



## The Most Holy Trinity Ukrainian Catholic Church

Parish Administered by Rev. Fr. Pavlo Myts  
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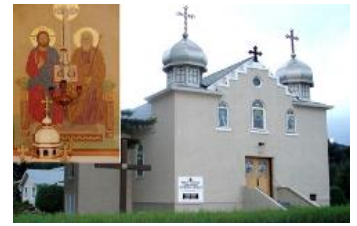
Parish Executive Council Chairperson: Mr. Matt Dmyterko

UCWLC President: Mrs. Adelle Dmyterko - Tel: 250-554-3107

Cantor: Mr. Myron Musey

Parish web-site: <http://kamloops.nweparchy.ca/>

Ukrainian Catholic Eparchy of New Westminster: [www.nweparchy.ca](http://www.nweparchy.ca)



### 28<sup>th</sup> SUNDAY after PENTECOST – November 6<sup>th</sup>, 2015 A.D.

**THE VIBRANT PARISH - A PLACE TO ENCOUNTER THE LIVING CHRIST:** Through the Word, the Holy Mysteries & Prayer, Serving One's Neighbour, Leadership, Fostering & Serving Unity and Missionary Spirit –*Pastoral Letter of His Beatitude Sviatoslav*

O Lord Jesus Christ, our Good Shepherd, as you once gathered lost sheep that they might hear Your voice and be your flock, so also today graciously look down from heaven upon our parish community, and send down on it your Holy Spirit, that it might be a place to receive the joy of Your Good News. Strengthen us with your presence, and always gather us together in prayer. Grant us the spirit of serving others, so that in our parish all

might encounter You, the merciful God. Bless our spiritual leaders with Your wisdom, and inspire us to generously give of our time, talents and treasure for the building up of Your Kingdom. Unite us in peace and harmony, as befits Your community of love. Instill in us a missionary spirit, and let our parish community shine with the light of the Gospel, with prayer and good works, inviting all to share in the divine life, so that Your Name, O Saviour, may be praised, together with Your eternal Father, and your most-holy, good and life-giving Spirit. Amen.

On December 6<sup>th</sup> our Church commemorates one of the most popular and venerated Saints among the Ukrainian people, St. Nicholas the Wonderworker, the Archbishop of Myra in Lycia, Asia Minor, who died in 343 A.D.

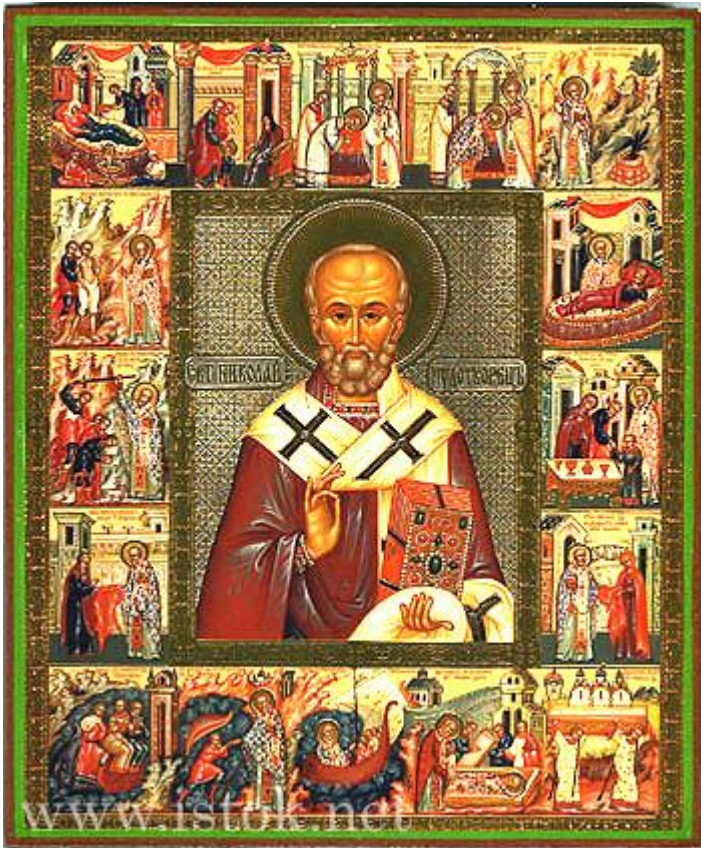
Nicholas was born in the second part of the III century in the village of Patara (now on the southern coast of Turkey). His wealthy parents, who raised him to be a devout Christian, died in an epidemic while Nicholas was still young. Obeying Jesus' words to "sell what you own and give the money to the poor," Nicholas used his whole inheritance to assist the needy, the sick, and the suffering. He dedicated his life to serving God and was made Bishop of Myra while still a young man. Bishop Nicholas became known throughout the land for his generosity to those in need, his love for children, and his concern for sailors and ships.

Under the Roman Emperor Diocletian, who ruthlessly persecuted Christians, Bishop Nicholas suffered for his faith as a Christian, was exiled and imprisoned. The prisons were so full of bishops, priests, and deacons, there was no room for the real criminals—murderers, thieves and robbers. After his release, Nicholas attended the Council of Nicaea in AD 325.

Many people, especially those who were poor and oppressed, admired Saint Nicholas for his works of charity, care, defending the helpless, truth, love and faith in God.

**"...Open the doors of your hearts and your homes to Christ, allow His Holy Spirit to transform you, purify and strengthen you in God's love!"** – *Pastoral Letter of His Beatitude Sviatoslav Shevchuk "The Vibrant Parish"*

**"...Відчиніть двері своїх душ і домівок Христові, дозвольте Його Святому Духові вас перемінити, очистити і скріпити Божою любов'ю!"** – *Пастирський Лист Блаженнішого Святослава Шевчука "Жива Парафія"*



### Christian Greetings:

Glory to Jesus Christ! – Glory to Him Forever!  
Слава Ісусу Христу! – Слава на Вікі!

Slava Isusu Chrystu! – Slava na Viky!  
Christ is among us! – He is and will be!

### Liturgical Propers:

**Troparion** (tone 3): Let the heavens be glad, let the earth rejoice, for the Lord has done a mighty deed with His arm. He trampled death by death. He became the first-born of the dead; He saved us from the abyss of Hades and granted great mercy to the world.

**Troparion** (tone 4): The truth of your deeds made you for your flock a rule of faith and an image of meekness, a teacher of continence. And so you gained the heights through humility, riches through poverty, Father and Bishop Nicholas. Intercede with Christ our God for the salvation of our souls.

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

**Kontakion** (tone 3): You rose from the tomb, O compassionate Lord, and led us out from the gates of death. Today Adam exults and Eve rejoices, and the prophets together with the patriarchs unceasingly acclaim the divine might of Your power.

**Kontakion** (tone 3): In Myra, O holy one, you proved yourself a priest. You fulfilled the Gospel of Christ, O venerable father. You laid down your soul for your people and saved the innocent from death. And so you were sanctified as a great initiate of God's grace.

*Now and forever and ever. Amen.*

**Theotokion** (tone 3): Today the Virgin stands before us in the church, and together with the choirs of saints invisibly prays to God for us. Angels are worshiping with hierarchs; apostles exalt with prophets, for the Mother of God prays in our behalf to the eternal God.

**Prokeimenon** (tone 3): Sing to our God, sing; sing to our King, sing (Ps 46:7).

Verse: Clap your hands, all you nations; shout unto God with the voice of joy (Ps 46:2).

**Prokeimenon** (tone 7): The just man shall be glad in the Lord, and shall hope in Him. (Psalm 63:11)

**Epistle: A reading from the Letters of Saint Paul to the Colossians:** (Col. 1:12-18)

*Brothers and Sisters*, giving thanks to the Father for having made you worthy to share the lot of the same saints in light. He rescued us from the power of darkness and brought us into the kingdom of his beloved Son. Through him we have redemption, the forgiveness of our sins.

He is the image of the invisible God, the first-born of all creatures. In him everything in heaven and on earth was created, things visible and invisible, whether thrones or dominations, principalities or powers; all were created through him, and for him. He is before all else that is. In him everything continues in being. It is he who is head of the body, the church; he who is the beginning, the first-born of the dead, so that primacy may be his in everything.



**Epistle: A reading from the Letter of Saint Paul to the Hebrews:** (Hebrews 13:17-21)

Brothers and Sisters, obey your leaders and submit to them, for they are keeping watch over your souls and will give an account. Let them do this with joy and not with sighing—for that would be harmful to you. Pray for us; we are sure that we have a clear conscience, desiring to act honourably in all things. I urge you all the more to do this, so that I may be restored to you very soon. Now may the God of peace, who brought back from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, make you complete in everything good so that you may do his will, working among us that which is pleasing in his sight, through Jesus Christ, to whom be the glory forever and ever. Amen.

**Alleluia** (tone 3): In You, O Lord, have I hoped that I may not be put to shame for ever (Ps 30:2). Be a protector unto me, O God, and a house of refuge to save me (Ps 30:3). Hear, O God, my voice, when I make my petition to You. (Ps 63:2) Your priests shall clothe themselves with justice, and Your venerable ones shall rejoice. For the Lord has chosen Zion; he has chosen it for His dwelling. (Ps.131:9, 13)

**Gospel:** (Luke 14:16-24)

*Jesus told this parable:* “A man was giving a large dinner and he invited many. At dinner time he sent his servant to say to those invited, ‘Come along, everything is ready now.’ But they began to excuse themselves, one and all. The first one said to the servant, ‘I have bought some land and must go out and inspect it. Please excuse me.’ Another said, ‘I have bought five yoke of oxen and I am going out to test them. Please excuse me.’ A third said, “I am newly married and so I cannot come.’



The servant returning reported all this to his master. The master of the house grew angry at the account. He said to his servant, 'Go out quickly into the streets and alleys of the town and bring in the poor and the crippled, the blind and the lame.'

The servant reported, after some time, 'Your orders have been carried out, my lord, and there is still room.' The master then said to the servant, "Go out into the highways and along the hedgerows and force them to come in. I want my house to be full, but I tell you that not one of those invited shall taste a morsel of my dinner'."

**Gospel:** *(Luke 6:17-23)*

At that time Jesus came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all in the crowd were trying to touch him, for power came out from him and healed all of them. Then he looked up at his disciples and said: "Blessed are you who are poor, for yours is the kingdom of God. "Blessed are you who are hungry now, for you will be filled. "Blessed are you who weep now, for you will laugh. "Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice in that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets.

**Communion Verses:** Praise the Lord from the heavens; praise Him in the highest *(Ps 148:1)*. The just man shall be in everlasting remembrance; of evil hearsay he shall have no fear *(Psalm 111:6)*. Alleluia! *(3x)*

**Our Eparch, Bishop Ken** is requesting that at the conclusion of every Divine Liturgy we say an additional prayer for Peace in Ukraine until the end of the war. **For peace in Ukraine, let us pray: Our Father ... Hail Mary ... Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.**

#### GRATITUDE

\* to everyone who organized, generously contributed, came, shared the food and actively participated in our parish annual the grey cup party-social on Sunday, Nov. 29<sup>th</sup>!

\* to all our parishioners, guests, visitors and all people of the good will who by their kindness, time, donations, knowingly and unknowingly, organize and lead praying with rosaries, attend services during the week, work at the parish projects, clean the church, prepare coffee and sweets, fixed the ceiling light in the kitchen, look after and graciously support our Christian, Catholic parish community! Thank you very much! May the Almighty God generously bless and reward your care, time and generosity!

**"Remember, O Lord, those who bear fruit doing good works in Your holy churches and remembering the poor. Send down Your mercy upon all of us!"** – *(Divine Liturgy of Saint John Chrysostom)*

#### CONGRATULATIONS

May the Almighty God bless in good health and salvation in many, happy and blessed years of life to Mr. Myron and Mrs. Myrna Wizniak on their Wedding Anniversary (Dec. 8<sup>th</sup>), to Mrs. Ann Kuz, Mrs. Anne Derzak and Mrs. Anne Tofan, who celebrate their heavenly patron of Saint Anna's feastday/name-day (Dec. 9<sup>th</sup>), and to all our parishioners, guests, visitors, family members and all those who celebrate their birthdays, name-days, wedding anniversaries and any other special anniversaries this week – Mnohaya i Blahaya Lita!

#### ANNOUNCEMENTS:



**A WARM WELCOME TO OUR PARISHIONERS, GUESTS AND VISITORS WHO HAVE JOINED US IN THIS DIVINE LITURGY. THANK YOU FOR PRAYING WITH US AT THE CHUCH TODAY. WISHING YOU A BLESSED WEEKEND AND FRUITFUL, HEALTHY AND SAFE WEEK! EVERYONE IS WELCOME TO PARTICIPATE AT OUR PARISH FUNDRAISER BREAKFAST AND SAINT NICHOLAS DAY CELEBRATION IN THE CHURCH HALL TODAY!**

#### Special Petitions:

\* We also pray to be blessed with generous hearts to contribute to our Bishop's initiatives and programmes, such as: the support of parishes, the education of parishioners, and the formation of seminarians, Lord hear us and have mercy.

\* We also pray for the people of Ukraine, that with the help of the Holy Spirit, they may obtain social peace, political harmony and economic stability: Lord, hear us and have mercy.

**III. REMEMBER TO PRAY FOR:** yourselves, Most Reverend Bishop Severian Yakymyshyn, Fr. Steven Basarab, Fr. Serabion ElMakary, Steve and Bernice Usipuik, Ann Kuz, Ann Derzak, Dave and Mary Emery, Elsie Kinaschuk, John Kolody, Joseph Mychaluk, Zonia Rurka, Eugene Palsitt, Adeline Palsitt, Orest Hrycewich, Myron and Myrna Wizniak, Bill

and Elsie Zachary, Matt Dmyterko, Allan and Sharon Ludwig, Jesse Pawlyshyn, Joe and Olga Burkatsky, Orest Kociuba, Kalyna Kociuba, Allan Bodnaruk, Maria Chorny, Katrien Sobhy, Marg Musey, Jacob and Ann Dressler, Rosemary Pellizzon, Bronie Huska, Peter Huska, Mary Borrett, Stanley and Roma Nowakowski (Bishop Ken's parents), Larry and Valray Necember, Lawrence and Ping Beaton, Red Mackay, Les Blain, Theresa Munro, Michelle New, Randy Hamilton, Adam Laniel, Cryss O'Donnell, Rose Ostopowich (Fr. Joe Ostopowich's mother), members of our parishes and those who are not able to join actively in our community, your families, relatives, friends; especially the shut-in or those in the hospitals, nursing and senior homes, those seeking God's answer to their prayers or those rejoicing with God's answer; those celebrating birthdays and anniversaries; those called to their eternal reward and for the family they leave behind; widows and widowers, orphans, homeless and all people who have asked us pray for them. Please, also in your kindness keep praying daily for vocations to the priesthood and religious life. Remember to ask for special blessings for Christian families!

**REMINDER** for families of individuals, who are admitted to hospital - If you or a family member is admitted to hospital and you wish to have a priest visit, please be sure to have someone call our parish rectory office to make this request. Your pastor may have no other way of knowing that you are in hospital, as privacy legislation.

IV. **On behalf of our parish family**, I would like to express the deepest sympathy and assurance of our prayers to Rev. Fr. Joseph Ostopowich, his relatives and friends; as Fr. Joe's father fall asleep in Lord peacefully on Monday, Nov. 30<sup>th</sup> in Kelowna, BC. May our Lord and Saviour Jesus Christ place Mr. Martin Joseph Ostopowich's souls in the place where all of the saints abide and may his memory be everlasting with the Lord and our prayers – Vichnaya Pamiyat'!

V. **Annual Celebration of Saint Nicholas Day, decoration of a small Christmas tree and Monthly Parish Breakfast** will take place in our parish after the Divine Liturgy on today.

VI. **Annual Christmas Decoration** of our spiritual home/church will take place at 1:00 pm on Wed. Dec. 9<sup>th</sup>, 2015 A.D. Everyone is very welcome to come and help us to make our parish church welcoming and as always beautiful.

VII. **Saint Philip's Fast (Advent) Missions** will take place in our parish starting at 2:00 pm with the Sacrament of Reconciliation/Confession before Moleben Service on Friday, December 11<sup>th</sup>, 2015 in Kamloops, BC. Rev. Fr. Andriy Lalach from Saskatoon, SK will be our mission master priest this year.

VIII. **Please, share to Kamloops Food Bank.** Special boxes are located at the entrance to the church.

IX. **Christmas Candle Eparchial Fundraiser:** Since 2012 our Eparchy of New Westminster has been collecting funds to help disadvantaged and orphaned children in Ukraine through our Christmas Candle appeal. Our fundraising program is part of a larger global appeal sponsored by Caritas Ukraine. We have had great momentum over the last few years raising over \$19,000 with support from our BC Parishes as well as Parishes in other Provinces and parts of the United States.

This appeal will again take place in December 2015 and we encourage everyone to remember these Children during our Christmas season with a voluntary donation. Please place your donation in an envelope marked Christmas Candle, with your name and address and include it with the Sunday Collection at any Ukrainian Catholic Church in BC or mail it to the Ukrainian Catholic Eparchy of New Westminster. All donations over \$20.00 will receive a tax receipt and cheques can be made out to Eparchy of New Westminster with Christmas Candle Project in the memo. Candles will also be available for purchase at all the Ukrainian Catholic Parishes in BC for a minimum donation of \$5.00 per candle. We Thank You for your past support and ask that you again consider supporting this ongoing Eparchial appeal and lighting these candles as part of your Christmas Eve celebrations.

Caritas is an organization that is supported and approved by His Beatitude Sviatoslav Shevchuk and His Excellency Bishop Ken Nowakowski. 100% of the proceeds go to Caritas Ukraine. For more information, please contact Dana Koren Lupynis at [nweparchy.christmascandle@gmail.com](mailto:nweparchy.christmascandle@gmail.com)

X. **Parish Family Calendar:** If you would like to be included in our Parish Family Calendar of Birthdays, Name-Days and Anniversaries celebrations, please put your birth date in the calendar at the table near the front door of the church. Each week, we will list those who are celebrating their birthdays in our bulletin so that we can celebrate these happy occasions together!

XI. Sunday (Nov. 29<sup>th</sup>) **collection:** \$ 368.00 CAD

**LITURGICAL SERVICES FOR CHRISTMAS 2015-2016 SEASON  
at The Most Holy Trinity Ukrainian Catholic Church in Kamloops, BC**

**Dec. 24<sup>th</sup> Thursday - 3:30 pm - *Christmas Eve/Sviatyi Vecheer***

Great Compline followed by the Divine Liturgy. Myrovania/Blessing with Holy Oil.

**Dec. 25<sup>th</sup> Friday - 10:00 am - NATIVITY OF OUR LORD AND SAVIOUR JESUS CHRIST**

The Divine Liturgy. Myrovania/Blessing with Holy Oil.

**Dec. 26<sup>th</sup> Saturday - 10:00 am – The Divine Liturgy**

Feast in Honour of the Mother of God

**Dec. 27<sup>th</sup> Sunday - 10:00 am - The Divine Liturgy**

Feast in Honour of Saint Steven Deacon-Martyr

**Dec. 31<sup>st</sup> Thursday - 5:00 pm - New Year's Eve**

Vespers: Thanksgiving for God's blessings and graces received in 2015

**Jan. 1<sup>st</sup> Friday - 10:00 am - The Divine Liturgy ([This is a Holy Day of Obligation.](#))**

Circumcision of Our Lord, Feast of St. Basil the Great, New Year's Day.

Myrovania/Blessing with Holy Oil.

**Jan. 5<sup>th</sup> Tuesday - 5:00 pm**

Great Blessing of Water followed by

The Theophany/Epiphany Eve Supper/Shchedryi Vecheer

**Jan. 6<sup>th</sup> Wednesday - 10:00 am - Divine Liturgy ([This is a Holy Day of Obligation.](#))**

Feast of Theophany (Jordan). Myrovania/Blessing with Holy Oil.

**Jan. 7<sup>th</sup> Thursday - 10:00 am - Divine Liturgy**

РІЗДВО ГНІХ (CHRISTMAS according to old, Julian calendar). Myrovania/Blessing with Holy Oil.

Theophany/Jordan Home Blessing Schedule sign up list to arrange the actual date between January 9<sup>th</sup> and January 31<sup>st</sup>, 2016 will be available at the entrance to the church.

**His Beatitude Sviatoslav consecrated a new church in Zhytomyr, UKRAINE**

*On November 22<sup>nd</sup>, the Head and Father of the Ukrainian Greek-Catholic Church, His Beatitude Sviatoslav consecrated a new-built temple of Holy Presentation of the Blessed Virgin Mary at Basilian woman's monastery in Zhytomyr.*

“Today we have asked the Lord to make this temple a shelter to all afflicted and a dispensary for all infirm. Today, God, similar to that Samaritan from today's Gospel, has come here to us, hurt and wounded to grant us kindness and His mercy”, told His Beatitude during the homily.

“And it has always been happening along a history of our nation”, - proceeded the preacher. It happened exactly two years ago at the beginning of the Revolution of Dignity. Where did our youth run, rescuing from robbers? They ran to God's temple, to the monastery, because there is a cell of God's love and His mercy.

“We were asking God for this sanctified altar to become a source of a cure”, noticed His Beatitude Sviatoslav.

Pondering over the Gospel of Luke, the preacher pointed that one of the crucial questions having been embarrassed people since the beginning of the world is how God treats me? “How does God treat me and you, especially when we are offending Him, forget about Him, committing sins, and what is more, commit them grievously. We find an answer for this question in a deep way from today's Gospel”, - thinks the Head of the UGCC.

“Responding to the scholar of the law, - continued he, what does it mean to love, Jesus Christ is telling a parable about the Good Samaritan. But when we read attentively, deepen into those images, depicted by Luke, we will see something very interesting that will answer the question we are putting ourselves today. A man who went down from Jerusalem to Jericho, I would say, is an appearance of a random secular man, distant from God. Especially today, when Ukrainians think that to be a European means to be away from God, live our self-sufficient life. And now, this man is leaving Jerusalem. We know Jerusalem in Scriptures is exactly that place, time and space where person lives with God. He is moving away from it. He starts going down, as Luke describes it, saying: he starts coming down from the height of Jerusalem to Jericho. From Scriptures we know Jericho a place of that utmost opposition to God. What happened to that man? He fell victim to robbers. Holy Gregory of Nyssa asks himself where those robbers have appeared from amongst the dessert? Then he responds: when person moves away from God, sins appear to be that robbers. Personal sins-robbers throw a man to the roadsides of life, half- dead”.

“What is happening to such a person?”- asks His Beatitude Sviatoslav. “People start condemning him/her and turn away from. Every time we see our relative or neighbour doing something wrong, we start judging immediately, trying to isolate ourselves from such a person. Person judges another one to a death penalty, especially when the second has committed something what is not right. But only people are acting like this, what does God usually do? That Samaritan is an image of a merciful God. The attitude we are asking about today is called God's mercy”, - signified the Major Archbishop.

The preacher mentioned the next point: Luke, talking about mercy of Samaritan, uses one interesting Greek word. "Treated with family" means that inside organs have moved. "it is not only a movement left to be only the feelings... Because we are moving but we usually do not leave our homes and do not approach our neighbours. ...And this inside movement starts drawing him nearer to that man. What is more, that mercy is saving..." –considers His Beatitude Sviatoslav.

The preacher pointed out that real life is active and appears as a mercy. That is when love moves us as creatures and leads to God, consequently to our neighbour via Him. It draws us to those who are nearby us. "We cannot love God, Who we do not see, when we do not love, do not move, do not disturb our heart, our soul and our whole knowledge, exactly when we see people's misfortunes. But the biggest problem and tragedy is an inside woe we call a sin. It kills both, soul and body", - asks to think about the Head of the Church.

Appealing to Basilian nuns, His Beatitude Sviatoslav requested: "Let this temple be always open for the needy. Be the first teachers of that service we call today very plainly "social service". We must show people of the XXI century God's mercy", - finishing up with a homily, stressed the Father and Head of the UGCC.

At the end of the Divine Liturgy, a decree has being read according to what father Ostap Dudak was appointed to be a prior in this temple. Afterwards, the charters were read with what persons who has contributed to the building of this temple in Zhytomyr were awarded.

The UGCC Department of Information: [www.ugcc.org.ua](http://www.ugcc.org.ua)



### ***Liturgical celebrations during week:***

Tue., Dec. 8<sup>th</sup> – 9:00 a.m. The Divine Liturgy: + Mrs. Steffia Pluta and Mrs. Jennie Strozuk

(requested by Mr. Stephen and Mrs. Bernice Usipuk)

– 4:30 p.m. Vespers

Wed., Dec. 9<sup>th</sup> (The Immaculate Conception of the Blessed Virgin Mary by Saint Anna) – 9:00 a.m. The Divine

Liturgy: + Martin Ostopowich

Thurs., Dec. 10<sup>rd</sup> – 9:00 a.m. The Divine Liturgy: + Michael, Edward, Anna, Gabriel Lakomski and

Dimitro & Ksenia Sidlar (requested by Mrs. Jean Lakomski)

Fri., Dec. 11<sup>th</sup>, 2015 – 9:00 a.m. The Divine Liturgy: thanksgiving

– 2:00 p.m. Saint Philip's/Advent Mission: (Eng./Ukr.)

Sat., Dec. 12<sup>th</sup>, 2015 – 10:00 a.m. The Divine Liturgy: Mario and Anita Pellizzon and Family

Sunday, December 13<sup>th</sup>, 2014 – 9:30 a.m. Rosary (Eng.)

– 10:00 a.m. The Divine Liturgy: God's blessings for all parishioners. (Eng./Ukr.)

Please, contact Fr. Pavlo if you want to have the Divine Liturgies celebrated in your special (such as: In thanksgiving for favours received, the Infirm, General Intentions, the Deceased, Help of the Holy Spirit, for the Travelers, etc.) intentions.

### ***Pastoral Ministry and Sacraments:***

**Reconciliation:** on Sundays and Holy Days: before Liturgies and other days, by appointment.

**Holy Communion:** for the sick, by appointment, any time.

**Baptisms:** by appointment.

**Marriages:** please make an appointment to meet with the parish priest.

**Funerals and Memorials:** by appointment.

**Holy Unction** (Anointing of the Sick): Those anticipating surgery, hospitalization or treatments and who would like to receive anointing, please contact Fr. Pavlo to arrange a time.

### **Basic Guidelines for Reception of Holy Communion:**

1. *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.*

