



The Most Holy Trinity Ukrainian Catholic Church

Parish Administered by Rev. Fr. Pavlo Myts
109 Tranquille Road, Kamloops, BC V3B 3E8
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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

8th Sunday after Pentecost – July 10th, 2016 A.D.

Our Venerable Father Anthony of the Monastery of the Caves in Kyiv (1073); Forty-Five Martyrs of Nicopolis in Armenia (321-3); Holy Brothers Francis, Mutius and Raphael and Those with Them, Martyred in Dana



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.



We do not have to possess great talents to serve Jesus. We serve Him with

what we have and who we are. The miracle that happened in today's gospel happened because a small boy offered to Jesus the one thing that he had: some bread and fish. And because of that small gesture, a whole group of people, more than 10 times the population of my home town, was fed.

Just imagine, if all of us we able to use that which we have and know to make our earthy world, country, this parish, neighbourhood, our home or work place just that much better! Yet most people will say: "But I am only one person. What can one person do?" Why do we allow this argument to keep us from giving of ourselves? Remember that among thousands of people who were in the crowd, it was only one person, a small boy, who brought to Jesus that which he needed to perform a miracle.

"...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 7): By Your cross You destroyed death; You opened Paradise to the thief; You changed the lamentation of the myrrh-bearers to joy, and charged the apostles to proclaim that You are risen, O Christ our God, offering great mercy to the world.

Troparion (Tone 4): Leaving behind worldly tumult, O Venerable Father Anthony, in keeping with the gospel you turned your back on the world, and leading a life equal to that of angels you attained to the calm haven of Mount Athos from whence you came to the Mount of Kyiv with the Fathers' blessing and living there an arduous life you enlightened your fatherland, pointing the way into the Kingdom on high to a multitude of monks and nuns and thus you lead your homeland to Christ. Pray to Him that He save our souls.

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

Kontakion (Tone 7): No longer shall the dominion of death be able to hold humanity, for Christ went down shattering and destroying its powers. Hades is bound. The prophets exult with one voice. The Saviour has come for those with faith, saying: "Come forth, O faithful, to the resurrection!"

Now and for ever and ever. Amen.

Kontakion (Tone 8): Cleaving to God, whom you loved from your childhood above all else, you followed Him lovingly with your whole heart, O Father Anthony. Scorning this passing world as a trifle you made your dwelling a cave in the earth. There you fought well against the unseen enemy's snares and shone like the sun to the ends of the earth. From whence you passed joyfully to heaven's mansions and stand now with angels at the Master's throne. There we ask you to remember those who feast your memory that we may cry to you: Rejoice, O Anthony, our Father.

Prokimenon (Tone 7): The Lord will give strength to His people, the Lord will bless His people with peace (Ps28:11).

Verse: Bring to the Lord, O you sons of God; bring to the Lord young rams (Ps 28:1).

Prokimenon (Tone 7): The Lord will give strength to His people, the Lord will bless His people with peace (Ps28:11).

Epistle: A reading from the First Letter of Saint Paul to the Corinthians: (1 Cor 1:10-18)

Brethren, I beg you, in the name of our Lord Jesus Christ, to agree in what you say. Let there be no factions; rather, be united in mind and judgment. I have been informed, my brethren, by certain members of Chloe's household that you are quarreling among yourselves. This is what I mean: One of you will say, "I belong to Paul," another, "I belong to Apollos," still another, "Cephas has my allegiance," and the fourth, "I belong to Christ," Has Christ, then, been divided into parts? Was it Paul who was crucified for you? Was it in Paul's name that you were baptized? Thank God, I baptized none of you except Crispus and Gaius, so there are none who can say that you were baptized in my name. Oh, and I baptized the household of Stephanas. Beyond that, I am not aware of having baptized anyone else. For Christ did not send me to baptize, but to preach the gospel – not with wordy "wisdom," however, lest the cross of Christ be rendered void of its meaning!



Epistle: A reading from the Letter of Saint Paul to the Galatians: (Gal. 5:22-6:2)

Brothers and Sisters, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another. My friends, if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted. Bear one another's burdens, and in this way you will fulfil the law of Christ.

Alleluia (Tone 7): It is good to give praise to the Lord and to sing in Your name, O Most High (Ps 91:2). To announce Your mercy in the morning and Your truth every night (Ps 91:3). Blessed is the man who fears the Lord; he shall delight exceedingly in His commandments (Ps 111:1). His posterity shall be mighty upon the earth (Ps 111:2).

Gospel: (Mt. 14:14-22)

At that time, Jesus saw a large crowd, his heart was moved with pity, and he cured their sick.

As evening drew on, his disciples came to him with the suggestion: "This is a deserted place and it is already late. Dismiss the crowds so that they may go to the villages and buy some food for themselves." Jesus said to them: "There is no need for them to disperse. Give them something to eat yourselves." "We have nothing here," they replied, "but five loaves and a couple of fish." "Bring them here," he said. Then he ordered the crowds to sit down on the grass. He took the five loaves and two fish, looked up to heaven, blessed and broke them and gave the loaves to the disciples, who in turn gave them to the people. All those present ate their fill. The fragments remaining, when gathered up, filled twelve baskets. Those who ate were about five thousand, not counting women and children.

Immediately afterward, while dismissing the crowds, Jesus insisted that his disciples get into the boat and precede him to the other side.

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 Verse: 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 (*Ps 111:6*). 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, fixed the lights at the parish rectory basement, 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

May the Almighty God grant many, happy and blessed years in good health and salvation to Mrs. Patricia Chaplin on her birthday today (July 10th), to Mrs. Olga Burkatsky on her patron's feast day (July 11th), to Mr. John and Mrs. Patricia Chaplin as they celebrated their 52nd Wedding Anniversary (July 11th), 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, 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 3rd) collection: \$ 485.00

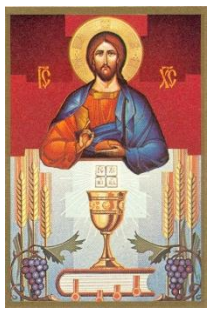
* Please, remember to pay your eparchial assessment by the end of July 2016.

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

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.

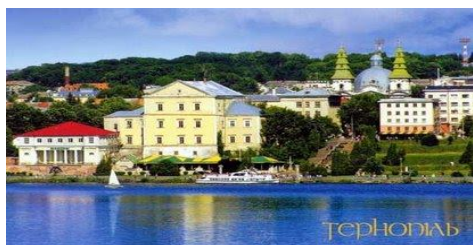
This marks the 33rd year of our Ukrainian Catholic Summer Camp. Camp will take place in Kelowna at the OAC facility. Camp offers a wide range of activities for campers aged 7-15 (as of December 31, 2016). Registration is available online via Eventbrite "Camp St. Volodymyr BC 2016." Early bird registration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

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.

The Head of the UGCC in Stradch: "Don't be afraid to be holy since only then we will be able to perform all other tasks of life"

On June 26th there took place the All-Ukrainian Pilgrimage to Stradch, Lviv region, which occurred at same time with several important events in the life of the Church.

First and foremost, 15 years ago Saint Pope John Paul II visited Lviv and beatified 28 persons. Besides, on this Sunday the UGCC celebrates the Layman's Day and prays to Blessed Martyr Volodymyr Pryima, the Patron of laymen. As is known, on this day - 26 June 1941 - he and Fr. Mykola Konrad were martyred by NKVD agents when they were going to hear a confession of a sick woman. Also, on the first Sunday after Pentecost the Church venerates all the Saints.

Before the Divine Liturgy the Father and Head of the UGCC was met by the families whom God had granted parenthood through the prayers to the Stradch's Mother of God. One mother, greeting the Primate of the Church, told that doctors did not give her any hope for motherhood: "We brought our prayers to the Mother of God of Unbreakable Wall through the intercession of the blessed martyrs of the UGCC Fr. Mykola Konrad and cantor Volodymyr Pryima. On this day we testify before you that the Lord had heard our prayers and blessed us with children. We ask for your blessing to be good parents and raise our children well. Bless all the Ukrainian families and especially those who due to various reasons do not have children yet but do not lose faith and hope for God's mercy to receive this great gift." His Beatitude Sviatoslav blessed the parents and children saying: "Congratulations on this great gift of parenthood. May He give you even more good gifts. May your children grow healthy and wise and may mother and father rejoice in them."

At the Hierarchical Divine Liturgy headed by the Head of the Church, he was joined by: Metropolitan of Lviv Ihor, Metropolitan of Ternopil- Zboriv Vasyl, the Eparch of Sokal-Zhovkva Mykhailo, and Auxiliary Bishop of Ivano-Frankivsk Archeparchy Josaphat.

Saying the preacher's word, the Head of the Church thanked the pilgrims that so numerously arrived at the place of the pilgrimage despite the hot day in order to be together in prayer and together glorify God and ask Him for blessings for our people. "This year's pilgrimage takes place on a special Sunday. Today on the first Sunday after the Pentecost, the Church venerates the memory of all Saints, who in all times and in all countries were witnesses of God's holiness. But what does it mean to be Saints?" – the preacher invited to reflection.

According to him, in the Old Testament the notion of holiness was completely different: "There was a huge precipice between the life of eternal God and the life of a human". In particular, in the Book of Exodus when Moses started begging God: "Show me your glory!" – God replied: "You cannot see my face: for there shall no man see me and live..."

This precipice was overcome by God's Son Jesus Christ. For example, Apostle Paul teaches that Christ in Himself ruined the wall which separated a man from God. "We received emergence of God's glory when Christ died on the cross. We know it also by the fact that the curtain was torn in two in the temple and at once everything, which separated holy God from a sinful man, disappeared. God with His sanctity came into the life of a human. Even more, in the Descent of the Holy Spirit God filled a man and made him a temple of the Holy Spirit. Thus he entered into communion with God's holiness. And today we worship those pious people who were bearers of His Holy Spirit", - emphasized His Beatitude Sviatoslav in his homily.

In the preacher's opinion, the most complete revelation of God's sanctity is God's mercy. So a holy man is considered someone who is full of God's love, who with his life shares God's love and mercy with everyone around. "The Fathers of the

Second Council described the general call of Christians as the call to holiness. To be holy is the most important God's task. But it does not mean that we have only to develop our human features of perfection. To be holy – means to reveal in the modern world God's divinity in our personal lives", he added.

Recalling the visit of St. Pope 15 years ago to Ukraine, the Head of the Church went on to say: "We, thinking now of the personality of the Pope, should remember his words: 'to be holy – is possible for everyone of us'. Even in the contemporary world when people deny such a possibility, it is attainable to live in the fullness of divinity of God's love. Do not be afraid to be saints because only then we will be able to carry out all other life tasks before us in our time. Then we will preserve dignity and virtue, inviolability of the borders of our Motherland and win the enemy who despite all God's and human laws, is hostile to all that is sacred."

From his point of view, the new martyrs of the Church proclaimed by the Pope are not only "our intercessors and supplicants, but they seem to give piety to our earthly spiritual life because they show that our temporal pilgrimage is only a moment in comparison with eternity." We all are moving towards the end of our mortal lives and for this end to be the crown of eternal glory we must follow their footsteps. It is they who show us the route to holiness, to God, to truth, and to life.

In the end Metropolitan Ihor congratulated the Head of the Church on the 22nd anniversary of his priestly ordination which he received at the hands of His Beatitude Myroslav Ivan Lubachivsky. "May God bless you with abundant spiritual gifts and good health", wished the Metropolitan.

Finally the commander of the 80th Separate Airmobile Assault Brigade awarded Fr. Ivan Koltun, pastor of the Cathedral of the Assumption of the Blessed Mother in Stradch and two volunteers from Chicago with breastplates – an insignia from the commander of the above-mentioned brigade for contribution to defense capacity and improvement of the material resources of this regiment.

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



Liturgical celebrations during week:

Mon., July 11th – 9:00 a.m. The Divine Liturgy: + William Bill Zachary (40th Memorial Day

Requested by Mr. Alan and Mrs. Sharon Ludwig)

Tue., July 12th – 9:00 a.m. The Divine Liturgy: Terry McDonnell

Wed., July 13th – 9:00 a.m. The Divine Liturgy: Terry McDonnell

Thurs., July 14th – 9:00 a.m. The Divine Liturgy: Terry McDonnell
– 7:00 p.m. Vespers

Fri., July 15th (**SAINT VOLODYMYR THE GREAT**) – 9:00 a.m. The Divine Liturgy: Terry McDonnell

Sunday, July 17th, 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.

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."