

### 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



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Parish Executive Council Chairperson: Mr. Matt Dmyterko; UCWLC President: Mrs. Adelle Dmyterko - Tel: 250-554-3107 Parish Cantor: Mr. Myron Musey Westminian Catholic Eparchy of New Westminster: www.nweparchy.ca

10<sup>th</sup> Sunday after Pentecost, Saint Martyrs Borys and Hlib, Named Roman and David at Baptism (1015); Saint Great Martyr Christine - July 24<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.

Saints Borys and Hlib - the first saints to be canonized in Kyivan Rus'. The two princes were killed in 1015 by their elder brother, Prince Sviatopolk I, during the succession struggle following the death of their father, Volodymyr the Great. Their older brother, Yaroslav the Wise, thereupon presented his struggle for power with Sviatopolk as a crusade to avenge the fratricide. After he came to power, Yaroslav actively sought the canonization of the princes, which was finally realized in 1068. Meanwhile the memory of Borys Volodymyrovych and Hlib Volodymyrovych had captured the imagination of the Kyivan Rus' population, in large measure because of accounts of the calmness and resignation with which they had accepted their deaths. An account of their murders, Skazaniie i strast' i pokhvala sviatuiu muchenyku Borysa i Hliba (Story and Passion and Glorification of Saint Martyrs Borys and Hlib), is one of the oldest have remained popular figures in Ukrainian and whole Eastern European

religious thought. They are commemorated annually in the Ukrainian Orthodox Churches, Ukrainian (Roman) Catholic Church and Ukrainian Greek-Catholic Church on July 24<sup>th</sup> following New, Gregorian Calendar or on August 6<sup>th</sup> following Old, Julian Calendar. – *Internet Encyclopedia of Ukraine* 

"...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 Icycy Христу! — Слава на Віки!

### Liturgical Propers:

**Troparion** (Tone 1): Though the stone was sealed by the Judeans 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.

**Troparion** (Tone 2): O genuine passion-bearers and true followers of the Gospel of Christ, chaste Borys and innocent Hlib, you did not oppose your brother-turned-enemy\* who killed your bodies but could not touch your souls. Therefore let the wicked lover of power shed tears of lament while you rejoice in the presence of the Holy Trinity with angelic choirs. Pray that the land of your kinsmen may be pleasing to God and that all the children of Rus' may be saved.

### 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 acclaims You as God, and death has vanished. Adam exults, O Master, and Eve, redeemed now from bondage, cries out for joy. "You are the One, O Christ, Who offer resurrection to all."

### Now and for ever and ever. Amen.

**Kontakion** (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.

**Kontakion** (Tone 3): Today your all-glorious memory has shone forth, O noble passion- bearers of Christ, Borys and Hlib, summoning us to gather for the praise of Christ our God. Wherefore, we who hasten to your relics, receive the gift of healing by your prayers, O saints, for you are godly physicians.

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 First Letter of Saint Paul to the Corinthians: (1 Cor. 4:9-16)

Brethren, as I see it, God has put us apostles at the end of the line, like men doomed to die in the arena. We have become a spectacle to the universe, to angels and men alike. We are fools on Christ's account. Ah, but in Christ you are wise! We are the weak ones, you are the strong! They honor you, while they sneer at us! Up to this very hour we go hungry and thirsty, poorly clad, roughly treated, wandering about homeless. We work hard at manual labor. When we are insulted we respond with a blessing. Persecution comes our way; we bear it patiently. We are slandered, and we try conciliation. We have become the world's refuse, the scum of all; that is the present state of affairs. I am writing you in this way not to shame you but to admonish you as my beloved children. Granted you have ten thousand guardians in Christ, you have only one father. It was I who begot you in Christ Jesus through my preaching of the gospel. I beg you, then, be imitators of me.

**Alleluia** (Tone 1): Let us come before His countenance with praise and acclaim Him with psalms (*Ps* 94:2). The afflictions of the just are many, and out of them all will the Lord deliver them. (*Ps.* 33:20)

**Gospel:** (Mt. 17:14-23)

At that time, a certain man came up to Jesus and knelt before him. "Lord," he said, "take pity on my son, who is demented and in a serious condition. For example, he often falls in into the fire and frequently into the water. I have brought him to your disciples but they could not cure him." In reply Jesus said: "What an unbelieving and preserve lot you are! How long must I remain with you? How long can I endure you? Bring him here to me!" Then Jesus reprimanded him, and the demon came out of him. That very moment the boy was cured. The disciples approached Jesus at that point and asked him privately, "Why could we not expel it?" "Because you have so little trust," he told them. "I assure you, if you had faith the size of a mustard seed, you would be able to say to this mountain, 'Move from here to there,' and it would move. Nothing would be impossible for you. (This kind does not leave but by prayer and fasting.)" When they met again in Galilee, Jesus said to them, "The Son of Man is going to be delivered into the hands of men who will put him to death, and he will be raised up on the third day."

**Communion Verses:** Praise the Lord from the heavens; praise Him in the highest (Ps 148:1). Rejoice in the Lord, O you just; praise befits the righteous (Ps 32:1). 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 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, 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!

### CONGRATULATIONS

Congratulations to our Eparch, Most Reverend Bishop Ken Nowakowski, as he celebrates his 9<sup>th</sup> Anniversary of Episcopal Ordination (July 24<sup>th</sup>)! May the Almighty Lord keep blessing His Excellency now and always for Mnohaya i Blahaya Lita!

May the Almighty God grant many, happy and blessed years in good health and salvation to all our parishioners, your family members, our guests and visitors 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. HAVE A FRUITFUL, BLESSED WEEK AND RESTFUL SUMMER!

### **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, 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, Cryss O'Donnell, Rose Ostopowich (Fr. Joe Ostopowich's mother), Sandra and Mike Jones, members of our parishioners 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.

### SUMMER GIVING...

Remember that we never take a vacation from God, or from our obligation to attend Divine Liturgy. When traveling, make sure you check out the service schedule for the area churches and attend the Divine Liturgy.

Please remember as well, that while parishioners may be away and on vacation, the parish is not. Expenses continue as they do throughout the year. Please, remain consistent in your gifts to parish. Your weekly Sunday offering is important to our financial well-being. If you are away, (especially during summer) we appreciate it when you forward your "make-up" donations. The financial stability of the parish counts on regular Sunday contributions. Please, continue to be generous! "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)

- \* Sunday (July 17<sup>th)</sup> collection: \$ 359.00
- \* Please, remember to pay your eparchial assessment by the end of July 2016.
- \* Blessings of cars and other motor-vehicles will be held following the Divine Liturgy today.

# 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 – 5th AVENUE, NEW WESTMINSTER, BC CANADA, V3L 1S2

TELEPHONE: 604-524-8824 EMAIL: new.chancery@gmail.com WEBSITE: www.nweparchy.ca

CATECHISM ANNOUNCEMENT: "And they were bringing to Him also the infants, in order that He may be touching them; but after the disciples saw it, they rebuked them. But Jesus called them to Himself and said, Let alone the little children to come to Me, and cease hindering them; for of such is the kingdom of God." (Matthew 19:14) We are happy to welcome all children to our Holy Trinity catechism program. We want your children to learn more about their Catholic faith, sacred scripture, feast days, icons, singing and religious practices and customs of the Ukrainian Catholic Church. If you have any questions, please do not hesitate to contact Rev. Fr. Pavlo Myts at 250.376.3690.

2016 Parish Praznyks/Feast-Days will be celebrated: Kelowna on Sunday August 14th and Vernon on Sunday November 13th.

- \* PARISH CALENDAR OF BIRTHDAYS AND ANNIVERSARIES. Dear Parishioners, if you would like to be included in our Parish Family Calendar of Birthday and Anniversaries celebrations, please put your birth date (or anniversary date) in the calendar on the form beside the entrance to the Church. Let celebrate your happy occasions together!
- \* 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). For more information contact Jennifer Caldwell @ 604.220.0584 or jennsawka@hotmail.com. Visit our website via www.nweparchy.ca

DONATE TO THE CAMP: 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.

**Collection of food for 2016 Camp Saint Volodymyr** as in previous years, we are collecting non-perishable food for the camp. A special box is placed at the church entrance.

### INDEPENDENCE DAY TOUR OF UKRAINE with Father Damian & Sister Angelica

### 16 AUGUST 2016 – 01 SEPTEMBER 2016 KYIV –LVIV-TERNOPIL CARPATHIAN MOUNTAINS

Be part of Mykhaylo Ozozrovych diaconal ordination

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

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

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\* 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. Pavlo for more information. You will be amazed how "BEING" can make a difference.

In Zarvanytsia His Beatitude Sviatoslav called faithful to listen to the God's life-giving word rather than human's killing one Today let us ask ourselves whom we listen to, what do we hear, what words we incline our ears to? The diversity of information and malicious gossips captivate our imagination, paralyze our freedom, faith, love and hope.

This is what easily enters our ears.

We ought to be careful to what we listen to as it enters our ears, trying to capture our mind. Let us listen to the God's life-giving word rather than human's killing one. The Father and Head of the Ukrainian Greek-Catholic Church, His Beatitude Sviatoslav said during his homily on the second day of the all-national pilgrimage to Zarvanytsia.

According to the recent data more than 140 thousand pilgrims took part in the pilgrimage July, 16-17, Vasyl Semeniuk, Archbishop and Metropolitan of Ternopil-Zboriv reported.

The preacher mentioned that in the daily reading from the Holy Gospel we heard a story from Evangelist Mathew about Jesus meeting Roman centurion. "Listening to this story, we think that Mathew seems to emphasize intentionally on the main behavior patterns of centurion. We see how he asks Jesus for healing his servant. The mercy showed on a servant was strange and unusual for that times. The evangelist also tries to outline another feature of the centurion. A man with an absolute power in Israel, suddenly realizes that he can take someone's life, however neither he nor his emperor has a power to grant the life and heal somebody... That is why the centurion comes to Jesus Christ. He acknowledges the power of the living God, Creator of earth and heaven who keeps the future of the servant and the whole world in His own hands. Still, Mathew wants to underline how Jesus Christ puts centurion's faith into example!"

"Faith comes from listening, - His Beatitude Sviatoslav pointed out, - what later on proceeds in humility".

"Listen, o daughter and consider, and incline your ear". These words of king David the Christ Church applies to the Virgin Mary long since. She was the first who heard the words of annunciation. She was the first who accepted a word the centurion was thirst of. Even more, she got pregnant with this Word, let it into her body and her life. Later this God's Word being the Only Son of the Heavenly Father was born from the flesh. The Blessed Virgin Mary was the first who believed, thus she is the teacher of belief, one of the first faithful on earth. She spent her all life living in humility, being devoted to the Word accepted", explained the spiritual leader of Greek-Catholics.



"Today Theotokos is listening us. She hears us, taking all our prayers into her heart. Today we have arrived to this pilgrimage during this Year of Mercy as it is a heart of this extraordinary holy Year. We came to Her to call God's mercy upon our Ukrainian land. God's mercy that turns into the variety of God's gifts every time it touches all our needs".

The greatest gift we bring in faith today, listening to the word of God, is a gift of peace to our Land, the Major Archbishop said. We ask for a life, not for death. We ask God to receive our prayers as the highest manifestation of God's mercy and stop the war with His power.

"I guess, an example the centurion and the Blessed Virgin Mary shows us is a call for every faithful Christian of the third century. Today we are invited to not merely listen to the word of God but, what is more, to accept it", His Beatitude Sviatoslav asked to think over it.

"This day let us ask altogether: Lord, only say the word so this bloodshed might come to the end... Then we need to transform this word into our life, adopt Ukrainian law according to the God's law and His truth, truth about a man, family and justice within our social life", the Head of the Church said.

Source:http://news.ugcc.ua/en/news/in\_zarvanytsia\_his\_beatitude\_sviatoslav\_called\_faithful\_to\_listen\_to\_the\_gods\_lifegivin g\_word\_rather\_than\_humans\_killing\_one\_77196.html

### The Head of the UGCC in Zarvanytsia asked the youth every day to remember those gifts which the Lord our God plentifully gives to us

We as God's people, having come to this pilgrimage in Zarvanytsia, have a duty this year to stand before God and solemnly admit great gifts and graces which He has been doing to our people... This was said by the Father and Head of the Ukrainian Greek Catholic Church at the meeting with the youth during the all-national pilgrimage to Zarvanytsia.

The Primate thanked the young people that they had accepted the invitation to arrive at the pilgrimage in Zarvanytsia. His Beatitude Sviatoslav remarked that his meeting with the youth and the all-national pilgrimage to Zarvantsia are special and they considerably differ from the previous ones. "For this pilgrimage takes place in the year which Pope Francis proclaimed for the Catholic Church in the whole world as the Holy Year of God's Mercy," said the Arch-hierarch. He added that in all the UGCC cathedrals as well as in Zarvantsia the doors of God's mercy are open.

According to the words of the UGCC Father and Head, in order to receive absolution for sins and leave this place with untied burdens and weaknesses, to get God's treatment for our wounds which we call God's mercy, there are several conditions. "The first and, probably, the most important is a confession. Because what kind of pilgrimage is without a confession? And then pray in

the Holy Father's intention 'Our Father', 'Rejoice, Virgin Mary' and enter the Door of God's Mercy which is so widely open in the Cathedral of Our Lady in Zarvanytsia," he asked.



The Arch-hierarch believes that during the confession we would have to admit all the bad that we have done and at the same time solemnly declare our response of faith in all the good which the Lord our God has done for us and all of our people. "The apex of the pilgrimage," says His Beatitude Sviatoslav, " is the Divine Liturgy. But the most important moment, the apex of the Liturgy is our gratefulness to God when we thank Him for all His kindness. I believe we, as God's people, having gathered for this pilgrimage in Zarvantsia, have an obligation this year to stand before God and solemnly admit great gifts and graces which He has been doing to our people."

We always complain, observed the spiritual leader of the Greek Catholics, by saying to God what He has not yet done for us. Instead, in his opinion, this year it is principal to remember several key historic gifts and graces which we received from the Lord our God. "This year we are going to holily celebrate 25 years of Independence of our Motherland. We are going to

celebrate the collapse of the Soviet Union – the fall of the Evil Empire. Isn't it the God's gift? It is that gift which the best sons and daughters of our nation wanted to see and for which they gave away their lives..." believes the Head of the Church. "We must protect this gift and be ready to give away the most precious thing that God gave to us – our life." ...He reminded that today numerous media present only negative news. "I beg you not to yield to those suggestions. Recall all the good that God has been doing to you every day," asked the Primate. He asked the young people every night before sleep to make an examination of consciousness: what good things did God do to me and what did I do – more good or evil? "May Our Lady, to whom we have come today, open the Door of Mercy for us," wished His Beatitude Sviatoslav.

Photos and videos of the press-service of Ternopil-Zboriv Archeparchy: http://www.tze.org.ua/arkhiv/2227-глава-угкц-у-зарваниці-попросив-молодь-щодня-пам'ятати-про-ті-дари,-які-нам-щедро-дає-господь-бог.html

The UGCC Department of Information: www.ugcc.org.ua



Mon., July 25<sup>th</sup> - 9:00 a.m. The Divine Liturgy: Vira Dembrovych Wed., July 27<sup>th</sup> - 9:00 a.m. The Divine Liturgy: Violet Bosa

Thurs., July 28th - 9:00 a.m. The Divine Liturgy: Violet Bosa

Fri., July 29th - 9:00 a.m. The Divine Liturgy: Angelina & Emilio Baliva Sat., July 30th - 9:00 a.m. The Divine Liturgy: Angelina & Emilio Baliva

Sunday, **July 31**st, **2016** – **9:30** a.m. Rosary (Eng.)

- 10:00 a.m. Divine Liturgy: God's blessings for all our parishioners, guests and visitors (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:**

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.