



5th Sunday of the Great Fast
Commemoration of Our Venerable Mother Mary of Egypt

Synaxis of the Holy Archangel Gabriel
**** Sunday, March 26th, 2023****

Pastor: *Fr. Andrzej Wasylanko*
 109 Tranquille Rd. Kamloops, BC V3B 3E8
 Mailing address: 118 Don St., Kamloops, BC V2B 1B7
Phones: 250-376-3690 (church) ** 250-461-7249 (residence)
Email: mostholytrinitypar@shaw.ca * or * fr.wasylanko@gmail.com
 Website: <http://kamloops.nweparchy.ca/>

Liturgical Services this coming week

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

Sunday, March 26 * 9:30 a.m.** Rosary *** **10:00 a.m. *****
Div. Lit. (Eng./Ukr.): *God's blessings to all parishioners*

Monday, March 27 ** 9:00 a.m. Lenten Service – *“An Akathist Hymn in Honour of the Sufferings of Jesus Christ”*

Wednesday, March 29 * 9:00 a.m. Lenten Service** –
“Stations of the Cross”

Thursday, March 30 * 9:00 a.m. Div. Lit.:** *God's blessings for David L. & his family*

Friday, March 31 ** 3:30 p.m. ** *Liturgy of the Pre-Sanctified Gifts* – *God's blessings & good health for Anne Derzak*

Saturday, April 1 ** Grindrod Parish ****4:00 p.m. Div. Lit.:**
God's blessings to all parishioners - blessing of pussy willows & myrovania/blessing with Holy Oil

Palm Sunday, April 2 * 9:30 a.m. Rosary** 10:00 a.m. *****
Div. Lit. (Eng./Ukr.): *God's blessings to all parishioners - blessing of pussy willows & myrovania/blessing with Holy Oil*



The Divine Liturgy of St. Basil the Great is celebrated today

Troparion, Tone 1: Though the stone was sealed by the Judeans, * and soldiers guarded Your most pure body, * You arose, O Saviour, on the third day, * and gave life to the world. * And so the heavenly powers cried out to You, O Giver of Life: * Glory to Your resurrection, O Christ! * Glory to Your kingdom! * Glory to Your saving plan, * O only Lover of mankind.

Troparion, Tone 4: Today is the crown of our salvation, * and the unfolding of the eternal mystery; * the Son of God becomes the Virgin's Son, * and Gabriel brings the good tidings of grace. * With him let us also cry to the Mother of God: * Rejoice, Full of grace! The Lord is with you.

Troparion, Tone 4: Princes of the heavenly hosts, * we, though unworthy, beg you to encircle us through your prayers* under the shelter of the wings of your spiritual glory.* Guard us as we come to you and sincerely cry: * "Deliver us from dangers, * O princes of the powers on high!"

Kontakion, Tone 1: You arose in glory from the tomb * and with Yourself You raised the world. * All humanity acclaim You as God, * and death has vanished. * Adam exults, O Master, * and Eve, redeemed now from bondage, cries out for joy: * "You are the One, O Christ, Who offer resurrection to all."

Glory be to the Father and to the Son and to the Holy Spirit.

Kontakion, Tone 2: Princes of God's hosts, ministers of divine glory,* leaders of angels and guides of men,* pray for our welfare and for great mercy, * O princes of the incorporeal powers.

Now and for ever and ever. Amen.

Kontakion, Tone 8: To You, O Mother of God, * the invincible leader, * we, your servants, ascribe these victory hymns * in thanksgiving for our deliverance from evil. * With your invincible power free us from all dangers * that we may cry out to you: * Hail, O Bride and pure Virgin!

Prokeimenon, Tone 1 -Let Your mercy, O Lord, be upon us, as we have hoped in You.

verse: Rejoice in the Lord, O you just; praise befits the righteous.

Prokeimenon, Tone 4 - He makes spirits His angels and flaming fire His ministers.

Epistle: Hebrews 9:11-14 (NRSV)

Brothers and sisters, when Christ came as a high priest of the good things that have come, then through the greater and perfect tent (not made with hands, that is, not of this creation), he entered once and for all into the Holy Place, not with the blood of goats and calves, but with his own blood, thus obtaining eternal redemption. For if the blood of goats and bulls, with the sprinkling of the ashes of a heifer, sanctifies those who have been defiled so that their flesh is purified, how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to worship the living God!

Alleluia, Tone 1- God gives me vindication, and has subdued peoples under me.

verse: Making great the salvation of the king, and showing mercy to His anointed, to David, and to His posterity forever.

verse: Praise the Lord, all you His angels; praise Him, all His powers. (Psalm 148:2)



Gospel: Mark 10:32-45 (NRSV);

At that time, Jesus took the twelve aside again and began to tell them what was to happen to him, saying, “See, we are going up to Jerusalem, and the Son of Man will be handed over to the chief priests and the scribes, and they will condemn him to death; then they will hand him over to the Gentiles; they will mock him, and spit upon him, and flog him, and kill him; and after three days he will rise again.” James and John, the sons of Zebedee, came forward to him and said to him, “Teacher, we want you to do for

us whatever we ask of you.” And he said to them, “What is it you want me to do for you?” And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.” But Jesus said to them, “You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?” They replied, “We are able.” Then Jesus said to them, “The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.” When the ten heard this, they began to be angry with James and John. So Jesus called them and said to them, “You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served, but to serve, and to give his life as a ransom for many.”

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. (Psalm 148:1) * He makes spirits His angels, * and flaming fire His ministers.* Alleluia, alleluia,* alleluia.



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

“By the anxieties and worries of this life, Satan tries to dull man’s heart and make a dwelling for himself there.”

St. Francis of Assisi

“Do I give the Christ who is full of zeal, love, joy, and sunshine? Do I come up to the mark? Or am I a dark light, a false light, a bulb without connection, having no current and therefore shedding no radiance? Put your heart into being a bright light.”

St. Mother Teresa of Calcutta

“When we ask for anything in prayer, we should be ready, always, to accept God’s will, even if it does not coincide with our own: “His Majesty knows best what is suitable for us, for He can rightly reply that we know not what we ask.” ***St. Teresa of Avila***

CATECHETICAL SUMMARY

In both the Gospel and Epistle today, we learn about one of the hallmarks of Christianity – servant leadership. “Cleanse your conscience from dead works,” Saint Paul teaches us, “to serve the living God.”

And again, in the Gospel, Jesus explains that he did “not come to be served, but to serve.” In this way of service, Jesus shows us that we are called to “give” our life to God through the gift of service to each other. During the Lenten season, the Church invites us to intensify our calling as servant leaders and to live out this calling in real, tangible ways.

Commentary on the Sunday Gospel Reading:

<https://godwithusonline.org/reflections/the-sunday-of-st-mary-of-egypt-ukrainian/>



The Annunciation to the Virgin Mary

184 The Lord God chose the Virgin Mary from Nazareth and through the Archangel Gabriel he announced to her that she would become the mother of the Son of God: “Behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great, and will be called the Son of the

Most High” (*Lk* 1:31-32, rsv-ce). Giving her consent—“I am the handmaid of the Lord; let it be to me according to your word” (*Lk* 1:38, rsv-ce)—Mary offers herself to God, and the Holy Spirit descends upon her, and the power of the Most High overshadows her (see *Lk* 1:35). “We confess the holy Virgin to be Mother of God [*Theotokos*]; because God the Word was incarnate and became human.”

185 Comparing Mary with Eve, Church tradition highlights the obedience of the Virgin Mary in contrast with the disobedience of our fore-mother Eve. Eve is the mother of all the living; Mary (the new Eve) is the Mother of the Source of life. Eve lost life (*dying in death*); Mary accepted and offered the Life, who in the Resurrection overcame death. Eve listened to the serpent and lost Paradise for humankind; Mary listened to God and returned Paradise in Christ. Adam was before Eve, but Mary, the New Eve, was before the New Adam, the Christ.

188 The liturgical tradition of the Church magnifies the most holy, most pure, most blessed and glorious Lady and God-bearing One as being “more honourable than the cherubim and more glorious than the seraphim.” The cherubim are the highest angelic order. The Church extols her “holy birth ... and her immaculate conception.” By her purity and her being immaculate the Theotokos surpasses all visible and invisible creation. Nonetheless, at the same time, she belongs to the human race spread forth from Adam and gathered in the Son of God. By conception without seed within the womb of the most holy Mother of God, the Son of God “receives into his bosom the old creation” and “manifests a new birth.” All of this is accomplished by the goodwill of God and the assent of the Virgin Mary. “**Christ Our Pascha**” – Catechism of the Ukrainian Catholic Church, pg. 67-9



**** 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!



Дякуємо

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. Thank you to Mr. John Chaplin & Mr. Orest Hrycewich for their maintenance work in the parish residence. 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.

Многая Літа! – very special God's blessings to anyone among our parishioners and their families who celebrated their birthday, name-day, wedding anniversary and any other special anniversary during **the month of March** (2nd - Mikayla



Harasymchuk; 20th - Robert Russell; 24th - Ann Derzak; 31st - Todd Flodstrom).



Next Perogy making Bee – will take place this coming **Tuesday, March 28th** starting at 9:00 a.m.

Catechetical Conference – Fr. Andrzej will be taking part in this special conference via zoom this coming **Tuesday, March 28th** from 10:00 to 11:30 a.m.

Reconciliation Service at OLPH Parish – Fr. Andrzej will be assisting at the Reconciliation Service this coming **Wednesday, March 29th** from 5-7 p.m.

Society of Saint Vincent de Paul: We would like to invite you to our annual social justice themed Way of the Cross Walk on **Good Friday morning**. It will begin in front of ASK Wellness Centre at Yew & Tranquille at 10 a.m. and conclude at SSVP with soup and a bun around 11:30.

Eparchial Great Lent Collection - Humanitarian Aid for the People of Ukraine - The people of Ukraine need our help. Our 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).

CNEWA created a separate web-link for donations towards the *Food Boxes For Ukraine* project:

<https://cnewa.org/ca/work/food-boxes-for-ukraine/>

Food Boxes For Ukraine is CNEWA's major project in 2023 in response to Ukraine emergency. It is implemented and managed by the Patriarchal Curia of the UGCC through the Patriarchal Fund "Mudra Sprava". May God bless you and your family for your generosity.

2023 Parish Fundraising –Thanks to your generosity we have already collected \$2,030 for our computer & \$345 for the kitchen stove. Please continue to contribute for these necessary expenses. May God bless and reward you.

This Week's Parish Stewardship: Sunday, March 19 - **Kamloops:** \$751.78 (Donations for parish residence stove - \$95) ***
Grindrod: \$295.00 *May God bless and reward you for your generosity & support.*

Lenten Scriptural Readings for this week

Monday: Genesis 27:1-41; Proverbs 19:16-25; Isaiah 48:17-49:4

Tuesday: Genesis 31:3-16; Proverbs 21:3-21 & Isaiah 49:6-10

Wed.: Genesis 43:26-45:16; Proverbs 21:23-22:4 & Isaiah 58:1-11

Thurs.: Genesis 46:1-7; Proverbs 23:15-24:5 & Isaiah 65:8-16

Friday: Genesis 49:33-50:26; Proverbs 31:8-31 & Isaiah 66:10-24

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.



Holy Week & Easter Celebrations

Great & Holy Tuesday, April 4th * 9:00 a.m.**

*** *“Stations of the Cross”*



Great & Holy Wednesday, April 5th * 9:00 a.m. *** *“An Akathist Hymn in Honour of the Sufferings of Jesus Christ”***

Great & Holy Thursday, April 6th * 6:00 p.m. – Matins of the Passion/Strasti (12 Gospels)**

***** Good & Holy Friday, April 7 *****

Good Friday is a day of Strict Abstinence - No meat, dairy or poultry products.

10:00 a.m. – outdoor “Station of the Cross” - Society of St. Vincent de Paul

***** Kamloops *** 1:00 p.m.** – Good Friday Vespers & Procession with the Shroud - Plashchanycia

***** Grindrod *** 5:00 p.m.** – Good Friday Vespers & Procession with the Shroud - Plashchanycia

Great & Holy Saturday, April 8 * 9:00 a.m.** – Holy Saturday Matins (Jerusalem Matins)

***** Sacred Heart RC Cathedral 1:00 p.m. Blessing of Easter Food** – Polish Community

***** Grindrod *** 5:00 p.m.** Paschal Procession, Easter Matins, Divine Liturgy & blessing of Artos and blessing of Easter Foods.

Sunday, April 8 – The Holy Resurrection Of Our Lord And Savior Jesus Christ - EASTER SUNDAY – PASCHA / Великдень

****** 8:00 AM ****** Paschal Procession, Easter Matins, Divine Liturgy and blessing of Artos and blessing of Easter Foods.



******* 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.