



*Sunday after the Exaltation of the Cross **

Holy Martyr Sophia, and Her Three Daughters Faith, Hope and Love – they suffered martyrdom for their faith in Christ under Emperor Hadrian (117-138).

***** Sunday, September 17th, 2023 *****

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Parish Liturgical Services

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**

Tuesday, Sept. 19 * * 9:30 a.m.** *Div. Lit.: God's blessings & good health for Mrs. Carole Stricker and other members of SSVP*

Wednesday, Sept. 20 * 9:30 a.m.** *Div. Lit.: For all those fallen away from the Church – Colette M.*

6:30 p.m. * Moleben to the Merciful Christ

Thursday, Sept. 21 * 9:30 a.m.** *Div. Lit.: God's blessings to members of Knights of Columbus & their families*

Friday, Sept. 22 * 9:30 a.m.** *Div. Lit.: God's blessings for Michael & Miranda Pelletier*

Saturday, Sept. 23 * Grindrod Parish ** 3:30 - 4:00 p.m.**
Confessions ** **4:00 p.m.** *Div. Lit.: God's blessings to all parishioners*

Sunday, Sept. 24 * 9:30 a.m. ** Rosary (Eng.) / Confessions**
***** 10:00 a.m. * Divine Liturgy (Eng./Ukr.): God's blessings to all parishioners**

Troparion, Tone 7: By Your cross You destroyed death; * You opened Paradise to the thief; * You changed the lamentation of the myrrh-bearers to joy, * and charged the apostles to proclaim* that You are risen, O Christ our God, * offering great mercy to the world.

Troparion, Tone 1: Save Your people, O Lord, and bless Your inheritance. * Grant victory to Your faithful people against enemies, * and protect Your community by Your cross.

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

Kontakion, Tone 7: No longer shall the dominion of death be able to hold humanity, * for Christ went down shattering and destroying its powers. * Hades is bound. * The prophets exult with one voice. * The Saviour has come for those with faith, saying: * “Come forth, O faithful, to the resurrection!”

Now and for ever and ever. Amen.

Kontakion, Tone 4: By Your own choice, O Christ our God,* You were lifted on the cross.* Grant Your mercies to Your new community* that bears Your Name.* By Your power gladden the faithful people,* and grant them victory against enemies.* May they have the help of Your instrument of peace,* the invincible sign of victory.

Prokeimenon, Tone 7 - Exalt the Lord our God, * and bow in worship at the footstool of his feet, for it is holy.

verse: The Lord reigns, let the people tremble. (*Psalm 98:5,1*)

Epistle Galatians 2:16-20 (NRSV)

Brothers and Sisters, yet we know that a person is justified not by the works of the law, but through faith in Jesus Christ. And we have come to believe in Christ Jesus, so that we might be justified

by faith in Christ, and not by doing the works of the law, because no one will be justified by the works of the law. But if, in our effort to be justified in Christ, we ourselves have been found to be sinners, is Christ then a servant of sin? Certainly not! But if I build up again the very things that I once tore down, then I demonstrate that I am a transgressor. For through the law I died to the law, so that I might live to God. I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh, I live by faith in the Son of God, who loved me and gave himself for me.

Alleluia, Tone 1- Remember Your congregation which You acquired from the beginning.

verse: But God is our king before the ages; He has wrought salvation in the midst of the earth. (*Psalm 73:2,12*)

Gospel: *Mark 8:34-9:1 (RSV)*



At that time, Jesus called the crowd with his disciples, and said to them, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly I tell you, there are some standing here who will not taste death until they see that the kingdom of God has come with power.”

Hymn to the Mother of God

O my soul, magnify the most precious cross of the Lord.

And the Irmos, Tone 8: You are a mystical Paradise, O Mother of God, who though untilled, have brought forth Christ. He has

planted upon earth the life-giving Tree of the Cross. Therefore today as we raise it on high we bow low and we magnify you.

Communion Hymn - Praise the Lord from the heavens; * praise Him in the highest. (*Psalm 148:1*) * Let the light of Your countenance, O Lord,* shine upon us. * Alleluia, alleluia, * alleluia. (*Psalm 4:7*)

At the end of Liturgy we sing:

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. (3)



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

“We should not be exceedingly grieved when we make a slip in some matter, but when we persist in it; for even the perfect often slip, but to persist therein is total death.” St. Isaac the Syrian

“The whole of the Christian religion is humility.” St. Augustine

“The plans of the mind belong to man, but the answer of the tongue is from the LORD. All the ways of a man are pure in his own eyes, but the LORD weights the spirit. Commit your work to the LORD, and your plans will be established.” Proverbs 16:1-3



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 **Mr. John Chaplin** for donating and installing a new printer for the church computer. 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., 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.

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

SSVP Kamloops Conference – will be holding their **members' regular monthly meeting** this coming **Tuesday, Sept. 19th** at 11:00 at our 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.



Horizon of Hope – A Toolkit for Catholic Parishes on Palliative Care – our second presentation to take place next **Sunday, Sept. 24th** after the Divine Liturgy.

2023 Life Chain Sunday October 1st 2-3 pm - Life Chain is a peaceful witness standing for one hour praying for our country, for an end to abortion, euthanasia and assisted suicide.

Gathering place: Sacred Heart Cathedral, 255 Nicola St. and First Baptist Church, 454 Columbia St. Signs provided. Stand along Columbia between 3rd and 5th Aves.

40 Days – Choose Life – is a quiet, prayerful vigil asking our God for healing our land from the culture of death, and to witness to all that we need to return to a culture of life. Daily vigils from Sept. 27th to Nov. 5th from 10:00 a.m. – 11:00 a.m. at Sacred Heart Cathedral, 3rd Ave. & Nicola St.

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.

This Week's Parish Stewardship: Sunday, Sept. 10 – **Kamloops:** \$820.00 *** Saturday, Sept. 9 **Grindrod:** \$305.00. May God bless you for your generosity.



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.

Spirit of Awareness - Dear parishioners, if our brother/sister in Christ, who usually sits next to you, is not in church today, please contact them and ask how they are doing. Let them know that our parish community misses them very much!



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.

