



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: mostholyltrinitypar@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

Seventh Sunday after Pentecost – July 3rd, 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.

Today's Gospel reading tells of the healing of two blind men. Every Gospel narrative, just as every word of the Gospel, conceals immeasurable meaning. This is because the Gospel speaks of eternal and timeless truths, of the eternal truth of life in God. Today's Gospel reading likewise speaks of eternal truths that are of great importance to our everyday lives. It speaks of the love of God for man and of the love of man for God; of the fact that God never leaves us without His merciful assistance. Whatever may befall us, God will never leave us in either trouble or woe – if only we remain with Him through our

faith in Him, our love for Him, and our fidelity to Him in our lives.

Let us not despair and lose heart in the darkness of sin and evil that envelops our souls. Let us not imagine that darkness, sin, and evil – and the grief that accompanies them – are our inescapable destiny. No! *“God resisteth the proud, but giveth grace unto the humble”* (James 4:6). Let us endeavor to possess humility, and then God's power will certainly raise us from the lowest depressions of our fallings into sins. Let us try to acquire at least this one Christian virtue, and then we are bound to feel the wondrous action of His grace-filled energy illuminating our souls.

The Lord Jesus Christ walked the earth very long ago, healing every infirmity and disease in people, just as He healed these two blind men of the Gospel who had unwavering faith in Him. Now, too, the Lord Jesus Christ heals all who have faith in Him throughout the entire world with that same Divine power, granting them peace, true joy, and salvation. Let us believe Him, as the two blind men believed Him. Let us be faithful like them in our faith and love for Him.

“...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:

Troparion (Tone 6): Angelic powers were upon Your tomb and the guards became like dead men; Mary stood before Your tomb seeking Your most pure body. You captured Hades without being overcome by it. You met the Virgin and granted life. O Lord, risen from the dead, glory be to You.

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Kontakion (Tone 6): With his life-giving hand Christ our God, the Giver of life, raised all the dead from the murky abyss and bestowed resurrection upon humanity. He is for all the Saviour, the resurrection and the life, and the God of all.

Prokimenon (Tone 6): Save Your people, O Lord, and bless Your inheritance (Ps 27:9).

Verse: Unto You I will cry, O Lord my God, lest You turn from me in silence (Ps 27:1).

Prokimenon (Tone 3): Sing to our God, sing; sing to our King, sing (Ps 46:7).

Epistle: *A reading from the Letter of Saint Paul to the Romans:* (Romans 15:1-7)



Brethren, we who are strong in faith should be patient with the scruples of those whose faith is weak; we must not be selfish. Each should please his neighbor as to do him good by building up his spirit. Thus, in accord with Scripture, Christ did not please, himself: “The reproaches they uttered against you fell on me.” Everything written before our time was written for our instruction, that we might derive hope from the lessons of patience and the words of encouragement, in the Scriptures. May God, the source of all patience and encouragement, enable you to live in perfect harmony with one another according to the spirit of Christ Jesus, so that with one heart and voice you may glorify God, the Father of our Lord Jesus Christ. Accept one another, then, as Christ accepted you, for the glory of God.

Alleluia (Tone 6): He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven (Ps.91:1). He says to the Lord: You are my protector and my refuge, my God, in Whom I hope (Ps 91:2).

Gospel: (Matthew 9:27-35)

At that time as Jesus moved on from there, two blind men came after him crying out, “Son of David, have pity on us!” When he got to the house, the blind men caught up with him. Jesus said to them, “Are you confident I can do this?” “Yes, Lord,” they told him. At that he touched their eyes and said, “Because of your faith it shall be done to you”; and they recovered their sight. Then Jesus warned them sternly, “See to it that no one knows of this.” But they went off and spread word of him through the whole area. As they were leaving, suddenly some people brought him a mute who was possessed by a demon. Once the demon was expelled the mute began to speak, to the great surprise of the crowds. “Nothing like this has ever been seen in Israel!” they exclaimed. But the Pharisees were saying, “He casts out demons through the prince of demons.” Jesus continued his tour of all the towns and villages. He taught in their synagogues, he proclaimed the good news of God’s reign, and he cured every sickness and disease.

Communion Verses: 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 parishioners, family members and relatives, children and youth, friends and visitors for organizing, sharing and participating in our annual Parish Family Appreciation BBQ picnic!

* to everyone who helped to bring and worked at by preparing hundreds pounds of cabbage for our parish bake sales!

* to all who organized and attended the Knights of Columbus 4th Degree Assembly Officers’ Installation!

* to every person who helped Fr. Pavlo to look after Nazariy and Veronica during the services at the church when Dobrodiika Marichka were away participating at clergy wives eparchial retreat in New Westminster this past week.

* 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!

CONGRATULATIONS

Congratulations to newly baptized Lexi Lee Huston, as she has received the Mysteries/Sacraments of Christian Initiation: The Baptism, The Confirmation and The Holy Eucharist at our Most Holy Trinity Ukrainian Catholic Church today. May the Almighty God lead, walk with and bless, our newly baptized sister in Christ, and keep her growing wisely for good of her family, church and country for many, happy and blessed years of life – Mnohaya i Blahaya Lita!

May the Almighty God grant many, happy and blessed years in good health and salvation to Mr. Alan and Mrs. Sharon Ludwig on their 55th Wedding Anniversary (July 8th), and 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:

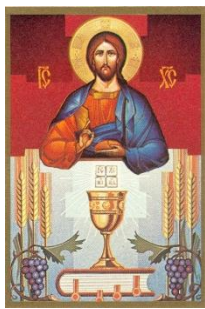
A WARM WELCOME TO OUR PARISHIONERS, GUESTS AND VISITORS WHO HAVE JOINED US IN THIS DIVINE LITURGY. THANK YOU FOR PRAYING WITH US AT THE CHUCH. HAVE A FRUITFUL AND BLESSED WEEK!

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 Usipuk, 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 Ostowowich (Fr. Joe Ostowowich'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 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 Parishes. 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** (June 26th) collection: \$ 575.00

* Please, remember to pay your eparchial assessment by the end of July 2016.

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

* **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 33rd 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 Saint 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. 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. Visit our website via 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.

* **The One Rock Festival Catholic Festival in Alberta** will be taking place on August 12, 13, & 14th, 2016. “One Rock... A Festival of Faith” is for teachers, young adults, and their families. It’s a time where we come together, away from the noise of the world, to make a joyful noise for GOD – a place where all are welcome. Our mandate is to provide a life changing event that inspires families and youth to grow in their faith in Christ and His Church through music, prayer, talks, and fellowship. Visit <http://www.theyellowtree.ca/one-rock.html>

Summer Youth Camp 2016! Sacred Heart Parish will be hosting their Summer Youth Camp for youth who will be entering Grades 7 to 12 in September 2016. It will take place Monday July 18 to Friday July 22 2016 at GAVIN LAKE (60 km SE of Williams Lake). The retreat, with the theme “*InstaGrace*”, will be led by Father Paul Simms. Fun activities include games, swimming, archery, obstacle course race, canoeing, and hiking, all while growing closer to God through prayer and daily Mass. For more information contact Father Derrick Cameron at 250-398-6806 info@sacredheartwl.ca or Sue Bechard at 250-392-9391 msb344@yahoo.ca Registration forms are available at www.rcdk.org and must be submitted to Sacred Heart Church by June 25, 2016. Register early! Hope to see you there!!

Cat Chat Vacation Bible School and sports camp at St. Ann’s Academy on July 4 – 8 and July 11 – 15th, 2016 A.D. To register, please, visit office@saredheartkamloops.org

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*

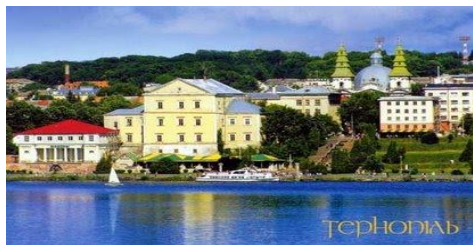
** Any other questions, please call Sister Angelica 604-526-9198 or 604-375-6626*

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luba@captaincooktravel.com



* **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.



Statement by the President of the Canadian Conference of Catholic Bishops on the approval of Bill C-14 legalizing euthanasia and assisted suicide

The recent approval of Bill C-14, which legalizes euthanasia and assisted suicide in our country, stands as an appalling landmark decision to the utter failure of government, and indeed all society, to care truly, authentically and humanely for the suffering and vulnerable in our midst.

We live in a country where the vast majority of the dying cannot access quality palliative or home care, where rates of suicide in many Indigenous communities are staggeringly high, and where it is suggested that the lives of vulnerable, chronically ill and disabled persons are not worth living. Paradoxically, and most unfortunately, our society has now enshrined in law that killing is a respectable way to end suffering. Our country's growing inability to recognize the sanctity of human life is staggering and deeply troubling.

No institution, person, ideology or legislation is entitled to threaten or undermine the sacredness of both the dignity of each individual person and the very gift of life itself. We are called, as a community of compassionate individuals, to respect and protect the continuum of life from conception to natural death, honouring a vision of the human person in his/her present earthly existence as well as life beyond the grave. Catholics and indeed all people of good will have a moral and societal obligation to protect the vulnerable, comfort the suffering, and accompany the dying. The Bishops of Canada hope and pray that with all our Catholic brothers and sisters and our fellow Canadians, each of us and our society may experience a greater conversion of heart so as to recognize the image of God so profoundly imprinted on every human life, whatever that person's state, level of comfort or degree of productivity and societal contribution.

The intentional taking of any human life – be it an elderly person, a child, a vulnerable adult, an embryo, a dying person – is truly a grave and morally unjustifiable act. Our society needs to reject all offenses against life itself: murder, genocide, suicide, abortion, euthanasia, and physician-assisted dying. The purposeful termination of human life via a direct intervention is not a humane action whatsoever. We ought to look instead to minimizing the pain and suffering of the dying and those who are tempted to end their lives, not eradicate their existence. Let us strive to help the sick and incapacitated find meaning in their lives, even and especially in the midst of their suffering. Let us comfort those facing terminal illness or chronic conditions through our genuine presence, human love and medical assistance. Let us, as a society and as individuals, choose to walk with them, in their suffering, not contribute to eliminating the gift of life.

Declaring physician-assisted suicide a “right” is not true caring and not humane in the least. It is ultimately a false act of mercy, a distortion of kindness to our fellow man/woman. The new legislation seems to insinuate that a human being, a person, ceases to be a person and loses his/her very dignity simply because of a loss or diminishment of a number of physical and mental capacities. It is untrue. What is true is that our own humanity is weakened when we fail to care for the weak and dying, and when we purposefully fall short of considering them, with all their ailments and limitations, as persons worthy of life. True human compassion invites us to share the other's pain, the other's journey – it is not meant to do away with the person. Physician-assisted suicide is an affront to what is most noble, most precious in the human endeavour and a grave injustice and violation of the dignity of every human person whose natural and inherent inclination is indeed the preservation of life. We ought to surround our sick and dying, our vulnerable and disabled, with love and attention, with care and true life-giving compassion. This is why palliative care continues to be undeniably the only moral, effective and much needed alternative, the only compassionate choice, now that our country has embarked upon this perilous road.

Saint Joseph, patron of Canada and patron of a good death, pray for us.

June 27, 2016

(Most Rev.) Douglas Crosby, OMI
Bishop of Hamilton

President of the Canadian Conference of Catholic Bishops

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The Head of the UGCC: “Presence of Secretary of State of the Holy See who speaks about war, is the voice which awakens Europeans' conscience”

Cardinal Pietro Parolin clearly expressed the position of the Holy See regarding the sacredness and inviolability of the Ukrainian borders. The Apostolic See supports sovereignty of the Ukrainian State and those territories which the Ukrainian authorities do not control and people have to flee from war, must be returned under its control. Sacredness of the Ukrainian borders, which must be secured by international law, has to be respected by everyone.

This was emphasized by the Head and Father of the UGCC His Beatitude Sviatoslav on June 17 during the press-conference at UNIAN. In the press-conference also took part Lviv's Metropolitan of the RCC Archbishop Mechyslav Mokshytsky and

Bishop Ian Sobilo, auxiliary bishop of the diocese of Kharkiv and Zaporizhzhia of the RCC and the head of the technical committee of the humanitarian action "Pope for Ukraine".

The Head of the Church added that Cardinal Pietro in his speech to the Council of Churches and Religious Organizations in Zaporizhzhia cited the prophetic words of St. John Paul II said in Ukraine 15 years ago about Europe which must feel responsibility for Ukraine "because Ukraine is an integral part of the European continent". Unfortunately, as stated the guest from Vatican, the war in Ukraine can be forgotten – it is simpler to close one's eyes on something which cannot be easily and successfully solved. The presence of the head of Vatican's diplomacy in Ukraine who speaks about war and sufferings, is "the voice which awakens Europeans' conscience."

"The visit of the Secretary of State of the Holy See to Ukraine is an appeal to stop the war because it is impossible to help everyone if the war continues. The Pope's humanitarian mission will be successful when weapons cease speaking and diplomacy begins doing it. The real instrument of discontinuing the war, in the Cardinal's opinion, the language of diplomacy, negotiations, and keeping agreements which must respect the sacredness of human life', - summed up the Primate of the UGCC.

As the Head of the UGCC pointed out, it is exactly those messages that the Secretary of State of the Holy See wants to send to Ukraine, the aggressor, and Europe: "These accents are the response to the expectations of millions of Ukrainians regardless of their language and confession. The Pope is with us and he is helping us! His Beatitude Sviatoslav added that since the beginning of war in Ukraine both our Church and the Ukrainian people who are now fighting for their dignity and independence, wish to hear clear and straightforward answer of the Apostolic See about solidarity with them. "We wanted to feel that the Holy Father really understands that Ukraine is living not in the state of civil war but that we are suffering from an unjust aggression. Strangers have come to our land and they are killing our people. This personal humanitarian initiative of Pope Francis is a clear response and solidarity", he noted. Both the Apostolic Nuncio in Ukraine and the UGCC have been constantly informing the Pope about the situation in Ukraine.

"Determinative was the meeting of the Permanent Synod of the UGCC Bishops with Pope Francis in Vatican on March, 5 this year. We asked the Pope for the world's solidarity with those inflicted by the war in Ukraine. We are grateful that the State Secretary of the Holy See, who is the head of the Pope's diplomacy, personally came to Ukraine. This visit does not only launch the humanitarian action which is the Pope's personal will and which will be carried out by a certain structure, - it also has other dimensions which can change what we call the biggest humanitarian crisis after the Second World War", - observed His Beatitude Sviatoslav.

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



Liturgical celebrations during week:

Tue., July 5th – Sat., July 9th – 9:00 a.m. The Divine Liturgy

Sunday, July 10th, 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.)

Panakhida/ 40th Day Memorial Service: + **William Zachary** (requested by the Family)

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."