



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

18th Sunday after Pentecost

Postfeast of the Exaltation of the Cross - September 18th, 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.



What is the most important investment you can make with your life? Jesus poses some probing questions to challenge our assumptions about what is most profitable and worthwhile. In every decision of life we are making ourselves a certain kind of person. The kind of person we are, our character, determines to a large extent the kind of future we will face and live. It is possible that some can gain all the things they set their heart on, only to wake up suddenly and discover that they missed the most important things of all. Of what value are material things if they don't help you gain what truly lasts in eternity. Neither money nor possessions can buy heaven, mend a broken heart, or cheer a lonely person.

Jesus asks the question: What will a person give in exchange for his life? Everything we have is an out-right gift from God. We owe him everything, including our very lives. It's possible to give God our money, but not ourselves, or to give him lip-service, but not our hearts. A true disciple gladly gives up all that he has in exchange for an unending life of joy and happiness with God.

God gives without measure. The joy he offers no sadness or loss can diminish. The cross of Christ leads to victory and freedom from sin and death. What is the cross which Jesus Christ commands me to take up each day? When my will crosses with his will, then his will must be done. Are you ready to lose all for Jesus Christ in order to gain all with Jesus Christ?

"...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: An Anthology for Worship": Pg. 693 and Pg. 329 (Tone 1)

First Antiphon:

Verse 1: O God, my God, hear me; why have You forsaken me? The words of my transgressions put salvation far from me (Ps 21:2).

Refrain: Through the prayers of the Mother of God, O Saviour, save us.

Verse 2: O God, I will call to You by day but You will not listen; and by night, yet it will not be foolish of me (Ps 21:3).

Refrain: Through the prayers of the Mother of God O Saviour, save us.

Verse 3: But You, the praise of Israel, dwell in the holy place (Ps 21:4).

Refrain: Through the prayers of the Mother of God O Saviour, save us.

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

Only-begotten Son...

Third Antiphon:

Refrain after every verse: **Son of God, crucified in the flesh, save us who sing to You: Alleluia.**

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 1): Save Your people, O Lord, and bless Your inheritance. Grant victory to Your faithful people against enemies and protect Your community by Your cross.

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 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 4): By Your own choice, O Christ our God, You were lifted on the cross. Grant Your mercies to Your new community that bears Your Name. By Your power gladden the faithful people, and grant them victory against enemies. May they have the help of Your instrument of peace, the invincible sign of victory.

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

Verse: The Lord reigns, let the peoples tremble (Ps 98:1).

Prokimenon (Tone 7): Exalt the Lord our God, and bow in worship at the footstool of His feet for it is holy (Ps 98:5)

Epistle: A reading from the Letter of Saint Paul to the Galatians: (Gal. 2:16-20)

Brethren, knowing that a man is not justified by legal observance but by faith in Jesus Christ, we too have believed in him in order to be justified by faith in Christ, not by observance of the law; for by works of the law no one will be justified. But if, in seeking to be justified in Christ, we are shown to be sinners, does that mean that Christ is encouraging sin? Unthinkable! If, however, I were to build up the very things I had demolished, I should then indeed be a transgressor. It was through the law that I died to the law, to live for God. I have been crucified with Christ, and the life I live now is not my own; Christ is living in me. I still live my human life, but it is a life of faith in the Son of God, who loved me and gave himself for me.



Alleluia (Tone 1): Let us come before His countenance with praise and acclaim Him with psalms (Ps 94:2). Remember Your congregation which You acquired from the beginning (Ps 73:2). But God is our king before the ages; He was wrought salvation in the midst of the earth (Ps 73:12).

Gospel: (Mk. 8:34-9:1)

The Lord said: "If a man wishes to come after me, he must deny his very self, take up his cross, and follow in my steps. Whoever would preserve his life will lose it, but whoever loses his life for my sake and the gospel's will preserve it. What profit does a man show who gains the whole world and destroys himself in the process? What can a man offer in exchange for his life? If anyone in this faithless and corrupt age is ashamed of me and my doctrine, the Son of Man will be ashamed of him when he comes with the holy angels in his Father's glory." He also said to them: "I assure you, among those standing here there are some who will not taste death until they see the reign of God established in power."

Instead of "*It is truly...*": **O my soul, magnify the most precious Cross of the Lord.**

Irmos (Tone 8): You are a mystical Paradise, O Mother of God, who though untilled, have brought forth Christ. He has planted upon earth the life-giving Tree of the Cross. Therefore today as we raise it on high we bow low and we magnify you.

Communion Verses: Praise the Lord from the heavens; praise Him in the highest (Ps 148:1). Let the light of Your countenance, O Lord, shine upon us (Ps 4:7). Alleluia! (3x)

Upon completion of the Liturgy we venerate the Holy Cross: To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection (3x).

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

GRATITUDE

* to 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

May the Almighty God grant many, happy and blessed years in good health and salvation to Mrs. Myrna Wizniak on her birthday today (Sept, 18th), and to all our parishioners, your family members, our guests and visitors who celebrate their birthdays, name-days, wedding anniversaries and any other special joyful and important celebrations 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 TODAY! WISHING YOU A BLESSED WEEKEND AND FRUITFUL, HEALTHY AND SAFE WEEK! EVERYONE IS VERY WELCOME TO PARTICIPATE IN OUR PARISH MONTHLY BREAKFAST AT THE CHURCH HALL TODAY!

Special Petitions:

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

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

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 and Mildred 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, Kathleen Musey, Jacob and Ann Dressler, Rosemary Pellizzon, Bronie Huska, Peter Huska, Mary Borrett, Stanley and Roma Nowakowski (Bishop Ken's parents), Larry and Valray Neebender, Lawrence and Ping Beaton, Red Mackay, Theresa Munro, Michelle New, Martin Schinkelwitz, Adam Laniel, Cryss O'Donnell, Rose Ostopowich (Fr. Joe Ostopowich's mother), Sandra and Mike Jones, members of our parish and those who are not able to join actively in our community, your families, relatives, friends; governments and armed forces, especially the shut-in or those in the hospitals, traveling, working or studying, 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 to all 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.

* **FAITHFUL GIVING...** Remember that we never take a day off or a vacation from God, or from our obligation to attend Divine Liturgy on Sundays. When traveling, working or studying, please, make sure you check out the service schedule for the area churches at our eparchial website: www.nweparchy.ca 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 offerings and other donations to our parish are very important to our church financial well-being, paying all monthly expenses, projects and bills.** If you are away, 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*)

* **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 OR Mr. Matt Dmyterko for more information. You will be amazed how "BEING" can make a difference.

* **Monthly Parish Breakfast** will be held after the Divine Liturgy on today.

* **Our Parish Council Meeting** will be held at 7:00 pm. on Tuesday, September 20th, 2016 A.D

* **Sunday (Sept. 11th) offering:** \$ 578.50

* **"The Acts of the Apostles"** Bible Study will resume after the Divine Liturgy and social on next Sunday, Sept., 25th in the church hall. Everybody is welcome to come and join us!

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



Chancery Office
Eparchy of New Westminster

Glory to Jesus Christ!

7 September 2016

Dear Friends,

The Vancouver Friends of the Ukrainian Catholic University (UCU) and the Ukrainian Catholic Education Foundation (UCEF) is hosting a special fundraising gala for UCU on 11 November in Vancouver. I fully support this initiative and would also ask you to support it.

Ticket information is in the attachment. Please note that there are ten places at each table. Perhaps you could consider purchasing a full table for yourself and inviting friends to join you.

The theological and philosophical faculty of the UCU has papal accreditation. The history, IT, humanities, journalism and business programs are among the best in the country. UCU and its various faculties are open to students of all religious denominations and confessions in Ukraine and internationally. The seminarians (more than two hundred of them) at Holy Spirit Ukrainian Catholic Seminary in Lviv, Ukraine receive their academic formation from UCU free of charge. In fact a good number of the clergy of our Eparchy have received their academic formation from UCU!

Today UCU is not only a flagship of reform in higher education but is an acknowledged leader in the transformation of Ukrainian society. The university is setting the highest academic standards while being in the forefront of social responsibility. Most of the students come from humble economic backgrounds and can dream of a world class education only with our help.

I cannot emphasize enough how important this educational institution is for the future of Ukraine. Local resources are sharply limited during this time of war and foreign invasion. This means that it is vital for us in the west where education is valued and esteemed to support UCU.

For more information about UCU please visit the English language website. <http://ucu.edu.ua/eng/>

Sponsoring this event is the Ukrainian Catholic Education Foundation. Donations to UCU can be made directly to UCEF, which will issue you a charitable donation income tax receipt. <http://ucef.ca/new-generation-for-a-new-ukraine-2/>

What you can expect during the evening gala...

- * Silent auction
- * A great meal
- * Dynamic guest speakers, featuring award winning CTV journalist Mr. Victor Malarek
- * Meeting representatives of the UCU community
- * Musical entertainment

Looking forward to seeing you on 11 November!

Sincerely yours in the Lord,
+ Ken Nowakowski, Bishop

A NEW GENERATION for A NEW UKRAINE

Vancouver Friends of Ukrainian Catholic University invite you to a

FUNDRAISING GALA

In support of

The Ukrainian Catholic University in Lviv

Friday, November 11th, 2016

SUTTON PLACE HOTEL
Versailles Ballroom – doors open @5:00pm
 845 Burrard Street, Vancouver, B.C. V6Z 2K6

The Ukrainian Catholic University

- An independent educational institution without financial support from the State
- The only non-profit university in Ukraine, where student budget contributions total less than 20%
- Open to all religions and denominations
- Building a university campus, unique to Ukraine, which meets the world's highest educational standards



Keynote Speaker – Victor Malarek

*Canadian Award Winning Journalist & Author
 Senior Reporter CTV W5*

For tickets and information:
 Lydia 604 888-8036 | Myrna 604 617-7200
 Lyuba 778 321-9294

Tickets \$150.00 per person



**UKRAINIAN CATHOLIC
 EDUCATION FOUNDATION**
Enriching Leaders for Church & Society

Ukrainian Catholic Education Foundation

263 Bering Ave, Toronto, ON, M8Z 3A5, Canada

phone: (416) 239-2495

toll free: 1 (866) 871-8007

fax: (416) 239-2496

Ecclesiology as Spirituality: A Little Church History Lesson: LETTER FROM UKRAINE by Andriy Chirovsky, October 2001 Part 3:

This Church is no creation of counter-reformation missionaries out to convert unsuspecting Orthodox, as Moscow would have one believe, and as is the case with some Eastern Catholic Churches. Its Orthodox bishops chose in Orthodox synodal fashion to end the schism with Rome in 1596. Sometimes let down and sometimes saved by Rome, this Church takes no one's help for granted, though it deserves the help of those who believe the Church has a vital role to play in the public forum, without becoming subservient to the state. This feisty attitude is directed not only to foreign occupiers, but to the Ukrainian state as well. One of the country's most outspoken critics of President Kuchma and the corruption in his government is His Beatitude Lubomyr Husar, the patriarch of the Ukrainian Greco-Catholic Church.

The title "patriarch" still appears in lower case, because Rome and other Eastern Catholic Patriarchates have not yet recognized the title officially. Many wonder why such an archaic title is of such vital interest to this Church, which has so much else to occupy its time and interest. The answer is quite simple. A Major Archbishopric (the current acknowledged category for this Church) can be swallowed up by a patriarchate, while a patriarchate cannot. With the neighbouring Patriarchate of Moscow still occupying some of the church buildings taken away from the Ukrainian Greco-Catholics by Stalin and given to Moscow in the 1940s, fears of Moscow's voracious ecclesiastical appetite are not unfounded. Of course, the Church's spokesmen emphasize that the largest of the Eastern Catholic Churches should be granted full status and recognition. At the Byzantine Liturgy in L'viv on June 27, the clergy and the faithful let the Pope know their hopes. As His Beatitude Lubomyr (Husar) approached the altar, they chanted exuberantly: "Patriarch, Patriarch!"

While the fear of being swallowed up by a caesaropapist neighbour persists, the Catholic Church of Kyiv is nevertheless decidedly ecumenical in its vision. This Church seeks "**double communion**" with Rome and Constantinople and will gladly unite with the Ukrainian Orthodox if they will accept a similar arrangement, allowing the Orthodox Synod to choose the one patriarch of a united church. The bigger problem seems to be to get the Orthodox in Ukraine, now split into three major factions, to unite among themselves. The Patriarch of Constantinople, who has never accepted the unilateral forced subordination of the Ukrainian Orthodox Church to Moscow in 1686, has tremendous interest in these developments. Moscow's claim that autocephaly or ecclesiastical self-rule can be granted only by Moscow, as Kyiv's Mother Church, is specious, since Moscow received Christianity from Kyivan missionaries two hundred years after Kyiv accepted the faith from Constantinople. The Moscow Church cannot be its mother's mother.

It is ironic that those who accepted union with Rome in 1596 were depicted by Ukrainian freedom-fighting Cossacks (not to be confused with the Tsar's later pogrom-bearing elite troops) as having sold out to Polish overlords. Within 90 years, the relatively autonomous Ukrainian Orthodox who rejected union with Rome would be reduced to an ever smaller role in the Russian

Church. By the early 20th century, all its bishops would be carefully chosen Russians or Russophiles, so that proponents of an independent Ukrainian Orthodox Church could not find a single hierarch to head it and had to follow untraditional means of establishing an episcopate, which left it outside the orbit of canonical Orthodox Churches.

It is thus even more ironic that during John Paul's visit to Ukraine, representatives of the descendants of the Ukrainian Cossacks presented the pontiff with greetings and a gift at the Byzantine liturgy in L'viv. The Ukrainian Cossacks slaughtered Roman Catholics and Greco-Catholics, whom they called the hated "uniates," but it was Pope John Paul II and Patriarch Lubomyr (Husar) who did the apologizing for dark moments in history, to the fury of those who think this Pope apologizes entirely too often, for entirely too much. But asking for forgiveness is a powerful weapon. It disarms the attacker and makes it difficult, or at least in bad taste, to hate. It is an entirely different thing to demand an apology, as Patriarch Alexei II recently did, when he demanded that the Pope atone for his visit to Ukraine. As the Kyiv Post noted recently, if there are any converts from Russian Orthodoxy in the wake of John Paul's visit to Ukraine, they will not be due to any proselytizing by the pontiff, but rather to the incredibly negative vituperations of the Moscow Patriarchate.



XII. **Life Chain Annual Life Chain** is at the corner of Columbia & McGill from **2 – 3p.m in Kamloops, BC on Sunday of Oct. 2nd, 2016 A.D.** Please, come and join us in this very important manifestation of our Christian faith.

Life Chain is a peaceful witness of pro-Life Canadians standing for one hour praying for our country, for an end to abortion and against the implementation of euthanasia and assisted suicide. It is a visual statement of solidarity in support of human life from the moment of conception to natural death. Kamloops has been participating in Life Chain for more than 20 years! We can make a difference...TOGETHER!

Meet us at the corner of Columbia and McGill Streets in Kamloops, BC at 2 p.m. on Sunday of Oct. 2nd, 2016 A.D.!
Refreshments & fellowship to follow at the VanDongen's at 308 McGill Rd.



Liturgical celebrations during week:

Mon., **Sept. 19th – 9:00 a.m.** The Divine Liturgy: + **Ross Black** (40th Day Memorial service requested by Ms. Stella Black)

Tue., **Sept. 20th – 9:00 a.m.** The Divine Liturgy:

– **6:15 p.m.** Moleben to the Divine Mercy

Wed., **Sept. 21st – 9:00 a.m.** The Divine Liturgy: + **Steven and Peter Okraincee**

Thurs., **Sept. 22nd – 9:00 a.m.** The Divine Liturgy: **Mae Amantea**

Fri., **Sept. 23rd – 9:00 a.m.** The Divine Liturgy: **Silvano Cupello**

Sunday, **Sept. 25th, 2016 – 9:30 a.m.** Rosary (Eng.)

– **10:00 a.m.** Divine Liturgy: **God's blessings to 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.

HOLY TRINITY PARISH PROJECT APPEAL

Dear Parishioners, Guests and Visitors, Please tear off the bottom section of this page and insert in your weekly envelope or note on your envelope on the special line as "**Parish Hedges and Cedar Trees Trimming**" Your help by donating toward our parish project is greatly appreciated.

Amount: \$ _____

NAME: _____

Number: _____