



## The Most Holy Trinity Ukrainian Catholic Church

Parish Administered by Rev. Fr. Pavlo Myts  
109 Tranquille Road, Kamloops, BC V3B 3E8  
Church Tel.: 250-376-3690 Rectory Tel.: 250-461-7249



Email: [mostholytrinitypar@shaw.ca](mailto:mostholytrinitypar@shaw.ca) Parish web-site: <http://kamloops.nweparchy.ca/>

Parish Executive Council Chairperson: Mr. Matt Dmyterko; UCWLC President: Mrs. Adelle Dmyterko - Tel: 250-554-3107

Parish Cantor: Mr. Myron Musey  Ukrainian Catholic Eparchy of New Westminster: [www.nweparchy.ca](http://www.nweparchy.ca)

### Second Sunday after Pentecost – May 29<sup>th</sup>, 2016 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.

In today's Gospel reading Our Lord Jesus Christ commands His disciples to become fishers of men – to do the work of evangelism.

Saint John Chrysostom notes on this passage, "The fish, when they are caught, are transported from life to death, but men from death to life." Christian evangelization is not done to devour the catch, nor to make a profit from the catch, nor to feed the fishermen. We are to catch

people to give them all the benefits of God's grace and to bring them into the Kingdom of Heaven. We are to catch them to benefit them as we have been benefitted. In this context, two sayings of Jesus Christ come to mind: "This is my commandment, that you love one another as I have loved you" (John 5:12) and "You received without paying, give without pay" (Matthew 10:8).

In the writings of the Holy Fathers we find this advice for those considering undertaking evangelism: "If you would talk to others concerning eternal life, be ready to show you are willing to suffer for the word, speak humbly with repentance, weeping for your own sins, and choosing carefully with whom you speak: a person who is willing not just to listen but to do the word. If you do not do these things, then it is better not to speak at all, lest you die and depart without profit from the words with which you hoped to vivify others. Remember, God is going to ask any sinners who quote Him, "who are you to speak the words of my covenant which are written in the Scriptures?" (From THE PARADISE OF THE FATHERS)

"...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! Slava Isusu Chrystu! – Slava na Viky!  
Слава Ісусу Христу! – Слава на Віку!

### Liturgical Propers:

Text from "The Divine Liturgy of St. John Chrysostom: An Anthology for Worship"; Pg. 329

**Troparion** (tone 1): Though the stone was sealed by the Jews and soldiers guarded Your most pure body, You arose, O Savior, on the third day, and gave life to the world. And so the heavenly powers cried out to You, O Giver of life: Glory to Your resurrection, O Christ! Glory to Your kingdom! Glory to Your saving plan, O only Lover of Mankind.

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

**Kontakion** (tone 1): You arose in glory from the tomb and with Yourself You raised the world. All humanity acclaim You as God, and death has vanished. Adam exults, O Master, and Eve, redeemed from bondage now, cries out for joy: “You are the One, O Christ, Who offer resurrection to all.”

*Now and for ever and ever. Amen.*

**Theotokion** (tone 1): When Gabriel uttered to you, O Virgin, his ‘Rejoice!’ – at that sound the Master of all became flesh in you, the Holy Ark. As the just David said, you have become wider than the heavens carrying your Creator. Glory to Him Who dwelt in you! Glory to Him Who came forth from you! Glory to Him Who freed us through birth from you!

**Prokimenon** (tone 1): Let Your mercy, O Lord, be upon us, as we have hoped in You (Ps 32:22).

**Verse:** Rejoice in the Lord, O you just; praise befits the righteous (Ps 32:1).

**Prokimenon** (tone 1): Let Your mercy, O Lord, be upon us, as we have hoped in You (Ps 32:22).

**Epistle:** *A reading from the Letter of St. Paul to the Romans: (Rm. 2:10-16)*

Brethren: there will be glory, honour, and peace for everyone who has done good, likewise the Jew first, then the Greek. With God there is no favouritism.

Sinners who do not have the law will perish without reference to it; sinners bound by the law will be judged in accordance with it. For it is not those who hear the law who are just in sight of God; it is those who keep it who will be declared just. When Gentiles who do not have the law keep it as by instinct, these men although without the law serve as a law for themselves. They show that the demands of the law are written in their hearts. Their conscience bears witness together with that law, and their thoughts will accuse or defend them on the day when, in accordance with the gospel I preach, God will pass judgment on the secrets of men through Christ Jesus.



**Alleluia:** God gives me vindication, and has subdued peoples under me (Ps 17:48). Making great the salvation of the king, and showing mercy to His anointed, to David, and to His posterity for ever (Ps 17:51).

**Gospel:** (Mt. 4:18-23)

At that time, as Jesus was walking along the Sea of Galilee he watched two brothers, Simon now known as Peter, and his brother Andrew, casting a net into the sea. They were fishermen. He said to them, “Come after me and I will make you fishers of men.” They immediately abandoned their nets and became his followers.

He walked along farther and caught sight of two other brothers, James, Zabedee’s son, and his brother John. They too were in their boat, getting their nets in order with their father, Zabedee. He called them, and immediately they abandoned boat and father to follow him.

Jesus toured all of Galilee. He taught in their synagogues, proclaimed the good news of the kingdom, and cured the people of every disease and illness.

**Communion Verse:** Praise the Lord from the heavens; praise Him in the highest (Ps 148:1). Alleluia! (x3)

*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 thoughtfully organized and participated in a special birthday party for Rev. Fr. Andrzej Wasylanko!
- \* to parishioners, organizers, benefactors, children and youth family members, friends and visitors for participating in Pysanka/Easter Eggs Writing Workshop on April 23<sup>rd</sup>, 2016 A.D.!
- \* 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, share their time and work at the parish projects, clean the church, prepare coffee and sweets, 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 all the ladies of our parish and especially UCWLC on their Ladies’ Day celebration today, to Mr. Joseph Burkatsky, Mr. Ken Sawka, Mrs. Zonia Rurka and Mrs. Zonia Haidymovska on their birthdays 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 CHURCH. EVERYONE IS WELCOME TO PARTICIPATE IN OUR PARISH SOCIAL, PRESENTATION AND ‘THAN YOU’ PARTY FROM FR. PAVLO AND HIS FAMILY AFTER THE SERVICE TODAY!**

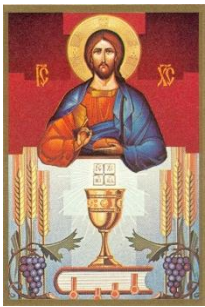


### Special Petitions:

\* 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, Steve and 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, Cruss 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.

\* **Camp Saint Volodymyr 2016- August 21-28:** The purpose of camp is to provide an opportunity for youth to experience God through nature and the companionship of others. Children will experience Ukrainian language and culture during camp along with games, religious activities, hikes, sports, arts and crafts, camp fires, water activities and other summer camp activities.

This marks the 33<sup>rd</sup> year of our Ukrainian Catholic Summer Camp. Camp will take place in Kelowna at the OAC facility. Camp offers a wide range of activities for campers aged 7-15 (as of December 31, 2016). Registration is available online via Eventbrite "Camp St. Volodymyr BC 2016." Early bird registration Ends July 7, 2016.

**WAYS TO HELP, VOLUNTEER:** Camp St. Volodymyr is a nonprofit camp, run on a volunteer basis. If you are interested in helping at this year's camp as a counsellor, chef, arts & crafts or cultural coordinator please contact Jennifer. Applications forms for counsellors are due June 15, 2016. All volunteers will be subject to a criminal records check and must sign the camp code of conduct.

For more information contact Jennifer Caldwell @ [604.220.0584](tel:604.220.0584) or [jennsawka@hotmail.com](mailto:jennsawka@hotmail.com). Visit our website via [www.nweparchy.ca](http://www.nweparchy.ca)

**DONATE:** We are always happy to accept food donations of vegetables, fruits, cereals, and treats for children such as cakes, cookies, as well as monetary donations. Tax receipts can be issued with donations of \$25 or more.

\* **Sunday (May 22<sup>nd</sup>) collection:** \$ 597.00

\* **The Most Holy Trinity Ukrainian Catholic Church Praznyk/Parish Feast Day is on Sunday, June 12<sup>th</sup>, 2016.** The Hierarchical Divine Liturgy will be celebrated at 11:00 a.m. Reception to follow at the church hall (Clergy and Religious – FREE, Adults - \$15, Children 6-12 - \$7.50 Children under 6 - FREE). We are looking forward to see, pray, welcome and share the joy of celebration with you!

Praznyk signing in list will be available in the church hall. Please, do not forget to sign in and let us know about your participation by no later than on Sunday, June 5<sup>th</sup>, 2016!

**JOIN OUR CHOIR:** Do you enjoy singing? Please consider joining our Parish Choir and remember that we are ALWAYS looking for new members!

**SHARE YOUR HEART**

**EPARCHY OF NEW WESTMINSTER**

**VIBRANT PARISH APPEAL**

*"...We need your urgent and immediate support to guarantee the viability of our Eparchy for future generations of your children and grandchildren. We want to ensure the survival*

*of pastoral services including the celebration of the sacraments in the Ukrainian Catholic tradition, such as Divine Liturgies, Baptism, Marriages, Funerals and the great Feasts, which means so much to us...*”

**+Ken (Eparchial Bishop of New Westminster)**

## WAYS TO GIVE

- CHEQUE**

*(Please make your cheques payable to the Eparchy of New Westminster)*

- BEQUESTS**

*(You have the ability to leave a legacy that will commemorate your love of God by remembering the Eparchy in your will)*

- GIFT OF PUBLICLY TRADED STOCK**

*(Please contact the Chancery office for further details on how to make a gift of stock)*

## FOR WHERE YOUR TREASURE IS THERE WILL YOUR HEART BE ALSO

**CONTACT INFORMATION:** 502 – 5<sup>th</sup> AVENUE, NEW WESTMINSTER, BC CANADA, V3L 1S2

**TELEPHONE:** 604-524-8824

**EMAIL:** new.chancery@gmail.com

**WEBSITE:** [www.nweparchy.ca](http://www.nweparchy.ca)

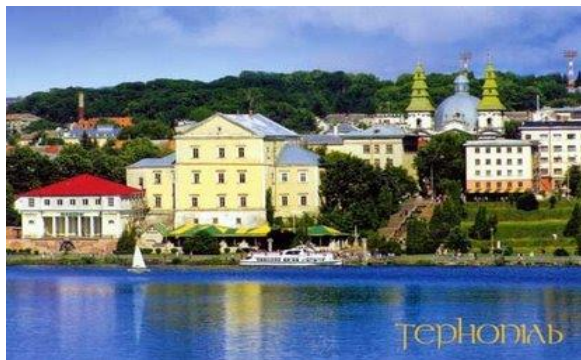
\* **KNEELING DURING THE EASTER SEASON** - until Pentecost we do not kneel during the Divine Liturgy. As a sign of our redemption and final resurrection, we offer our prayers to God while standing.

**ITINERARY FOR INDEPENDENCE DAY TOUR OF UKRAINE** with Father Damian & Sister Angelica

**16 AUGUST 2016 – 01 SEPTEMBER 2016**

**KYIV –LVIV-TERNOPII CARPATHIAN MOUNTAINS**

*Be part of Mykhaylo Ozozrovych ordination*



**Land Package \$2625.00 U.S. Dollars // Single supplement \$568.00**  
*[includes all breakfasts & Meals as specified]*

**Flights: please call Luba@Captain Cook // Toll free: 1 877-430 6789**

**Reservations: A non refundable deposit of \$700.00 U.S. due 25 April 2016**

**Final Balance \$1925.00 U.S due 01 June 2016**

*\*Flights: Please call Luba @ our office to book your flights*

*\*Please advise any special visits to Villages and/or Archives in order that we may help to pre arrange vehicles for you and advise costs.*

*\* Any other questions, please call Sister Angelica 604-526-9198 or 604-375-6626.*

**CAPTAIN COOK TRAVEL LTD.** 2213 West Broadway, Vancouver, B.C. V6K 2E4 Phone: 604 734-8080 Toll Free: 1 877-430-6789 Luba & Myrna direct line: 604 430-6789 Email: [myrnatravel@shaw.ca](mailto:myrnatravel@shaw.ca) or [luba@captaincooktravel.com](mailto:luba@captaincooktravel.com)



**UKRAINIAN GREEK CATHOLIC CHURCH SVIATOSLAV SHEVCHUK  
MAJOR ARCHBISHOP OF KYIV-HALYCH**

***Greeting of His Beatitude Sviatoslav To Canadians of Ukrainian Descent Marking the 125<sup>th</sup> Anniversary of Ukrainian Settlement in Canada 1891 - 2016***

Dear Brothers and Sisters in Christ!

On the occasion of the 125th anniversary of Ukrainian settlement in Canada I send prayerful greetings from your ancestral land of Ukraine to the over two million Canadian citizens of Ukrainian descent. This is a time to celebrate God's many blessings given through the vast territory of Canada to our people who have made this new land their home. And we rejoice with you, recalling at the same time the hardships and struggles you have endured over these many years.

During the Vesper service of Great and Holy Saturday, on the eve of the celebration of the resurrection of Our Lord, we sing a hymn taken from the Old Testament Book of Daniel. It is the song of praise of the three Hebrew youths who were thrown into

the furnace in the foreign land of Babylon, but whom God saved for their faith and trust.

During this year of jubilee we join our voices with the three youths proclaiming: **Sing praise to the Lord and exalt Him above all forever.** Over these 125 years our people have found not only a refuge in Canada, but they have prospered and grown, becoming respected citizens of this land. They have established a new life for themselves and their descendants, which now reach to the fifth and sixth generations.

Indeed, all Ukrainian Canadians can sing: **Bless the Lord, all you works of the Lord. Bless the Lord, mountains and hills, and everything growing from the earth. Bless the Lord, you springs, and seas and rivers. Bless the Lord, you whales and all water creatures.** Truly, our people have been blessed with the fruits of this land.

In giving thanks to the Lord I call upon you at the same time to be faithful sons and daughters of both your ancestral land and of this new land.

As you sing: **Blessed are you, O Lord, God of our fathers, praiseworthy and exalted above all forever** - remember the people and land of Ukraine and pray for their deliverance from all economic hardship and threat of war.

As you sing: **Bless the Lord, servants of the Lord** - remember to participate and serve in the governance and leadership of Canada, enjoying a right of citizenship so often denied in Ukraine's history.

As you sing: **Bless the Lord, O Israel** - remember the elder brothers of this new land, the First Nations, whose territories you share, and who so often struggle with the basic necessities of life.

As you sing: **Bless the Lord, spirits and souls of the just** - remember the pioneers who have gone before you, acknowledging their sacrifices for the life you enjoy today,

As you sing: **Bless the Lord, you sons of men** - remember to hand down to the younger generations the legacy of faith, language and culture that have been preserved for 125 years.

As you sing: **Bless the Lord, priests of the Lord** - remember the gift of Christian faith passed on for over a thousand years, rooted in the Kyivan spiritual heritage.

As you sing: **Bless the Lord holy men of humble heart** - remember all your brothers and sisters that share the Canadian land, caring especially for the poor, the forgotten, the sick and the elderly.

With you I join in this prayer of thanksgiving in gratitude for these 725 years, by concluding as did the three youths mentioned above: **Give thanks to the Lord, for He is good, for his mercy endures forever.**

+ SVIATOSLAV

*Given in Kyiv at the Patriarchal Cathedral of the Resurrection of Christ in Kyiv, 30 April 2016, The Holy and Great Saturday*



The Rev. Clergy and Lay-Faithful of the Eparchy of New Westminster

4 May 2016

*Glory to Jesus Christ!*

Dear Rev. Clergy and Friends,

We have no doubt all been watching with great sadness the horrific fire damage and situation in Fort McMurray, Alberta. So many families have seen their homes burned and business and office, schools and medical facilities also burned down or severely damaged. The latest statistics have reported that more than 1,600 homes have been lost and most all of the cities 84,000 residents have been forced to flee the fire.

I would like to encourage you all of pray for those who have become victims of this fire, who have lost their homes and possessions and in many cases are now not only homeless but also facing unemployment. This coming Sunday, I would encourage you to pray a special litany at the Divine Liturgy for those who are suffering as a result of this devastation asking God to comfort those who have lost so much.

I have made some inquiries as to how we can financially support those victims of the fire in Fort McMurray and it seems that the best way to support them is through an on-line donation to the Canadian Red Cross:

<https://donate.redcross.ca/ea-action/action?ea.client.id=1951&ea.campaign.id=50610>

You can go directly to the on-line donation section for the victims of the fire in Fort McMurray by clicking on the link above.

I have sent a note to Bishop David Motiuk of the Eparchy of Edmonton offering him our prayers and solidarity and assuring him that we are ready to assist in whatever way we can. He has expressed his gratitude to us.

With prayerful best wishes,  
+Ken  
Bishop of New Westminster

\* **YouTube - CATHOLIC BIOETHICS MOMENTS:** From the office of Dr. Moira McQueen, LLB MDiv PhD, Executive Director of the Canadian Catholic Bioethics Institute: *Catholic Bioethics Moments* are brief videos with theologians Drs. Moira McQueen and Bridget Campion of the Canadian Catholic Bioethics Institute explaining Church teaching about mainstream issues in bioethics. The themes of the videos have been selected from the most frequently-asked questions we receive. The inaugural series, *End-of-Life Care*, examines “Death”; “Forgoing Treatment”; “Euthanasia and Physician-assisted Suicide”; and “The Principle of Double Effect.” Videos on “Palliative Care”; “Pain Relief at the End of Life”; “Donation of Vital Organs”; and “Conscience” will be available next. This YouTube channel is devoted to providing education about Catholic Church Teaching and the Catholic response to the complex issues in bioethics. For more information visit [www.ccbi-utoronto.ca](http://www.ccbi-utoronto.ca), or the [Catholic Bioethics Moments YouTube Channel](#).

\* **BE A STEWARD:** Have you ever wondered what more can you do to help our parish? Here are some suggestions: **Steward** of property security; **Steward** of grounds cleaning; **Steward** of cleaning church; **Steward** of church linen; **Steward** of outreach; **Steward** of caring; **Steward** of prayer; **Steward** of service. Quite often, our homebound or senior members, once active in their younger years, want to find purpose in their senior years. It’s not only about doing but about “BEING” present to others. Contact Fr. Yuriy OR Darlene DeMerchant for more information. You will be amazed how “BEING” can make a difference.



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

Mon., May 30<sup>th</sup> – 9:00 a.m. The Divine Liturgy: **Raffaella Pucci**

Tue., May 31<sup>th</sup> – 10:00 a.m. The Divine Liturgy: **Gino Bolognese**

– 7:00 p.m. Moleben to the Mother of God

Thurs., June 2<sup>nd</sup> – 9:00 a.m. The Divine Liturgy: **Francesco and Maria Maio**

Fri., June 3<sup>rd</sup> – 9:00 a.m. The Divine Liturgy: **Lillian Persi-Maio**

– 7:00 p.m. Moleben to the Divine Mercy

Sat., June 4<sup>th</sup> – 6:30 a.m. The Divine Liturgy: **Giuseppe Greto**

Sunday, June 5<sup>th</sup>, 2016 – 9:30 a.m. Rosary (Eng.)

- 10:00 a.m. The Divine Liturgy: **God’s blessings for all our parishioners**

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:**

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.***

**Bequests and Wills:** Leaving a bequest is a process of giving a donation through your will. It is simply a distribution from your estate to a charitable organization through your last will and testament. It can be as small or as large a donation as you wish. It is important that you talk to your lawyer about the process.

In your kindness please remember The Most Holy Trinity Ukrainian Catholic Church in Kamloops, BC in your bequests and wills. If anyone wishes to make such a bequest in their will, the following clause may be included or added to a will: "I give, devise, and bequeath to The Most Holy Trinity Ukrainian Catholic Church at 109 Tranquille Road, Kamloops, BC V3B 3E8 the sum of \$\_\_\_\_ (or \_\_\_\_% of my estate), to be used for the benefit of the church/parish, it's expenses, needs and pastoral ministry."