

Sunday after the Exaltation of the Cross



Our Venerable Father Eumenes, Bishop of Gortyna – As bishop, Eumenes governed Christ's flock as a good shepherd. He was father to the poor, riches to the needy, consolation to the sad, healing to the sick and a marvelous wonderworker. He died late in the 2nd century.

**** Sunday, September 18th, 2022 ****

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Liturgical Services this coming week

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

Monday, Sept. 19 *** **9:00 a.m.** *Div. Lit.: + Her Majesty Queen Elizabeth II*

Tuesday, Sept. 20 *** **9:45 a.m.** *Div. Lit.: God's blessings for all members of SSVP Kamloops Conference & those in Dominica*

Wednesday, Sept. 21 *** **9:00 a.m.** *Div. Lit.: God's blessings to Leah's godchildren*

Thursday, Sept. 22 *** **4:00 a.m.** ** *Moleben to St. Mother Teresa of Calcutta*

Saturday, Sept. 24*** Grindrod Parish *** **5:00 p.m.** *Div. Lit.: God's blessings to all parishioners*

Sunday, Sept. 25 ** 9:30 a.m. ** **Rosary** (Eng.) / Sacrament of Confession ** **10:00 a.m.** *Divine Liturgy* (Eng./Ukr.): God's blessings to all parishioners

Antiphon 1

O God, my God, hear me; why have You forsaken me? The words of my transgressions put salvation far from me.

Through the prayers of the Mother of God, O Saviour, save us.

O God, I will call to You by day, but You will not listen; and by night, yet it will not be foolish of me.

Through the prayers of the Mother of God, O Saviour, save us.

But You, the praise of Israel, dwell in the holy place.

Through the prayers of the Mother of God, O Saviour, save us.

Glory... Now... Only-begotten Son...

Antiphon 3

Come, let us sing joyfully to the Lord, let us acclaim God, our Saviour.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Let us come before His face with praise, and acclaim Him in psalms.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

For God is the great Lord, and the great king over all the earth.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Entrance: *Come, let us worship and fall down before Christ.*

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Troparion, Tone 6: Angelic powers were upon Your tomb * and the guards became like dead men; * Mary stood before Your tomb * seeking Your most pure body. * You captured Hades without being overcome by it. * You met the Virgin and granted

life. * O Lord, risen from the dead, * 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.

Kontakion, Tone 6: With His life-giving hand * Christ our God, the Giver of life, * raised all the dead from the murky abyss * and bestowed resurrection upon humanity. * He is for all the Saviour, * the resurrection and the life, and the God of all.

Now and for ever and ever. Amen.

Kontakion, Tone 4: By Your own choice, O Christ our God, * You were lifted on the cross. * Grant Your mercies to Your new community * that bears Your Name. * By Your power gladden the faithful people, * and grant them victory against enemies. * May they have the help of Your instrument of peace, * the invincible sign of victory.

Prokeimenon, Tone 7 - Exalt the Lord our God, * and bow in worship at the footstool of his feet, for it is holy.

verse: The Lord reigns, let the people tremble. (*Psalm 98:5,1*)

Epistle - Galatians 2:16-20

A reading from the Epistle of the Holy Apostle Paul to the Galatians.

Brothers and Sisters, we know that a person is justified not by the works of the law, but through faith in Jesus Christ. And we have come to believe in Christ Jesus, so that we might be justified by faith in Christ, and not by doing the works of the law, because no one will be justified by the works of the law. But if, in our effort to be justified in Christ, we ourselves have been found to be sinners, is Christ then a servant of sin? Certainly not! But if I build up again the very things that I once tore down, then I demonstrate that I am a transgressor. For through the law I died to the law, so that I might live to God. I have been crucified with

Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh, I live by faith in the Son of God, who loved me and gave himself for me.

Alleluia, Tone 1 - 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 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

O my soul, magnify the most precious cross of the Lord.

And the Irmos: You are a mystical Paradise, O Mother of God, who though untilled, have brought forth Christ. He has planted upon earth the life-giving Tree of the Cross. Therefore today as we raise it on high, we bow low and we magnify you.

Communion Hymn

Praise the Lord from the heavens; * praise Him in the highest. (Psalm 148:1) * Let the light of Your countenance, O Lord, * shine upon us. * Alleluia, alleluia, * alleluia. (Psalm 4:7)

At the end of Liturgy we sing: To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. (3)

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

You will never be happy if your happiness depends on getting solely what you want. Change the focus. Get a new center. Will what God wills, and your joy no man shall take from you.”

Venerable Fulton Sheen

“The Cross has dissolved hatred towards man, has brought reconciliation, has made the earth heaven, has mingled men with angels, has conquered the bastions of death, has neutralized the strength of the devil, has dismissed the power of sin, has rid the earth of error, has restored the truth, has driven away the demons, has torn down pagan temples, has upset sacrificial altars, has dispelled the smell of burnt offerings, has planted virtue, has founded churches.

The Cross is the Will of the Father, the Glory of the Son, the Joy of the Spirit, the Pride of Paul....

The Cross is proof of the love of God, the unshaken wall, the unconquered weapon, the security of the rich, the richness of the poor, the weapon of the threatened, the rebuke of the passion, the kingdom of virtue, the wonderful and strange song.

The Cross has opened paradise, has admitted the thief, and has guided the human race from impending disaster to the Kingdom of God.” ***St. John Chrysostom***



CATECHETICAL SUMMARY

The Epistle, which is proclaimed in the Church today, teaches that “Faith” is the union of our entire self to Christ. This union which entrusts my intellect, spirit, soul and body to the Savior joins me to Christ in such an intimate way that my life is transformed into His life. This is the process of Theosis or divinization. As Saint Paul says “it is now no longer I who live, but Christ is living in me.”

Faith, then, is an aspect of love by which I give my life to the one

that I love. In this act of total self-gift, we can discern two important truths. The one who loves first must die to himself in as much as the lover's life is no longer about himself, but totally about the one whom he loves and whom he sustains through the gift of his life. The second truth that results from the first, is that the lover, having died to himself, comes to life, or is "resurrected from the dead" in the life of the beloved.

The Gospel, which is proclaimed today, confirms and makes explicit for us the above explanation of loving faith. "If anyone wishes to come after me, let him deny himself, and take up his cross, and follow me. For anyone who would save his life will lose it; but anyone who loses his life for my sake and for the sake of the Good News, will save it." The cross, the exaltation of which we continue to celebrate, is the sign of the Lord's total self-giving love. The cross reveals to us the breadth and depth of God's love. What remains is our response to that gift and our union with that love.



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

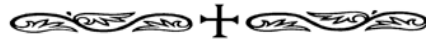
Prayer for the Afflicted People of Ukraine in Time of War

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 Mr. Orest Hrycewich for his work on the church premises. 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.



Sincerest Condolences – our prayers and condolences are extended to Diane Booy who mourns the death of her father, & also to Mary Emery & Elsie Kinaschuk who mourn the death of their brother-in-law, Steve Booy. May Steve's soul rests in peace.

SSVP Kamloops Conference – will be holding their

members' regular monthly meeting this coming Tuesday, Sept. 20th.

Next Monthly Parish Council Meeting – will take place this coming **Wednesday, Sept. 21st** at 6:30 p.m. at the parish hall.

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

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.

This Week's Parish Stewardship: Sunday, Sept. 11 – **Kamloops:** \$682.00 *** **Grindrod:** \$325.00. **** *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.

Pastoral Ministry and Sacraments:

Reconciliation: on Sundays and Holy Days: before Divine

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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.