



## ***Sunday of Meat-fare***

### ***Sunday of the Fearful Judgement***

Our Holy Father Meletius, Archbishop of Antioch (379-95) – because of his devotion to the Holy Faith, Meletius was persecuted by the Arians and exiled several times from his see. He participated in the Second Ecumenical Council in Constantinople in the year 381.

**\*\* Sunday, February 12<sup>th</sup>, 2023\*\***

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

**Saturday, Feb. 11 \*\*\* Grindrod Parish \*\*\*4:00 p.m. Div. Lit.:**  
*God's blessings to all parishioners (Panakhyda for the Beloved Deceased Ones)*

**Sunday, Feb. 12 \*\*\* 9:30 a.m. Rosary\*\*\* 10:00 a.m. \*\*\***  
***Baptism & Div. Lit.*** (Eng./Ukr.): God's blessings to all parishioners

**Monday, Feb. 13 \*\*\* 9:30 a.m. Div. Lit.:** + *Lin-Ai* & + *Mike K.*

**Tuesday, Feb. 14 \*\*\* 9:30 a.m. Div. Lit.:** God's blessings & good health to *SSVP Members*

**Thursday, Feb. 16 \*\*\* 9:30 a.m. Div. Lit.:** God's blessings & good health to *Knights of Columbus* & their families

**Friday, Feb. 17 \*\*\* 10:00 a.m. Moleben to St. Mother Teresa of Calcutta**

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

**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.

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

**Kontakion, Tone 1:** When You come on earth, O God, in glory, \* and the universe trembles, \* while the river of fire flows before the seat of judgement,\* and the books are opened and all secrets disclosed, \* then deliver me from the unquenchable fire, \* and count me worthy to stand at Your right hand, \* O Judge who are most just.

**Prokeimenon, Tone 3** - Great is our Lord and great is His strength; \* and of His knowledge there is no end.

**verse:** Praise the Lord, for a psalm is good; may praise be sweet to Him. (*Psalm 146:5,1*)

**Epistle - 1 Corinthians 8:8-9:2**

*A reading from the First Epistle of the Holy Apostle Paul to the Corinthians.*

Brothers and Sisters, “Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are you not my work in the Lord? If I am not an apostle to others, at least I am to you; for you are the seal of my apostleship in the Lord.

**Alleluia, Tone 8** - Come, let us rejoice in the Lord; let us acclaim God our Saviour.

**verse:** Let us come before His face with praise, and acclaim Him in psalms. (*Psalm 94:1,2*)



**Gospel - Matthew 25:31-46**

The Lord said, “When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left. Then the king will say to those at his right hand, ‘Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.’ Then the righteous will answer him, ‘Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?’ And the king will answer them, ‘Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.’ Then he will say to those at his left hand, ‘You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink, I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me.’ Then they also will answer, ‘Lord, when

was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?’ Then he will answer them, ‘Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.’ And these will go away into eternal punishment, but the righteous into eternal life.”

**Communion Hymn** - Praise the Lord from the heavens; \* praise Him in the highest. (*Psalm 148:1*) \* Rejoice in the Lord, O you just; \* praise befits the righteous. \* Alleluia, alleluia, \* alleluia. (*Psalm 32:1*)

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

*The value of fasting consists not only of avoiding certain foods, but in giving up sinful practices. The one who limits his fast only to abstaining meat mocks it! ... For a true fast, you cannot fast only with your mouth. You must fast with your eyes, your ears, your feet, your hands, and all parts of your body... For what good is it if you don't eat meat or poultry, and yet you bite and devour the flesh of your neighbor? St John Chrysostom*

*“Jesus made Himself the Bread of Life in order to sanctify my hunger for Him and for His love. He, in turn, made Himself the hungry one to satisfy my hunger for Him through my love and service.” St. Mother Teresa of Calcutta*

*“Love is the great divide between the children of God and the children of the devil. Those who have love are children of God, and those who do not are children of the devil. Have anything else you like, but if you lack this one thing, then all the rest is of no use to you whatsoever. On the other hand, you may lack almost anything else, but if you have this one thing, you have fulfilled the law.” (On 1 John). Venerable Bede*

*“The present is the point at which time touches eternity.” C. S. Lewis*

### **CATECHETICAL SUMMARY**

In the Gospel appointed for Meat-Fare Sunday, we learn that what we do to our neighbor, we do to Christ. How is this possible? How are we to understand the spiritual meaning of this truth?

First, we must always remember that we, men and women, were made in the image and likeness of God. Even after the Ancestral Sin of our first parents, we remained in God’s image. This truth is important when considering our actions toward others. What we do to others, Christians and non-Christians alike, we do to God who remains present in us through the stamp of his image.

In our baptism we were united to Christ and made partakers of His own life, so much so that we can now say with Saint Paul “It is no longer I who live, but Christ who lives in me” (Gal 2:20). This second and deeper level of our identity with Christ, makes the above truth even more profound.

It is Christ who we speak with when we talk with our friends. Christ is present with us as we either care for, or ignore, those around us. Christ is here with us when we either embrace or push away those who are in need. Christ is within us and is in the heart of our neighbor with whom we interact.

As we begin our Lenten journey, let us consider how we treat others in relationship to Christ. Let Christ be in our mind, on our lips, in our heart. Let it be Christ’s hands that are outstretched when we help our neighbor who is in need. Let it be Christ’s feet that walk where we walk each day. During this Lenten season, let us recognize the presence of God in each and every person we meet.

### **CHALLENGE QUESTIONS:**

1. In terms of the above comments, what happened to us when we were baptized?
2. How should I act toward my brother, sister, friend or neighbor when I realize that they have God within them?
3. What are some ways that I can make Lent an opportunity to live Jesus' life?
4. What are some ways in which Jesus cared for those around him, and what are some ways that I conform my life to Jesus' way of life?

***Commentary on the Sunday Gospel Reading:***

*<https://godwithusonline.org/reflections/the-sunday-of-meat-fare-ukrainian/>*

**Meat-fare Sunday - Sunday of the Fearful Judgement**

As its name indicates, this is traditionally the final day for eating meat until Pascha. This additional week of abstinence from meat comes from the Monastery of Saint Sabbas, near Jerusalem. The monks are thought to have introduced the practice in expiation for a sin of the Emperor Heraclius when he recaptured Jerusalem from the Persians.



The real theme of this Sunday is the Last Judgment, which we read about in the Gospel at the Divine Liturgy (Matt. 25:31-46).

Fasting is a discipline, an aid to repentance. Repentance itself is the object of the exercise. Just before the Great Doxology on this Sunday we sing “If you fast, do not deceive your neighbour! If you abstain from food, do not judge others!”

Even Lent has its temptations: we may be tempted to believe that our religious practice of Lent somehow entitles us to look down on others, or somehow excuses us from serving others. Just the opposite is true. And this “Sunday of the Last Judgment” should keep before our eyes, all through Lent, the primary importance of caring for the needs of others, of recognizing in those in need,

Christ Himself. Lent should teach us humility; God forbid that Lent would become an occasion of pride!

The week following this Sunday, the last week before Lent itself, has some interesting features. Wednesday and Friday are “aliturghical days,” which means that no celebration of the Divine Liturgy is foreseen by the calendar, and there are no readings from the Scripture for the Divine Liturgy. Saturday, the day before Forgiveness Sunday, is kept in honour of the monastic saints, the Holy Ascetics, because particularly during Lent we strive to follow their good example.



## \*\* 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. 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.



**Congratulations! Mnohaya Lita** – to Mr. & Mrs. Joshua & Kristi Panchuk who were blessed with the birth of their daughters Kassia & Annika on Friday. God's blessings to all of you!

**2023 AGM at the Most Holy Trinity Parish** - will take place today, Sunday, February 12<sup>th</sup> after the Divine Liturgy.

**Society of St. Vincent De Paul Board Meeting** – will take place this coming Tuesday, February 14<sup>th</sup> at 11:00 a.m.

**Knights of Columbus 4<sup>th</sup> Degree Monthly Meeting** – will take place this coming Thursday, February 16<sup>th</sup>, at 7:00 p.m.



**Monthly Ukrainian Dinner** - will take place at the United church this coming **Friday, Feb. 17<sup>th</sup> at 6:00 p.m.** at 421 St. Paul St., Kamloops.

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

**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.

**Great Fast (Lent) 2023** – will begin on **Monday, Feb. 20<sup>th</sup>.**

**Ash Wednesday Mass at SAA** – Fr. Andrzej will be assisting at the St. Ann's Academy school Mass on Wednesday, Feb. 22<sup>nd</sup>.

**Eparchial Clergy Zoom Conference** – will take place on Wednesday, Feb. 22<sup>nd</sup> from 1:00 to 2:30 p.m.

**Society of St. Vincent De Paul Members Meeting** – will take place on Tuesday, February 28<sup>th</sup> at 11:00 a.m.

**Perogy Making Bee** – Will take place on Tuesday, Feb. 21<sup>st</sup> starting at 9:00 a.m.



**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.



**World Day Of Prayer 2023 – “I Have Heard About Your Faith”** – will be celebrated on Friday, March 3<sup>rd</sup>. There are going to be two services on that day. At 1:00 p.m. at Southwest Community Church, 700 Hugh Allan Drive and at 7:00 p.m. at St. John Vianney, 2826 Bank Road, Kamloops. More information about these celebrations is available from **Judy 250-374-4314 or Sally 250-579-9412.**

**All Souls Saturday (Задумні Суботу)** – our prayers for our beloved deceased ones will take place on 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> **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.

**Cantoring Workshop** - The Eparchy of Edmonton is hosting a **Cantoring Workshop on Saturday, March 18** (10am-1pm) at **St. Josaphat Cathedral (10825-97 Street)**. Online participation is available on request. The topic of the workshop is the ***Irmosy***: we will cover the hymns to the Mother of God that replace “Dostoino/It is truly right” for several feasts of the liturgical year. All cantors are welcome, regardless of experience: we will divide into groups based on experience and language preference (Ukrainian and English). To register contact Deacon Cyril Kennedy at [liturgy@eeparchy.com](mailto:liturgy@eeparchy.com) or register online at [tinyurl.com/eparchycantor](http://tinyurl.com/eparchycantor). Cost \$25/person.

**This Week’s Parish Stewardship:** Sunday, Feb. 5 - **Kamloops:** \$1895.00 (Donations for parish computer: \$50 & \$1000) \*\*\* **Grindrod:** \$435.00 *May God bless and reward you for your generosity & support.*



### **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.

**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.