

2nd Sunday of the Great Fast - Sunday of St. Gregory



The Holy Martyr Conon – Canon suffered martyrdom for Christ under Emperor Decius (249).

**** Sunday, March 5th, 2023 ****

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Liturgical Services this coming week

Saturday, March 4 *** Grindrod Parish ****4:00 p.m.** *Div. Lit.:* God's blessings to all parishioners & Pankhyda for Beloved Deceased ones

Sunday, March 5 * 9:30 a.m.** Rosary*** **10:00 a.m. *****
Div. Lit. (Eng./Ukr.): God's blessings to all parishioners

Tuesday, March 7 ** 9:30 a.m. *Div. Lit.:* Thanksgiving for baby Maeva Jamina

Wednesday, March 8 * 9:30 a.m.** *Lenten Service – ****
Lenten Service – “Stations of the Cross”

Thursday, March 9 * 9:00 a.m. – Noon – Sacrament of Reconciliation at SAA**

Friday, March 10 ** 3:30 p.m. ** *Liturgy of the Pre-Sanctified Gifts – God's blessings for Kudlak family*

Saturday, March 11 * 9:00 a.m.** *Div. Lit.:* Beloved Deceased ones (3rd All Souls Saturday)

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

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

***The Divine Liturgy of St. Basil the Great is celebrated today
(and on every Sunday of the Great Fast).***

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 8: Light of orthodoxy, teacher of the Church; its confirmation! * Ideal of monks and invincible champion of theologians. * Wonder-working Gregory, glory of Thessalonica and preacher of grace: * always intercede before the Lord that our souls may be saved!

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

Kontakion, Tone 4: The time for action is now revealed; * the Judge is at the door. * Let us rise and keep the fast, * offering tears of contrition with alms and crying aloud: * our sins are more numerous than the sands of the sea, * but forgive us, O Maker of all, that we may receive incorruptible crowns.

Prokeimenon, Tone 5 - You, O Lord, will guard us * and will keep us * from this generation * and forever.

verse: Save me, O Lord, for there is no longer left a just man.

Epistle - Hebrews 1:10-2:3 - A reading from the Epistle of the Holy Apostle Paul to the Hebrews.

Brothers and Sisters, “In the beginning, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed.

But you are the same, and your years will never end.” But to which of the angels has he ever said, “Sit at my right hand until I make your enemies a footstool for your feet”?

Are not all angels spirits in the divine service, sent to serve for the sake of those who are to inherit salvation?

Therefore we must pay greater attention to what we have heard, so that we do not drift away from it. For if the message declared through angels was valid, and every transgression or disobedience received a just penalty, how can we escape if we neglect so great a salvation? It was declared at first through the Lord, and it was attested to us by those who heard him.

Alleluia, Tone 6 - He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven.

verse: He says to the Lord: You are my protector and my refuge, my God, in Whom I hope. (*Psalm 90:1,2*)

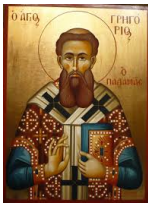
Gospel - Mark 2:1-12

At that time, Jesus returned to Capernaum after some days, and it was reported that he was at home. So many gathered around, that there was no longer room for them, not even in front of the door; and he was speaking the word to them. Then some people came, bringing to him a paralyzed man, carried by four of them. And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. When Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?" At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, "Why do you raise such questions in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Stand up and take your mat and walk'? But so that you may know that the Son of Man has authority on earth to forgive sins"—he said to the paralytic— "I say to you, stand up, take your mat and go to your home." And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, "We have never seen anything like this!"

Hymn to the Mother of God

In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

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



The Second Sunday of Lent is kept as a feast of Saint Gregory Palamas, the Archbishop of Thessaloniki in the fourteenth century. Like the restoration of the holy icons, this memorial of Saint Gregory has to do with historical events, but also relates to our understanding of the Christian vocation, and the possibility for every Christian to achieve genuine holiness. Saint Gregory taught that all Christians are called to union with God, which is the object of the Christian life. Saint Gregory was a great ascetic, and a great master of the monastic life, and he taught that this invitation to union with God is open to every Christian. This is the challenge of Lent, but that challenge faces us all year round. Likewise, this is the challenge of monasticism, yet not only for monks and nuns. The Holy Father has expressed it very well: “...in the East, monasticism was not seen merely as a separate condition, proper to a precise category of Christians, but rather as a reference point for all the baptized, according to the gifts offered to each by the Lord; it was presented as a symbolic synthesis of Christianity.” (St. John Paul II).

CATECHETICAL SUMMARY

The Faith of the Many sufficed for the Healing of the One

Today we hear the beautiful story of the healing of the paralytic who was brought by his friends through the roof of a building to Jesus, because they could not get to him otherwise with the crowds. The Gospel tells us that the occasion for the healing of the paralytic, the reason why Jesus healed him, was that he saw “their faith.”

How powerful faith is! Faith not only has the power to unite us to Christ (as we noted last week), but can also save those for whom we intercede.

All of us struggle in the faith; all of us stumble and become distracted by the enticements of the world. But if we are surrounded by faithful friends, we can be held up, and even saved from spiritual danger by them.

Choosing good friends, then, is very, very important. They will either lead us to Christ, as the friends of the paralytic did, or they will lead us away from the Lord and endanger our salvation.

CHALLENGE QUESTIONS:

1. What are the criteria by which we choose our friends?
2. What is the most important thing I can do as a friend?
3. What are examples of being a true friend, and of being a false friend?
4. Have I chosen my friends well?

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

“Absence of passions and the possession of virtue constitute love for God; for hatred of evil, resulting in the absence of passions, introduces in its place the desire for and acquisition of spiritual blessings.” St Gregory Palamas.

“We must join our prayer with work. How is it possible to change one’s work into prayer? Work cannot substitute for prayer. Nevertheless, we can learn to make work a prayer. How can we do this? By doing our work with God, who is always there. He never leaves our prayers unanswered.” St. Mother Teresa of Calcutta

Commentary on the Sunday Gospel Reading:

<https://godwithusonline.org/reflections/the-sunday-of-st-gregory-palamas-ukrainian/>

** 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 and the residence stove. 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., 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 to Members of 2023 Parish Council – May God bless and richly reward all of our parishioners who were willing to continue to stay on our Parish Council and share their time and talents for the wellbeing of our parish community. **Chair-Person:** Matt Dmyterko; **1st Vice Chairperson:** Mildred Kolody; **2nd Vice:** Miguel Romero; **Secretary:** Sylvia Synenko; **Treasure:** Olga Collins; **Past Chairperson:** Orest Hrycewich; **UCWLC:** Adele Dmyterko; **Building & Maintenance Committee:** John Chaplin

Holy Trinity Parish Council Meeting – will take place today, **Sunday, March 5th at noon.**

Confessions at SAA – Fr. Andrzej will be assisting the Roman Catholic Clergy with the Sacrament of Confession at SAA school this coming **Thursday, March 9** from 9:00 a.m. to noon.

All Souls Saturday (Задущні Суботу) – our prayers for

our beloved deceased ones will continue on the 3rd & 4th **Saturdays of Lent** (March 11 & 18).

2023 Daylight Saving Time – will begin next Sunday, March 12th.



Knights of Columbus 4th Degree Monthly Meeting – will take place on Thursday, March 16th, at 6:30 p.m. in the OLPH Centre.



2023 Lenten Mission – will take place at Sts. Peter & Paul parish in Grindrod, on Saturday, March 18th at 4:00 p.m. and at the Most Holy Trinity parish in Kamloops on Sunday, March 19th at 10:00 a.m.

Our Guest Priest: **Msgr. Jeremiah Desmond from the Roman Catholic Diocese of Kamloops.**

Eparchial Great Lent Collection - Humanitarian Aid for the People of Ukraine

The people of Ukraine need your help. As we mark the one-year anniversary of the war in Ukraine, millions of the country's inhabitants are in dire straits due to constant bombardment, frigid temperatures, fluctuating power, lack of food, shelter and other basic necessities. As part of your Lenten sacrifice, kindly consider making a donation towards providing emergency services and humanitarian and pastoral support to Ukrainians. Your donation will help with care, medical supplies, food, clothing and shelter to displaced persons, the elderly and the sick, as well as educational programs and support to local priests. For example, for only \$25, an emergency food package can provide much needed relief. \$100 can buy four packages. Each package will feed 2 persons for 1 week.

Donations may be made through your local parish or directly to Catholic Near East Welfare Association - Canada (cnewa.ca).

For information on how your donation is making a difference, see Catholic Near East Welfare Association's [2022 Campaign Report: Ukraine Emergency Relief](#). May God bless you and your family for your generosity.

2023 Parish Fundraising –Thanks to your generosity we have already collected \$1955 for our computer & \$70 for the kitchen stove. Please continue to contribute for these necessary expenses.

May God bless and reward you.

This Week's Parish Stewardship: Sunday, Feb. 26 - **Kamloops:** \$630.00 (Donations for parish computer: \$100; residence stove - \$50 & 20.00) *** **Grindrod:** \$00.00 *May God bless and reward you for your generosity & support.*

Lenten Scriptural Readings for this week

Monday: Genesis 6:9-22; Proverbs 8:1-22 & Isaiah 8:13-9:6

Tuesday: Genesis 7:1-5; Proverbs 8:32-9:10 & Isaiah 9:8-10:4

Wednesday: Genesis 7:6-9; Proverbs 9:12-18 & Isaiah 10:12-20

Thursday: Genesis 7:11-8:3; Prov. 10:1-22 & Isaiah 11:10-12:2

Friday: Genesis 8:4-21; Proverbs 10:31-11:12 & Isaiah 13:2-13

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.

***** **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.

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.