



*Sunday before the Exaltation of
the Cross * Post-feast of the
Nativity of the Mother of God **

**Holy Martyrs Menodora, Metrodora,
Nymphodora (303-11)** – these three martyrs are
believed to have been sisters. They were put to death for
their faith in Bithynia under Galerius Maximianus.

***** Sunday, September 10th, 2023 *****

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Parish Liturgical Services

Saturday, Sept. 9 *** Grindrod Parish ** **3:30 - 4:00 p.m.**
Confessions ** **4:00 p.m.** *Div. Lit.: God's blessings to all
parishioners*

Sunday, Sept. 10 *** 9:30 a.m. ** **Rosary (Eng.) / Confessions**
*** **10:00 a.m.** * *Divine Liturgy (Eng./Ukr.). God's blessings to
all parishioners*

Monday, Sept. 11 *** **9:30 a.m.** *Div. Lit.: God's blessings &
good health for Al Ludwig*

Tuesday, Sept. 12 * 6:30 p.m. * Moleben to the Merciful Christ

Wednesday, Sept. 13 *** **Monthly OLPH School Mass at
OLPH church ** 9:00 a.m.**

Thursday, Sept. 14 ** **Feast of the Exaltation of the Holy
Cross” *** 9:30 a.m.** *Div. Lit.: God's blessings to all
parishioners*

Saturday, Sept. 16 *** Grindrod Parish **3:30 - 4:00 p.m.**
Confessions ** **4:00 p.m.** *Div. Lit.: God's blessings to all
parishioners*

Sunday, Sept. 17 * 9:30 a.m. ** Rosary (Eng.) / Confessions**

***** 10:00 a.m. * Divine Liturgy (Eng./Ukr.). God's blessings to all parishioners**

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 4: Your nativity, O Virgin Mother of God, * has made joy known to all the world, * for from you dawned the Sun of Righteousness, Christ our God. * He abolished the curse and gave the blessing; * and by making death of no effect * He bestowed on us eternal life.

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

Kontakion, Tone 6: With His life-giving hand * Christ our God, the Giver of life, * raised all the dead from the murky abyss * and bestowed resurrection upon humanity. * He is for all the Saviour, * the resurrection and the life, and the God of all.

Now and for ever and ever. Amen.

Kontakion, Tone 4: By your birth, O immaculate one, * Joachim and Anna were freed from the reproach of childlessness,* and Adam and Eve * from the corruption of death.* And your people, redeemed from the guilt of their sins, * celebrate as they cry out to you: * “The barren one gives birth to the Mother of God * and nourisher of our life.”

Prokeimenon, Tone 6 - Save Your people, O Lord, * and bless Your inheritance.

verse: Unto You I will cry, O Lord, my God, lest You turn from me in silence. (*Psalm 27:9,1*)

Epistle: *Galatians 6:11-18 (NRSV)*

Brothers and Sisters, see what large letters I make when I am

writing in my own hand! It is those who want to make a good showing in the flesh that try to compel you to be circumcised—only that they may not be persecuted for the cross of Christ. Even the circumcised do not themselves obey the law, but they want you to be circumcised so that they may boast about your flesh. May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule—peace be upon them, and mercy, and upon the Israel of God. From now on, let no one make trouble for me; for I carry the marks of Jesus branded on my body. May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

Alleluia, Tone 1 - I have exalted one chosen from among My people; with My holy oil I have anointed him.

verse: My hand shall sustain him, and my arm shall make him strong. (*Psalm 88:20-21,22*)



Gospel: John 3:13-17 (NRSV)

The Lord said, No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. “Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

Hymn to the Mother of God -

O my soul, magnify the Virgin Mary, born from a barren womb.

And the Irmos, Tone 8: Virginité is alien to mothers * and childbearing is foreign to virgins; * yet in you, O Mother of God, both of them came together. * Therefore, we and all the nations of

the earth * without ceasing magnify you.

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 *****

“The path to God is a daily cross. No one has ascended to heaven by way of ease. We know where the easy way leads.” St. Isaac of Syria

“God made you without your permission, but He won’t save you without your permission.” St. Augustine.

“The eyes of the LORD are in every place, keeping watch on the evil and the good. ... In the house of the righteous there is much treasure, but trouble befalls the income of the wicked.” Proverbs 15:3 &



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!



**** ANNOUNCEMENTS ****



Thank you to all our Supporters & Volunteers –



Дякуємо – We are very grateful to everyone for your continued support of our parish community and for supporting our brothers & sisters in Ukraine. Our gratitude to everyone who helped with the “red beets project”. God bless you all!

Please Pray for health of ... All those wounded in the war in Ukraine and: Carole S., Joe & Linda S., Sharon & Al L., Luda P., Fr. Volodymyr D., Armin K., Ken S., Michelle M., Rita N., Claude & Eva G., Mary & Dave E., Lawrence & Ping B., Ashley H.; Jill C., Shelly N., Shane E., Elsie K.,



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Wilma C., Rob E., Billie M., Rob R., Dave C., Matt D., Bill P., Thomas H., Gladys O., Jeanne R., Lisa M., Suzanne C., Clay B., Stefanica K., 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.


Horizon of Hope – A Toolkit for Catholic Parishes on Palliative Care – our second presentation to take place today, **Sunday, Sept. 10th** after the Divine Liturgy.

SSVP Kamloops Conference – will be holding their monthly **Board meeting** this coming **Tuesday, Sept. 12th** at 11:00 a.m. and their **members' regular monthly meeting** on Tuesday, Sept. 19th at 11:00 at our parish hall.

The Annual Synod of Bishops of the Ukrainian Catholic Church - is being held in Rome, Italy from Sunday, Sept. 3rd to Wednesday, Sept. 13th, 2023. May God bless our hierarchy in their deliberations for the good of our Church

Upcoming Major Feast (Велике свято) – this coming Thursday, Sept. 14th is the Feast of **the Exaltation of the Precious and Life-giving Cross** (Воздвиження Чесного Хреста).

Next Monthly Parish Council Meeting – will take place next **Sunday, Sept. 17th** after the Divine Liturgy at 10:00 a.m. at the parish hall.

The Father Le Jeune 4th Degree Knights of Columbus Assembly – will hold their Installation of the Officers on **Thursday, Sept. 21st** at 7:00 p.m. at OLPH Centre. 

Special Request – Fundraiser for the Insurance Bill – on behalf of our Parish Council we are turning to the generosity of our faithful with a request for donations to cover the cost of our annual insurance bill. Unfortunately our parish UCWLC will not be able to help with donations the way they did in previous years. Thank you for your support. May God bless you and reward you for your generosity.

Spirit of Awareness - Dear parishioners, if our brother/sister in Christ, who usually sits next to you, is not in church today, please

phone them and ask how they are doing. Let them know that our parish community misses them very much!

Kamloops Second Annual Tapestry Festival – will take place in McDonald Park next Saturday, Sept 16th from 10:00 a.m. to 4:00 p.m. There will be 16 performances as well as the Chinese Dragon & an amazing grass dancer! Participating in the event will be Kamloops Ukrainian dancers group. There will be a Ukrainian pavilion and 12 food vendors from all over the world, an amazing Around the World Kid Zone, Multicultural Neighborhood, and Art Pavilions.

This Week's Parish Stewardship: Sunday, Sept. 3 – **Kamloops:** \$1,070.00 *** Saturday, Aug. 26, & Sept. 2 **Grindrod:** \$470.00; \$ 422.80. May God bless you for your generosity.



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.

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.**

iPraises - The **Eparchy of Edmonton** launched a **new liturgical app called iPraises**, available on Android and Apple platforms. The app is free and hosts the liturgical propers in English for the Divine Liturgy each day during the year, including the troparion, kondak, Epistle, Gospel, and everything else you need to follow along during the Divine Liturgy. The app can also be used at home, school, or work to take a few moments in prayer with the Lord each day.

Bishop David introduces the app in an [iPraises short video](#):

<https://eeparchy.com/2023/08/18/ipraises-guiding-faithful-through-the-liturgical-year/>



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.

