

27th Sunday after Pentecost

The Holy Prophet Zephaniah (Sophonias) – Zephaniah was of the tribe

of Simeon. He lived in the 7th century before Christ and was a contemporary of Jeremiah. He foretold the coming of the Messiah and the General Judgment.

**** Nativity Fast. ****

*** Sunday, December 3rd, 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/>

Parish Liturgical Services

Grindrod * Saturday, Dec. 2 *** 3:00 p.m. Div. Lit.: God's blessings to all parishioners**

Sunday, Dec. 3 * 9:30 a.m. ** Rosary (Eng.) / Confessions**

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

Tuesday, Dec. 5 * 9:00 a.m. Div. Lit.: +Cheyenne**

Wednesday, Dec 6 ** Feast of St. Nicholas ** 9:00 a.m. Div. Lit.: God's blessings to Dave & Betty Kozoris

Thursday, Dec. 7 * 9:00 a.m. Div. Lit.: +Fr. Volodymyr Dmyterko (40th Day Memorial)**

Friday, Dec 8 * 4:00 p.m. – “Moleben to Emmanuel”**

Saturday, Dec. 9 ** Feast of the Conception of St. Ann, When She Conceived the Most Holy Mother of God * 9:00 a.m. Div. Lit.: God's blessings & good health for Rose Ostowich**

Grindrod * Saturday, Dec. 9 *** 3:00 p.m. Div. Lit.: God's blessings to all parishioners**

Sunday, Dec. 10 * 9:30 a.m. ** Rosary (Eng.) / Confessions**

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



The Bishop is greeted in front of the church (at the door) with bread & salt.

- *Pastor presents Bishop with a hand cross for the procession into the church. After greeting (still at the doors):*

Pastor: *May the Lord bless you from Zion, and may you know Jerusalem's blessings all the days of your life, always, now, and forever.*

All: *Amen.*

Blessed be the name of the Lord, always, now and forever.

Будь ім'я Господнє длагословенне, длагословенне від нині і до віку, до віку.

Bood eemia Hodpodnie blahoslovenye, blahoslovenye ved naynee ee do veeku do veeku, do veeku.

Troparion, Tone 2: *When You went down to death, O Life Immortal,* You struck Hades dead with the blazing light of Your divinity.* When You raised the dead from the nether world,* all the powers of heaven cried out:* “O Giver of Life, Christ our God, glory be to You!”*

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

Kontakion, Tone 2: *You rose from the tomb, O almighty Saviour,* and Hades, seeing this wonder, was stricken with fear; and the dead arose.* Creation saw and rejoices with You, and Adam exults.* And the world, my Saviour, sings Your praises for ever.*

Now and for ever and ever. Amen.

Theotokion, Tone 2: *The tomb and death could not hold the Mother of God,* unceasing in her intercession and an unfailing hope of patronage,* for as the Mother of Life she was transferred to life* by Him Who had dwelt in her ever-virgin womb.*

Prokeimenon, Tone 2

The Lord is my strength and my song of praise, and He has become my salvation.

verse: The Lord has indeed chastised me, but He has not delivered me to death. (*Psalm 117:14,18*)

Epistle - Ephesians 6:10-17

A reading from the Epistle of the Holy Apostle Paul to the Ephesians.

Brothers and Sisters, be strong in the Lord and in the strength of His power. Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Alleluia, Tone 2 - The Lord will hear you in the day of tribulation; the name of the God of Jacob will shield you.

verse: Lord, grant victory to the king and hear us in the day that we shall call upon You.

Gospel - Luke 13:10-17

At that time, Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called

her over and said, “Woman, you are set free from your ailment.” When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, “There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day.” But the Lord answered him and said, “You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?” When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

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

CATECHETICAL SUMMARY

Today, the Church presents for our consideration the image of the woman who was bent over and unable to stand up because of the evil spirits that afflicted her. As the Fathers of the Church explain, this woman is a symbol of our human nature oppressed by a sinful life – the life of vice and of sin. As Saint Athanasius explained in his great work *On the Incarnation*, man having “rejected the contemplation of God” was weighed down by sin and unable to lift up his eyes to contemplate heavenly realities. It is for this reason, Saint Athanasius explained, that God became man and was born in a manger—that we who were bent over like the animals and feeding ourselves on earthly things might meet God face to face in the feed trough of the manger and be raised in him and returned to our proper stature to contemplate the things above.

Practical Questions

1. What does it mean to be weighed down by sin?

2. Why does sin make us only see the things of this world and unable to see as God sees?
3. How does the Incarnation help us to “see” again?



**Sts. Peter & Paul & Most Holy Trinity Parishes
Welcome Most Rev. Bishop Michael Kwiatkowski!**

Many God’s Blessings to You, Vladyko!

A warm welcome - to all parishioners & guests who join us today 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. Thank you to Mr. John Chaplin for your renovation work in the residence. Thank you to all the ladies who came to help with perogy making this week. God bless you all!

Please Pray for health of ... All those wounded in the war in Ukraine & Holy Land and: Iryna Y., Maria M., Gordon P., Brian K., Joe & Linda S., Sharon & Al L., Ken S., Michelle M., Rita N., Mary & Dave E., Lawrence & Ping B., Jill C., Shelly N., Shane E., Elsie K., Wilma C., Rob E., Billie M., 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.



St. Philip’s Fast (Пилипівка) – a time of 40 days preparation for Christmas began on **Wednesday, Nov. 15th, 2023**. Let us all take advantage of this special liturgical season and purify our hearts for Christ’s birth through prayer, fasting, almsgiving and confession.

Monthly Parish Council Meeting – will take place next **Sunday, Dec 10th** at noon at the parish hall.

SSVP Monthly Meetings – for board members on Tuesday, Dec. 12th 11:00 a.m. & for all members on Tuesday, 19th 11:30 a.m.

Advent Penitential Service – Fr. Andrzej will be assisting Roman Catholic clergy with Confessions at at OLPH parish on **Tuesday, Dec. 12th** starting at 6:45 p.m. & at OLPH school on Wednesday, Dec. 13th starting at 10:30 a.m.



Knights of Columbus OLPH Council #8132 Knights – will have their members' meeting on **Thursday, Dec 14th** at 7:00 p.m. at OLPH Centre.

St. Nicholas Day Celebrations – at Sts. Peter & Paul parish in Grindrod, on **Saturday, Dec. 16th** & at the Most Holy Trinity parish on **Sunday, Dec. 17th**.

Perogy Sales – Anyone wishing to purchase perogies, please call Mrs. Adelle Dmyterko at **250-554-3107** or Mrs. Mary Emery **250-376-8934**. Cost: \$7.00/dozen.



Pre-Christmas Church decorating – will take place on **Saturday, Dec. 16th** at 9:00 a.m.

Food Bank Collection – as in previous years during St. Philip's Fast, we are collecting non-perishable food for the Kamloops Food Bank. A box is provided at the church entrance. Thank you for your support.

This Week's Parish Stewardship: Sunday, Nov. 26 – **Grindrod:** \$316.60 *** **Kamloops:** \$945.00 (\$80 Insurance) *** 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.

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!



The Early Church Fathers on the Holy Eucharist

By Fr. Vasyl Chepelskyy

Christ nourishes us with His Body and Blood in the Holy Mystery of the Eucharist, helping us to mature in His image and grow in His likeness (cf. John, 6:51-58, Luke, 22:19-20, Mark, 14:22- 25, Matthew, 26:26-29). The Greek word *eucharistia* means “thanksgiving.” There are countless references of the Early Church Fathers to this Sacrament.

“It is called Mystery, because what we believe is not the same as what we see; one thing we see and another we believe. For such is the nature of mysteries.” – *St. John Chrysostom*

“I have no taste for corruptible food nor for the pleasures of this life. I desire the bread of God, which is the flesh of Jesus Christ, who was of the seed of David; and for drink I desire His blood, which is love incorruptible.” – *St. Ignatius of Antioch*

“What seems bread is not bread, though by bread taste; but the Body of Christ. What seems wine is not wine, though the taste will have it so; but the blood of Christ.” – *St. Cyril of Jerusalem*

“In this very Sacrament, our people are shown to be one. Just as many grains, collected and ground and mixed together, make one bread, so in Christ, who is heavenly bread, we may know that

there is one body, with which our number is joined and united.” – *St. Cyprian of Carthage*

“In our fragmented lives, the Lord comes to meet us with a loving ‘fragility,’ which is the Eucharist,” says Pope Francis, calling it “the memorial of God’s love.” “The Eucharist encourages us, even on the roughest road, we are not alone; the Lord does not forget us and whenever we turn to him, he restores us with his love,” – states the Holy Father.*

The Eucharist is the source of Christian life. It is the real presence of Christ, who comes to our hearts and lives and dwells within us each time we receive this Holy Mystery. Eucharist brings wholeness to our fragmented lives, it heals and restores us. It connects us with God in a very intimate and profound way.

In today’s society where we are always in a rush and have so much going on and where it is hard to stop and reflect, let us find moments to be thankful to God for His gifts and love for us. Let us especially be thankful to Him for His gift of Himself in this Holy Mystery. May our whole lives become thanksgiving and may God continue to guide us on the way of our lives.

* *Pope Francis’ homily during the Mass for the Feast of the Most Holy Body and Blood of Christ (‘Corpus Christi’), celebrated Sunday, June 18, 2017 in the square in front of the Basilica of St. John Lateran in Rome.*

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.

Prayer for Preparation for Holy Communion (St. John of Damascus)

“O Master, Lord Jesus Christ our God, You alone have authority to forgive people their sins, for You are good and love all. Forgive my transgressions committed in knowledge or ignorance. Make me worthy to receive Your divine and glorious, all-pure and life-giving Mysteries without condemnation, incurring neither punishment, nor the increase of my sins. Let me, instead, receive cleansing, sanctification, and a pledge of life and kingdom to come. Let Your Mysteries be a rampart, a help, a routing of my adversaries; and let them wipe away my many transgressions. For You are a God of mercy, compassion, and love for all, and to You we render glory, with the Father and the Holy Spirit, now and always and for ever and ever. 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.