

Sunday after the Exaltation of the Cross

**Неділя по Воздвиженням
чесного Хреста ** Св. вчч. Микити.**

**** Sunday, September 15th, 2024 ****



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

Saturday, Sept. 14th * Kamloops ** 2:30 p.m. ***
*Confessions/Rosary *** 3:00 p.m. *** Div. Lit. (Eng./Ukr.):*
God's blessings to all parishioners

Sunday, Sept. 15 * Vernon 10:00 a.m. ** Grindrod 1:00 p.m.**

Tuesday, Sept. 17 * 7:00 p.m. *** Moleben to the Merciful Christ *****

Wednesday, Sept. 18* 9:30 a.m. Div. Lit.: God's blessings to Andre Sawka & family**

Thursday, Sept. 19 * 9:30 a.m. Div. Lit.: Special Intention – Olga Collins**

Friday, Sept. 20 ** 9:30 a.m. Div. Lit.: God's blessings to Adelle Dmyterko & family

Saturday, Sept. 21st * Kamloops ** 2:30 p.m. ***
*Confessions/Rosary *** 3:00 p.m. *** Div. Lit. (Eng./Ukr.):*
God's blessings to all parishioners

Sunday, Sept. 22 ** * Vernon 10:00 a.m. ** Grindrod 1:00 p.m.

Antiphon 1

O God, my God, hear me; why have You forsaken me? The

words of my transgressions put salvation far from me.

Through the prayers of the Mother of God, O Saviour, save us.

O God, I will call to You by day but You will not listen; and by night, yet it will not be foolish of me.

Through the prayers of the Mother of God, O Saviour, save us.

But You, the praise of Israel, dwell in the holy place.

Through the prayers of the Mother of God, O Saviour, save us.

Glory... Now... Only-begotten Son...

Antiphon 3

Come, let us sing joyfully to the Lord, let us acclaim God, our Saviour.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Let us come before His face with praise, and acclaim Him in psalms.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

For God is the great Lord, and the great king over all the earth.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Entrance

Come, let us worship and fall down before Christ. *Son of God, crucified in the flesh, save us who sing to You: Alleluia.*

Troparion, Tone 8: You came down from on high, O Merciful One, * and accepted three days of burial * to free us from our sufferings. * O Lord, our life and our resurrection, * glory be to You.

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 8: When You rose from the tomb, * You also raised the dead and resurrected Adam. * Eve exults in Your resurrection, * and the ends of the world celebrate Your rising from the dead, * O most merciful One.

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.

Irmos: 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 Cross has dissolved hatred towards man, has brought reconciliation, has made the earth heaven, has mingled men with

angels, has conquered the bastions of death, has neutralized the strength of the devil, has dismissed the power of sin, has rid the earth of error, has restored the truth, has driven away the demons, has torn down pagan temples, has upset sacrificial altars, has dispelled the smell of burnt offerings, has planted virtue, has founded churches. The Cross has opened paradise, has admitted the thief, and has guided the human race from impending disaster to the Kingdom of God.” **St. John Chrysostom**

“How precious the gift of the cross, how splendid to contemplate! In the cross there is no mingling of good and evil, as in the tree of paradise: it is wholly beautiful to behold and good to taste. The fruit of this tree is not death but life, not darkness but light. This tree does not cast us out of paradise but opens the way for our return.” **St. Theodore the Studite**

“Apart from the cross there is no other ladder by which we may get to heaven.” **Saint Rose of Lima**

“The cross is the school of love.” **St. Maximilian Kolbe**

“Everything is a reminder of the Cross. We ourselves are made in the shape of a cross.” **St. John Vianney**

“God had one son on earth without sin, but never one without suffering.” **St. Augustine**

** 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 – We are very grateful to everyone for your continued support of our parish community. Thank you to Mr. John Chaplin for his repair

Thank You

work in the church hall kichen and also in the residence. God bless you all!

Please Pray for health of ... All those wounded in the war in Ukraine & Holy Land and: Rob F., Stella B., Louise M., Orest H., Steve U., Mary & Dave E., Finn N., Amanda F., Dawna S., Anna N., Paul K., Sharon & Al L., Maria M., Gordon P., Brian K., Michelle M., Rita N., Lawrence & Ping B., Jill C., Shelly N., Elsie K., Wilma C., Janice R., Rob E., Dave C., Thomas H., Gladys & Oliver O., Jeanne R., Lisa M., Suzanne C., Clay B., Zbigniew K., Mirosław G., Stephanica & Drago 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 who would appreciate a visit.

Substitution in Vernon & Grindrod – Fr. Andrzej will be substituting Fr. Werbowy at his parishes in Vernon & Grindrod on Sundays Sept. 15th and 22nd. Our Sunday services **in Kamloops will be celebrated on these Saturdays in Sept. – 14th & 21st**

at 3:00 p.m. If the Saturday time is a difficult option for some of you, please be aware that there are **Sunday Masses available at OLPH parish at 8:30 & 10:30 a.m.**

SSVP Kamloops Conference – will be holding their **members' regular monthly meeting** on Monday, Sept. 16th at 11:30 a.m.

"Perogy-Bee - will take place on Tuesday, Sept. 17th starting at 9:00 a.m.

Moleben services - Prayer for parish pastoral plan—part of our pastoral plan this year is to spread the “Good News” to others and bring them to God. Let us pray to our Lord for His divine help by celebrating weekly Moleben services for the intention of evangelization.

Weekly Ukrainian Language Classes – take place at our parish hall each Saturday from **12:45 p.m. to 2:15 p.m.** Please come and join us.

Weekly Saturday Rallies for Ukraine – take place in front of Kamloops City Hall from 3:00 p.m. to 4:00 p.m. Come and “Stand with Ukraine.

The Father Le Jeune 4th Degree Knights of Columbus Assembly – will hold their monthly meeting on **Thursday, Sept. 26th at 7:00 p.m.**



Seniors' Lunches at SSVP – will resume this coming Thursday, Sept. 5th. As a reminder, seniors are welcome to join for lunch & socializing each Thursday & Saturday from 11:00 a.m. to 1:00 p.m. at the SSVP thrift store on 168 Briar Ave. **Our parish will hold its monthly perogy lunch on Thursday, Sept. 26th.**

“Divine Renovation” – Fr. Andrzej will be participating in clergy workshops via zoom from 11:00 – 12:30 on the following Wednesdays:

- September 18
- October 2
- October 16
- October 30
- November 13
- November 27

New Westminster Eparchial Jubilee Celebration – will take place on Friday & Saturday, September 27-28 at New Westminster. More details please access this link:
<https://www.eventbrite.ca/e/golden-jubilee-tickets-919921719627>

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!

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.

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 to St. Monica

Lord our God, ever merciful to all who hope in you, You adorned your servant Monica with the priceless gift of reconciling her husband and children to you. You listened to her fervent and continuous prayers calling St. Augustine from the ways of error to serve you in holiness, making of him a sign of conversion in the world. Please bring back to you those who we love. Amen.

40 DAYS—Choose Life - is a quiet, prayerful vigil for the healing of our land.

Daily Vigils from Sept 25-Nov 3 from 10:00-11:00 am. **Pre-Vigil Evening** on Sept 24, 7:15 pm at Sacred Heart Cathedral, 3rd and Nicola.

Mission: To gather together the Christian community in prayer, to ask God for the healing of our land from the culture of death, and to witness to all that we need to return to a culture of life.

Biblical Foundation: Deuteronomy 30:19: *“Now choose life so that you and your children may live and that you may love the Lord your God.”* God uses 40-day periods to transform His people - from Noah in the flood to Moses on the mountain to the disciples after Christ’s Resurrection.

Available: Signs to hold as well as prayer and meditation sheets to guide.

Directions: There will be opportunities for supporting other pro-life charities throughout the 40 days.

БОЖЕСТВЕННА ЛІТУРГІЯ:

Антифон 1

Стих 1: Боже, Боже мій, зваж на мене, чому ти оставив мене? Далеко від спасення мого слова гріхопадінь моїх (Пс 21,2).

Приспів: Молитвами Богородиці, * Спасе, спаси нас.

Стих 2: Боже мій, закличу вдень і не вислухаєш, і вночі, і не в безумство мені (Пс 21,3).

Приспів: Молитвами Богородиці, * Спасе, спаси нас.

Стих 3: А ти у святому живеш, хвало ізраїлева (Пс 21,4).

Приспів: Молитвами Богородиці, * Спасе, спаси нас.

+Слава Отцю, і Сину, і Святому Духові. І нині, і повсякчас, і на віки вічні. Амінь..Єдинородний Сину

Антифон 3: *Приспів празника (15-20 вересня)*

Приспів: Спаси нас, Сину Божий, що плоттю розп’явся, співаємо Тобі: Аلیلія.

Вхідне: Прийдіте поклонімося і припадім до Христа. Спаси нас, Сину Божий, що плоттю розп'явся, співаємо Тобі: Аلیلуя.

Тропар (глас 8): З висоти зійшов Ти, Милосердний,* погребення прийняв Ти тридневне,* щоб нас визволити від страстей.* Життя і воскресіння наше,* Господи, слава Тобі.

Тропар (глас 1): Спаси, Господи, людей Твоїх і благослови насліддя Твоє, перемоги благовірному народові на супротивників даруй і хрестом Твоїм охорони люд Твій.

+Слава Отцю, і Сину, і Святому Духові.

Кондак (глас 8): Коли Ти воскрес із гробу,* то й померлих підняв,* і Адама воскресив;* радіє Єва воскресінням Твоїм* і кінці світу прославляють* Твоє з мертвих воскресіння,* Багатомилостивий.

І нині, і повсякчас, і на віки вічні. Амінь.

Кондак (глас 4): Вознісся Ти на хрест волею Своєю. Новому людові Твоєму, що Твоє ім'я носить, даруй щедроти Твої, Христе Боже. Возвесели силою Твоєю благовірний народ, перемоги на супротивників дай йому, що за посібник має Твоє оружжя миру, непоборну перемогу.

Прокімен (глас 7): Возносіть Господа Бога нашого і поклоняйтеся підніжжю ніг Його, бо святе воно (Пс 98,5).

Стих: Господь возцарився, нехай гніваються люди (Пс 98,1).

Апостол: (Гл 2,16-20):

Браття і Сестри, довідавшись, що людина оправдується не ділами закону, а через віру в Ісуса Христа, ми й увірували в Христа Ісуса, щоб оправдатися нам вірою в Христа, а не ділами закону; бо ніхто не оправдається ділами закону. Коли ж, шукаючи оправдання у Христі, виявилось, що й ми самі грішники, – то невже Христос – служитель гріха? Жадним робом! Бо коли я знову відбудовую те, що зруйнував був, то я себе самого оголошую переступником. Я бо через закон для

закону вмер, щоб для Бога жити: я –розп’ятий з Христом. Живу вже не я, а живе Христос у мені. А що живу тепер у тілі, то живу вірою в Божого Сина, який полюбив мене й видав себе за мене.

Алилуя (глас 1): Пом’яни соньм Твій, що його придбав Ти із давна (Пс 73,2).

Стих: Бог же – цар наш перше віку, вчинив спасіння посеред землі (Пс 73,12).

Євангеліє: (Мр 8,34-9,1):

Сказав Господь: “Коли хтось хоче йти за мною, хай зречеться себе самого, візьме на себе хрест свій і йде слідом за мною. Бо хто хоче спасти свою душу, той її погубить; а хто погубить свою душу мене ради та Євангелії, той її спасе. Бо яка користь людині здобути світ увесь, а занепастити свою душу? Що бо людина може дати взамін за власну душу? Хто, отже, буде соромитися мене й моїх слів перед цим родом перелюбним та грішним, того посоромиться і Син Чоловічий, коли прийде у славі Отця свого з святими ангелами.” І сказав їм: “Істинно кажу вам: Є деякі з отут присутніх, що не зазнають смерті, аж поки не вздріють Царства Божого, що прийде у могутності.”

Замість Достойно:

Величай, душе моя, Господа, пречесний хрест Господень. Ірмос (глас 8): Таїнственний рай Ти, Богородице, що неводільно виростила Христа. Він на землі насадив хресне життєносне древо. Йому, що Його нині возносять, поклоняючись, Тебе величаємо.

Причасний: Хваліте Господа з небес, хваліте Його на висотах (Пс 148,1). * Знаманувалося на нас світло лица Твого, Господи (Пс 4,7). Алилуя (х3).

Після Літургії співаємо:

Хресту Твоєму поклоняємось, Владико, і святее восекресіння Твоє славимо (х3).