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.



**SSVP Kamloops Conference** – will be holding their monthly **Board meeting** this coming Tuesday, Sept. 13<sup>th</sup> at 11:00 a.m. and their **members' regular monthly meeting** on Tuesday, Sept. 20<sup>th</sup>.



**The Father Le Jeune 4<sup>th</sup> Degree Knights of Columbus Assembly** – will hold their monthly meeting this coming **Thursday, Sept. 15<sup>th</sup> at 7:00 p.m.** at OLPH parish centre.

**Next Monthly Ukrainian dinner at Kamloops United Church** (421 St Paul Street) – will take place this coming Friday, Sept. 16<sup>th</sup> at 6:00 p.m.

**Next Monthly Parish Council Meeting** – will take place on **Wednesday, Sept. 21<sup>st</sup>** at 6:30 p.m. at the parish hall.

**Refugees and Friends Together** (RAFT) - is looking for volunteers to support Ukrainian newcomers arriving in Kamloops.

RAFT is teaming up with Kamloops Immigrant Services Society to host a training session on Saturday September 17<sup>th</sup> for new community volunteers. RAFT is looking to train community members to provide support to newcomers. This could include anything from providing community orientation, cultural support, or even an opportunity to practice English. Activities could include helping newcomers to learn to use the bus, going to a hockey game, or just having a cup of tea together.

**Event: Community Support Volunteer Training**

*Date: Saturday, September 17 \*\*\* Time: 9:00 am to 4:00 pm*

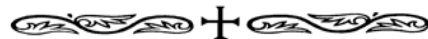
*Location: Hills of Peace Lutheran Church, 695 Robson Drive*

***Lunch will be provided at no charge to all participants***

*Pre Registration is required*

**2022 Tapestry Festival – Kamloops 1st Annual Multicultural Festival** - will take place at McDonald Park on Saturday, Sept. 24<sup>th</sup> from 12:00 p.m. to 5:00 p.m.

**This Week's Parish Stewardship:** Sunday, Sept. 4 – **Kamloops:** \$1905.13 (Includes: Eparchy - \$ 737.37; Special Donation \$450 & \$20 Ukrainian Ref. Fund \*\*\* **Grindrod:** \$442.00. \*\*\*\* *May God bless and reward you for your generosity & support.*



**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.*

**Note from Kamloops Pro-Life Society** - We will soon be entering the Choose Life Kamloops 40 Day Prayer Vigil. This year the official designation by 40 Days for Life is Sept. 28 – Nov. 6. This is a non-denominational activity that respects all human life from its beginning at conception, throughout each person's life to its natural end. All will begin with a prayerful candlelight Vigil on September 27 following 6:30 evening Mass (approximately 7 pm at Sacred Heart Cathedral) using the Pre-Vigil materials provided by 40 Days for Life.

**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.