

Cheesefare Sunday



Sunday of Cheesefare - Sunday of Forgiveness
The Holy Apostle Archippus – Archippus was probably the disciple of the Apostle Paul and son of Philemon, to whom Paul wrote concerning the slave Onesimus. He was martyred at Colosses.

**** Sunday, February 19th, 2023****

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Liturgical Services this coming week

Saturday, Feb. 18*** Grindrod Parish *****4:00 p.m.** *Div. Lit.:*
God's blessings to all parishioners

Sunday, Feb. 19 * 9:30 a.m.** Rosary*** **10:00 a.m. *****
Baptism & Div. Lit. (Eng./Ukr.): God's blessings to all parishioners

Monday, Feb. 20 ** 9:00 a.m. *** Lenten Service – “Stations of the Cross”

Wednesday, Feb. 22 * 9:30 a.m. Mass at SAA school**

Thursday, Feb. 23 * 9:30 a.m.** *Div. Lit.:* God's blessings & good health for Tom Turner

Friday, Feb. 24 ** Day of Prayer and Fasting for peace in Ukraine ** 9:30 a.m. *Lenten Service* – “An Akathist Hymn in Honour of the Sufferings of Jesus Christ” & “Panakhyda” for those killed in the war in Ukraine

Saturday, Feb. 25 *** Grindrod Parish *****4:00 p.m.** *Div. Lit.:*
God's blessings to all parishioners

Sunday, Feb. 26 * 9:30 a.m.** Rosary*** **10:00 a.m. ***** *Div.*

Lit. (Eng./Ukr.): God's blessings to all parishioners

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."

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

Kontakion, Tone 6: O Master, Guide to Wisdom *, Bestower of prudent counsel,* Instructor of the foolish and Defender of the poor ones; * make firm my heart and give it understanding.* Give me a word, O Word of the Father: * Behold, I shall not stop my lips from crying out to You: * In Your mercy, have mercy on me who am fallen.

Prokeimenon, Tone 8 - Pray and give praise to the Lord our God.
* Pray and give praise to the Lord our God.

verse: In Judea God is known; His name is great in Israel.

Epistle: Romans 13:11-14:4 (NRSV)

Brothers and Sisters, Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armor of light; let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Welcome those who are weak in faith, but not for the purpose of quarreling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to

pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

Alleluia, Tone 6 - It is good to give praise to the Lord, and to sing to Your name, O Most High.

verse: To announce Your mercy in the morning and Your truth every night. (*Psalm 91:2,3*)

Gospel: *Matthew 6:14-21 (NRSV)*



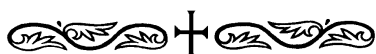
The Lord said, For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses. “And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others, but by your Father who is in secret; and your Father who sees in secret will reward you. “Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

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 *****

“We have such a law: If you forgive, it means that God has forgiven you; but if you do not forgive your brother, it means that your sin remains with you.” ***St Silouan the Athonite***



** ANNOUNCEMENTS **

A warm welcome - to all parishioners & guests who join us today in our church for the Divine Liturgy. We wish you a blessed & healthy 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. We are very grateful for your generous donations towards our parish office computer. God bless you all!

Please Pray for health of ... All those wounded in the war in Ukraine and: Fr. Volodymyr D., Armin K., Zora & Stanislaw N., Ellie; Guin; Ken S. Michelle M., Anne T., Rita N., Claude & Eva G., Mary & Dave E., Lawrence & Ping B., Ashley H.; Jill C., Shelly N., Shane E., Ray S; Jeanette N., Elsie K., 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., 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.



Hopewell Pregnancy Center – a presentation about the ministry of the Hopewell Centre will be given by our parishioner, Mrs. Mae Romero today, Sunday, Feb. 19, during our coffee time.

Great Fast (Lent) 2023 – the 40 days spiritual preparation for Easter/Pascha will begin tomorrow, **Monday, Feb. 20th**. Please remember that the First Day of Lent is a strict fast from all meat, eggs, and dairy products. Originally, this “Black Fast” was kept for the entire 40 days of Lent. Our Holy Mother Church has since lessened our load by applying this strict fast to just the first and last day of Lent (Good Friday). Outside of the regular meatless Friday, we should also try to keep Wednesday meatless, increase our almsgiving and works of charity, as well as increasing the amount of time we spend in prayer.

Short term Accommodation Needed – A Ukrainian mother & her young son are urgently looking (starting in March) for a place to stay for a month or two. For more information, please talk to Fr. Andrzej.

Perogy Making Bee – Will take place this coming Tuesday, Feb. 21st starting at 9:00 a.m.



Ash Wednesday Mass at SAA – Fr. Andrzej will be assisting at the St. Ann's Academy school Mass this coming Wednesday, Feb. 22nd.

Eparchial Clergy Zoom Conference – will take place this coming Wednesday, Feb. 22nd from 1:00 to 2:30 p.m.

February 24th Rally – this coming Friday, Feb. 24th we will mark one year since the terrible war in Ukraine started. There will be a rally in front of Kamloops City Hall at 3:30 p.m. to commemorate this anniversary. Please join us in person, or by praying at home for an end to the war.

Parish Council Meeting – will take place next **Sunday, Feb. 26 at Noon.**

Society of St. Vincent De Paul Members Meeting – will take place on Tuesday, February 28th at 1:00 p.m.

Blessed Candles – as part of celebrating the feast of the Encounter of Our Lord, we blessed candles. They are to be lit in times of special need. For those who have not received a blessed candle yet, they are available for you at the back of the church.

2023 Parish Fund – we are very grateful to everyone who was able to support our parish through the parish fund last year, and to those who have already contributed for 2023. Just a reminder that an annual contribution remains \$55.00 per member. May God reward you for your generosity.

2023 Parish Fundraising – at our last “Pastoral Address” & AGM, we discussed the need to purchase a new computer for the church office, and a new stove for the residence. Thanks to your generosity we have already collected \$1800 for our computer. Please continue to contribute for these necessary expenses. God bless you.

World Day Of Prayer 2023 – “I Have Heard About Your Faith” – will be celebrated on Friday, March 3rd. There are

going to be two services on that day. There will be one at 1:00 p.m. at Southwest Community Church, 700 Hugh Allan Drive, and at 7:00 p.m. at St. John Vianney RC Parish, 2826 Bank Road, Kamloops. More information about these celebrations is available from **Judy 250-374-4314 or Sally 250-579-9412.**

All Souls Saturday (Задущні Суботу) – our prayers for our beloved deceased ones will take place on the 2nd, 3rd & 4th **Saturdays of Lent** (March 4, 11 & 18). If needed, please provide Fr. Andrzej with additional names to be added to your family's deceased list.

This Week's Parish Stewardship: Sunday, Feb. 11 - **Kamloops:** \$1545.00 (Donations for parish computer: \$750.00) *** **Grindrod:** \$285.00 *May God bless and reward you for your generosity & support.*

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.



Lenten Scriptural Readings for this week

Monday: Genesis 1:1-13; Proverbs 1:1-20 & Isaiah 1:1-20

Tuesday: Genesis 1:14-23; Proverbs 1:20-33 & Isaiah 1:19-2:3

Wednesday: Genesis 1:24-2:3; Proverbs 2:1-22 & Isaiah 2:3-11

Thursday: Genesis 2:4-19; Proverbs 3:1-18 & Isaiah 2:11-21

Friday: Genesis 2:20-3:20; Proverbs 3:19-34 & Isaiah 3:1-14

**** COMMUNAL RIGHT OF MUTUAL FORGIVENESS ****

When the disciples of the Lord asked him to teach them how to pray (Luke 11:1-13), He left us with what we refer to as the Lord's Prayer, the "Our Father". In this prayer, we ask God to forgive us our trespasses as we forgive those who trespass against us. Before beginning our Great Fast (Lenten) Journey together, as a parish family community, it is important for us to express to each other our desire to forgive each other for anything that we may have done that may have hurt or offended someone over the

past year, or indeed during our life time, so that we can be free without these heavy burdens to walk together as a united family, as true daughters and sons of God! This Communal Right of Mutual Forgiveness is not the Mystery/Sacrament of Reconciliation (Confession) and does not replace that Mystery/Sacrament, but rather is a tangible sign to each other of our forgiveness and also the experience of being forgiven. Hence there is no need to name our offenses, but rather with total sincerity in our hearts, let us say to each other: “**Forgive me sister/ brother**” and answer with sincerity and love, “**May God have mercy on you, and know that I forgive you.**”



Priest: Bless me, my Sisters and Brothers, and forgive me, a sinner, whatever offenses I may have committed this day and all the days of my life by word, deed and thought as well as by all my senses (bows to all the faithful).

Faithful: May God forgive you, Reverend Father. Bless us also and forgive our offences voluntary and involuntary (also bow).

Priest: May the Lord God by His grace forgive you all your sins and have mercy on you.

Priest: Let us pray for our Most Holy Universal Pontiff, Francis Pope of Rome, for His Beatitude Patriarch Sviatoslav, for our Most Reverend Metropolitan Lawrence, for our God-loving Bishop David.

Faithful: May God save and have mercy.

Priest: For the noble benefactors and founders of this holy church, for those who serve and who have served in it.

Faithful: May God save and have mercy.

Priest: For those who are absent and for those who are travelling.

Faithful: May God protect and have mercy.

Priest: For our benefactors and those who are kind to us.

Faithful: May God reward and have mercy.

Priest: For those who hate us and for those who love us.

Faithful: May God forgive and have mercy.

Priest: For the sick and suffering.

Faithful: May God heal and have mercy.

Priest: For our departed relatives and faithful of our parish and Eparchy.

Faithful: May God grant them remembrance and rest and everlasting be their memory.

Priest: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us.

Faithful: Amen.



The last of the preparatory Sundays before Great Lent, has two themes: it commemorates Adam's expulsion from Paradise, and it accentuates our need for forgiveness.

There are obvious reasons why these two things should be brought to our attention as we stand on the threshold of Great Lent. Lent is a time when we weep with Adam and Eve before the closed gate of Eden, repenting with them for the sins that have deprived us of our free communion with God.

But Lent is also a time when we are preparing to celebrate the saving event of Christ's death and rising, which has reopened Paradise to us once more. So sorrow for our exile in sin is tempered by hope of our re- entry into Paradise.

The second theme (forgiveness) is emphasized in the Gospel reading for this Sunday and in the special ceremony of mutual forgiveness at the end of Vespers on Sunday evening. Before we enter the Lenten fast, we are reminded that there can be no true fast, no genuine repentance, no reconciliation with God, unless we are at the same time reconciled with one another. A fast without mutual love is the fast of demons. We do not travel the road of Lent as isolated individuals, but as members of a family.

The Purpose of the Great Fast

"Because we did not fast, we were banished from paradise. So then let us fast so as to return back to paradise. " (St. Basil, On Fasting I)

Although our time has brought with it many changes in church laws, traditions, and discipline, and the Second Vatican Council has relaxed the rules for fasting, including the Great Fast, nevertheless, the Forty Days Fast still has significance for our spiritual life. For various reasons, today we may be unable to fast in the same way as our ancestors did; yet even today we are obliged to a spiritual fast — that is, we are obliged to refrain from sin, and from giving in to our evil inclinations. We are also obliged to pray and to practice virtue and good deeds. In reality then, the most important goal of the Great Fast is our spiritual renewal.

1. Apostolic Times:

For the Apostles and First Christians, the day of the Jewish Pasch was a sorrowful day commemorating the death of Jesus Christ, therefore, they celebrated this day with prayer, contrition and fasting. This association of the Pasch with fasting, lasted a long time. Even in the second century one may find the word "Pasch" used to denote "fasting". This practice seems to echo the time when the celebration of the death and resurrection of Jesus Christ took place on one and the same day. This association of the sad event of Christ's death with the joyful event of His resurrection has left its traces in our Great Saturday services in which the lenten service is merged with the resurrection service.

2. The Paschal Fast and the Catechumenate:

The third and fourth centuries witnessed the greatest flourishing of the catechumenate. Catechumens were those who were being prepared for the sacrament of Baptism. This preparation extended over a period of three years and terminated solemnly during the Great Fast. The concluding acts of this preparation were: the giving of a name to the catechumen at the beginning of the Great Fast, an exorcism of evil spirits which took place daily throughout the whole lenten period, the last instructions in the

truths of the holy faith, the final examination and then, the Baptism itself, which took place on Great Saturday. Some of these acts were incorporated into the daily service.

To become a Christian and a member of the Church through Baptism, was regarded as an important event in the life of the newly-baptized and in the life of the Church. For this reason, this joyful event was usually celebrated on the great feasts of the Pasch (Resurrection), Pentecost or the Theophany. In the third century, the rite of baptism was associated above all with the feast of the Pasch. The catechumens prepared themselves for baptism by fasting and prayer. Under the influence of the catechumenate, the pre-paschal fast was extended to forty days. As time went on, the rest of the faithful also began to observe this fast together with the catechumens.

3. The Great Fast — An Endeavor of Soul and Body:

The institution of the catechumenate contributed not only to the extension of the Great Fast to forty days, but also to the fact that, in time, all the faithful adopted this fast so that it became the pre-paschal fast for the whole Church. Later, when the institution of the catechumenate lost some of its meaning, the Forty Days Fast became an independent ritual. Today, it is observed by the faithful as a time for special prayer, fasting and penance, and as a spiritual preparation for the feast of the Pasch (Resurrection).

******* 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.



Basic Guidelines for Reception of Holy Communion:

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.