



Sunday before the Nativity of Christ ** *Sunday of the Holy Forefathers***

***The Holy Martyr Sebastian and His
Companions*** – Sebastian suffered martyrdom for
Christ under Emperor Maximian in 288. A basilica in
memory of Sebastian now stands by the Appian Way of
Rome. *Nativity Fast.*

**** Sunday, December 18th, 2022 ****

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Liturgical Services this coming week

Saturday, Dec. 17 ** Grindrod Parish ****4:00 p.m. Div. Lit.:**
*God's blessings to all parishioners – **Cancelled due to weather***

**Sunday, Dec 18 ** 9:30 a.m. ** Rosary (Eng.) / Sacrament of
Confession ** 10:00 a.m. Div. Lit. (Eng./Ukr.):** God's blessings
to all parishioners – *St. Nicholas Day celebration*

Monday, Dec. 19 ** 9:00 a.m. Div. Lit.: *God's blessings to Cecil
& Muriel Sch.*

Tuesday, Dec 20 ** 9:00 a.m. Div. Lit.:** *God's blessings &
good health for SSVP members & volunteers & their families*

Wednesday, Dec 21 ** 9:00 a.m. Div. Lit.:** *God's blessings &
good health for Knights of Columbus Council # 9508 & their
families*

Thursday, Dec. 22 ** 4:00 p.m. – “Moleben to Emmanuel ”**

2022 Christmas Schedule

Most Holy Trinity Parish – Kamloops

Saturday, Dec. 24th - CHRISTMAS EVE / НАВЕЧІР'Я РІЗДВА

10:00 a.m. – Royal Hours

3:00 p.m. - Great Compline with Lytia & Divine Liturgy



Sunday, Dec. 25th - NATIVITY OF OUR LORD

Sts. Peter & Paul Parish – Grindrod

10:00 a.m. Great Compline with Lytia & Div. Liturgy



Most Holy Trinity Parish - Kamloops

Monday, Dec. 26th - Synaxis of the BVM

10:00 a.m. - Divine Liturgy

Tuesday, Dec. 27th - First Martyr Stephen

10:00 a.m. - Divine Liturgy



Troparion, Tone 3: Let the heavens be glad, let the earth rejoice,
* for the Lord has done a mighty deed with His arm. * He
trampled death by death. He became the first-born of the dead; *
He saved us from the abyss of Hades * and granted great mercy
to the world.

Troparion, Tone 2: Great are the achievements of faith! * In the
fountain of flames, the three holy youths rejoiced as by the water
of rest, * and the prophet Daniel was revealed shepherding lions
like sheep. * Through their intercession, O Christ God, * save our
souls.

Glory be to the Father and to the Son and to the Holy Spirit, now
and for ever and ever. Amen.

Kontakion, Tone 6: Armed by the Being that defies description *
You defied the man-made idol, O thrice blessed youth. * In the

midst of the unbearable flames you stood and cried out to God: *
 “In Your mercy, O gracious One, hasten and come to our aid,” *
 for You can do whatever You will.

Prokeimenon, Tone 4 - Blessed are You, Lord God of our
 fathers, * and praised and glorified is Your Name forever.

verse: For You are righteous in everything that You have done to
 us. (*Daniel 3:26,27*)

Epistle - Hebrews 11:9-10,17-23,32-40



Brethren, by faith Abraham dwelt in the land of
 promise as in a foreign country, dwelling in tents with Isaac and
 Jacob, the heirs with him of the same promise; for he waited for
 the city which has foundations, whose builder and maker is God.

By faith Abraham, when he was tested, offered up Isaac, and he
 who had received the promises, offered up his only begotten son,
 of whom it was said, “In Isaac your seed shall be called,”
 concluding that God was able to raise him up, even from the
 dead, from which he also received him in a figurative sense.

By faith, Isaac blessed Jacob and Esau concerning things to come.

By faith, Jacob, when he was dying, blessed each of the sons of
 Joseph, and worshiped, leaning on the top of his staff.

By faith, Joseph, when he was dying, made mention of the
 departure of the children of Israel, and gave instructions
 concerning his bones.

By faith, Moses, when he was born, was hidden three months by
 his parents, because they saw he was a beautiful child; and they
 were not afraid of the king’s command.

And what more shall I say? For time would fail me to tell of
 Gideon and Barak and Samson and Jephthah, also of David and
 Samuel and the prophets: who through faith subdued kingdoms,
 worked righteousness, obtained promises, stopped the mouths of

lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. Women received their dead raised to life again.

Others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trials of mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented— of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth.

And all these, having obtained a good testimony through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect apart from us.

Alleluia, Tone 4 - O God, we have heard with our ears, and our fathers have told us the work You did in their days.

verse: You saved us from our oppressors and put to shame those who hate us. (*Psalm 43:2,8*)

Gospel - Matthew 1:1-25

The book of the genealogy of Jesus Christ, the Son of David, the Son of Abraham:

Abraham begot Isaac, Isaac begot Jacob, and Jacob begot Judah and his brothers. Judah begot Perez and Zerah by Tamar, Perez begot Hezron, and Hezron begot Ram. Ram begot Amminadab, Amminadab begot Nahshon, and Nahshon begot Salmon. Salmon begot Boaz by Rahab, Boaz begot Obed by Ruth, Obed begot Jesse, and Jesse begot David the king.

David the king begot Solomon by her who had been the wife of Uriah. Solomon begot Rehoboam, Rehoboam begot Abijah, and Abijah begot Asa. Asa begot Jehoshaphat, Jehoshaphat begot Joram, and Joram begot Uzziah. Uzziah begot Jotham, Jotham

begot Ahaz, and Ahaz begot Hezekiah. Hezekiah begot Manasseh, Manasseh begot Amon, and Amon begot Josiah. Josiah begot Jeconiah and his brothers about the time they were carried away to Babylon.

And after they were brought to Babylon, Jeconiah begot Shealtiel, and Shealtiel begot Zerubbabel. Zerubbabel begot Abiud, Abiud begot Eliakim, and Eliakim begot Azor. Azor begot Zadok, Zadok begot Achim, and Achim begot Eliud. Eliud begot Eleazar, Eleazar begot Matthan, and Matthan begot Jacob. And Jacob begot Joseph the husband of Mary, of whom was born Jesus who is called Christ.

So all the generations from Abraham to David are fourteen generations, from David until the captivity in Babylon are fourteen generations, and from the captivity in Babylon until the Christ are fourteen generations.

Now the birth of Jesus Christ was as follows: After His mother Mary was betrothed to Joseph, before they came together, she was found with child of the Holy Spirit. Then Joseph her husband, being a just man, and not wanting to make her a public example, was minded to put her away secretly. But while he thought about these things, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not be afraid to take to you Mary your wife, for that which is conceived in her is of the Holy Spirit. And she will bring forth a Son, and you shall call His name JESUS, for He will save His people from their sins."

So all this was done that it might be fulfilled which was spoken by the Lord through the prophet, saying: "Behold, the virgin shall be with child, and bear a Son, and they shall call His name Immanuel," which is translated, "God with us."

Then Joseph, being aroused from sleep, did as the angel of the Lord commanded him and took to him his wife, and did not know her till she had brought forth her firstborn Son. And he called His name JESUS.

Communion Hymn - Praise the Lord from the heavens;* praise Him in the highest . *** Rejoice in the Lord, O you just;* praise befits the righteous (**Psalm 32:1**).* Alleluia, alleluia,* alleluia.



This past Sunday, the Church commemorated all the righteous of the Old Testament who awaited the coming of Christ. **Today's Feast of the Holy Ancestors** although similar, remembers all those in the Old Testament who were related to Christ by blood and those who spoke of his birth as a man.



One of the important purposes of Matthew's genealogy: to identify Jesus as the true Messiah, the One Who, as predicted in the Old Testament would be born of a virgin and would be the fulfillment of the promise made to Abraham and David by God. It gives us the history of the true Christmas, the human side of the story of how this Christ Child came to us. Since the Jews did not trace genealogies in the mother's line, the Scriptures do not give us the lineage of Christ according to the flesh, which was through his mother Mary; but instead list the forebears of Joseph the Betrothed, who served according to the Law as husband of Mary and father of Jesus. According to the Fathers, the blessed Virgin was the daughter of Joachim, son of Bar-Panther, son of Panther, son of Levi, son of Nathan, son of King David. Thus as prophesied, the Messiah was of the house and lineage of David.

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

“As soon as you turn – however slightly – from God, and no longer place your trust in Him, things go awry; for then the Lord withdraws, as though saying: “You have put your trust in something else – very well, rely on that instead.” And whatever it may be, proves utterly worthless.” St. Theophan the Recluse

“My progress in holiness depends on God and myself: on God's grace and my will.” St. Mother Teresa

Gospel Reflection:

<https://godwithusonline.org/reflections/the-sunday-before-the-nativity-of-our-lord-ukrainian/>



**** 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. Thank you everyone who came to help with preparing for perogies, for making & packing them, and for decorating our church for the Christmas season. God bless you all!

Please Pray for health of ... All those affected by the coronavirus, those wounded in the war in Ukraine and: Chris & Romeo P., Anne T., Fr J, Rita N., Claude & Eva G., Mary & Dave E., Lawrence & Ping B., Ashley H.; Steven Ch., Jill C., Trinity N., 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., Zbigniew K., Pat B., Anne D., Dave & Betty C., Matt D., Bill P., Thomas H., Gladys O., Brian K., 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.



St. Nicholas Day Celebration – at the Most Holy Trinity parish will take place today, **Sunday, Dec. 18th**.

Saturday, Dec. 24 – Christmas Eve – is a day of strict fasting from meat and dairy products (applies to those without

various dispensations). Everyone is invited to take part in spiritual preparation for Christ's Nativity according to their abilities.

Please remember, there is no liturgical service in Kamloops on Christmas Day.

Scent Free Premises – as we have this wonderful opportunity to celebrate in our church, let us remember that some of our brothers & sisters in Christ are allergic to perfumes. Please, as you come for Sunday Divine Liturgy, refrain from using perfumes.

Food Bank Collection – as in previous years during St. Philip's Fast, we are collecting non-perishable food items for the Kamloops Food Bank. Thank you for your support and generosity. The collected items get delivered on Tuesday.

Perogy Sales – We are continuing to take orders for perogy purchases. Anyone wishing to place an order, please call Mrs. Adelle Dmyterko at **250-554-3107** or Mrs. Mary Emery **250-376-8934**. Cost: \$6.00 a dozen.



Theophany Eve Meal and Caroling (Shchedrij Vechir) – will take place on **Sunday, Jan. 8th, 2023** after the Divine Liturgy at 10:00 a.m.

This Week's Parish Stewardship: Sunday, Dec. 11 – **Kamloops:** \$480.00 *** Grindrod \$409.00 *May God bless and reward you for your generosity & support.*



Christmas Eve

"The time of our salvation has arrived. Prepare yourself, O Manger, for the Virgin is on her way to give birth." (Stichera of the Eve of Christmas)



The feast of the Nativity of our Lord Jesus Christ is ranked among the greatest feasts of our Church Year. Therefore, holy Church, mindful of the majesty and significance of this feast, encourages the faithful to prepare by prayer and fasting for this encounter with our Saviour. The Pylypiwka (Philip's Fast), the pre-festal services, and the celebrations on the Eve of the Nativity serve this purpose. The closer we approach to the Feast of the Nativity, the more and more frequently in the

sticheras, canons and troparions of our services, the manger in Bethlehem where the Son of God was to be born, his Most Holy Mother Mary, St. Joseph, her Spouse, the cave, the star, the angels and the other accompaniments of His birth, are mentioned.

This festal preparation reaches its peak on the Eve of the Nativity. **It is a day of watching, prayer and fasting.** The guest from heaven is about to arrive, therefore, it is necessary to prepare for his coming worthily. The Holy Eve of the Nativity has not only its own significant services; it is also rich in symbolic rites and customs, some of which go back to pre Christian times.

The Spirit of the Holy Eve Services

The celebration of the Eve of the Nativity of our Lord, dates from the first centuries of Christianity. As early as the fourth century, there was a church rule which specified how the Eve was to be celebrated when it falls on a Sunday. In the fifth century, Synesius, Bishop of Ptolemais, and in the sixth century, St. Gregory the Great, preached sermons on the Eve of the Nativity. The Christmas Eve service is a faithful reflection of the spirit in which holy Church goes forth to meet her Saviour. This is the spirit that glorifies God's plans regarding the redemption of the human race; a spirit of wonderment at the love and sacrifice of the Incarnate Word of God; the spirit of adoration and devotion toward the Divine Child and finally, the spirit of unearthly spiritual joy that the time of our salvation has arrived. The best expression of this spirit are the sticheras and canons of the Christmas Eve services. In the third Ode of the canon of Matins we read: *"Today earth has become a heaven for me, for on it the Creator is born and is placed in the manger in Bethlehem of Judea. The shepherds sing unceasingly with the angels: 'Glory to God in the highest, peace on earth.* The Exapostilarion in Matins calls upon us to worship the newly-born Messiah: *"With great haste let us go to Bethlehem, to worship him with the Magi, bearing the fruits of good deeds as gifts. "* The stichera in the Ninth Hour service says: *"Today He Who holds in His hand all creation is born of the Virgin; He, Who by nature is inaccessible,*

is wrapped in swaddling clothes like a human being. In the manger lies One, Who, in the beginning, created the heavens by His word. He, Who sent down manna to the people in the desert, is nourished at the breast of a Virgin. The Bridegroom of the Church invokes the Magi, and from them, the Son of the Virgin receives gifts. We worship your Nativity, O Christ; we worship your Nativity, O Christ; we worship your Nativity, O Christ; grant that we may also see your divine Theophany."

The Eve of the feast of the Nativity has a special liturgy called the **Great or Royal Hours**. The Patriarch of Jerusalem, Sophronius (+641), is believed to have composed it. The Royal Hours are celebrated three times a year: on the Eve of the Nativity, on the Eve of the Theophany (Epiphany) and on Great Friday.

The Royal Hours before the Nativity of our Lord are so composed that in their Psalms and in the readings of the prophets of the Old Testament are collected the main prophecies relating to the promised Messiah. The events connected with the Nativity of the Lord are read from the Gospel, while the sticheras sing the praises of the Incarnate Son Of God and relate the place and circumstances surrounding the Nativity. During the service of the Royal Hours, the Holy Gospel Book is placed on the tetrapod; it remains there as a symbol of Christ who has already arrived and is now preaching his divine doctrine.

The Holy Hours received its name from the fact that in Byzantium, the emperors, along with their court, were always present at this service. At the end of the service the polychronion was sung in their honor.

The Spiritual Preparation at Home

The eve of Christmas brings the Forty Days Christmas fast to a close. A strict fast is prescribed for this entire day. The whole family feels that on that day a very important heavenly guest will arrive in the evening, and therefore, a deeply festal and spiritual mood pervades the home.

Our ancestors highly respected and zealously observed the fast of this day until the appearance of the evening star. Kievan Metropolitan, Maxim (1283-1305), in his rules on fasting says, that even if it be Saturday or Sunday on which the Eve of the Nativity falls, on that day

a strict fast must be kept. Only after the Vespers service is one allowed to strengthen oneself with bread and wine. He orders that the same kind of fast be observed also on the Eve of the Theophany.

From earliest times, besides fasting, our ancestors prepared themselves for the feast of the Nativity of our Lord with confession and Holy Communion. This very beautiful and holy tradition comes from the first centuries of Christianity in Ukraine; it began with the Kievan Metropolitan George (1072). This holy practice was prescribed by Metropolitan Peter Mohyla, in his Euchologion, and also by the Synods of Zamost and Lviv.

An old Slavonic Prologue for the 24th of December contains the following spiritual exhortation to the faithful in reference to greeting the feast of the Nativity of Christ: *"Take note brethren, that there is a fast on the day before this feast of the Nativity of Christ. Therefore, on this day, at the Sixth Hour (12 o'clock noon), we gather together for prayer, with love and purity, overcoming anger, purifying carnal desires, and renouncing all evil deeds, so that we may be made worthy with pure lips and an undefiled heart to partake of the Body of the Lord, that same Body which the Lord took upon Himself and willingly became poor."*



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 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.



***** *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.