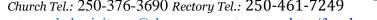
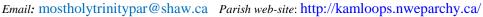


The Most Holy Trinity Ukrainian Catholic Church

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

Church Tel.: 250-376-3690 Rectory Tel.: 250-461-7249



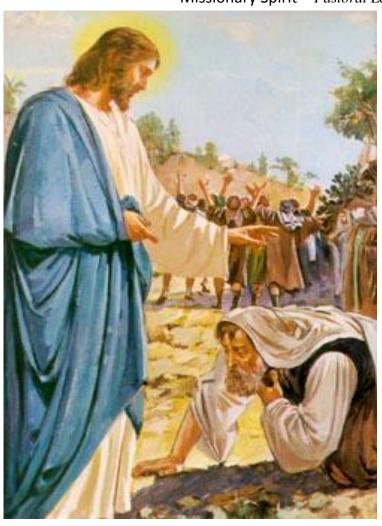


Parish Executive Council Chairperson: Mr. Matt Dmyterko; UCWLC President: Mrs. Adelle Dmyterko - Tel: 250-554-3107 Parish Cantor: Mr. Myron Musey Westminian Catholic Eparchy of New Westminster: www.nweparchy.ca

29th Sunday after Pentecost; Great Martyr Barbara, Saint John Damascene

- December 4th, 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.

Have you ever thought why did only one cleansed leper return to thank Jesus? The following are eight suggested reasons why the nine did not return: One waited to see if the cure was real. One said he would see Jesus later. One decided that he never had leprosy. One said he would have gotten well anyway. One gave the glory to the priests. One said, "O, well, Jesus didn't really do anything." One said, "Any rabbi could have done it." One said, "I was already much improved."

"What shall I render unto the LORD for all His benefits toward me?" Ps.116:12

"... 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 Віки! Christ is among us! – He is and will be!

Liturgical Propers:

Epistle: A reading from the Letter of Saint Paul to the Colossians: (Col 3:4-11)

Brethren, when Christ our life appears, then you shall appear with him in glory. Put to death whatever in your nature is rooted in earth: fornication, uncleanness, passion, evil desires, and that lust which is idolatry. These are the sins which provoke God's wrath. Your own conduct was once of this sort, when these sins were your very life. You must put that aside now: all the anger and quick temper, the malice, the insults, the foul language. Stop lying to one another. What you have done is put aside your old self with its past deeds and put on a new man, one who grows in knowledge as he is formed anew in the image of his Creator. There is no Greek or Jew here, circumcised or uncircumcised, foreigner, Scythian, slave or freeman. Rather, Christ is everything in all of you.



Gospel: (Luke 17:12-19)

At that time, as Jesus was entering a village, ten lepers met him. Keeping their distance, they raised their voices and said, "Jesus, Master, have pity on us!" When he saw them, he responded, "Go and show yourselves to the priests." On their way there they were cured. One of them, realizing that he had been cured, came back praising God in a loud voice. He threw himself on his face at the feet of Jesus and spoke his praises. This man was a Samaritan. Jesus took the occasion to say, "Were not all ten made whole? Where are the other nine? Was there no one to return and give thanks to God except this foreigner?" He said to the man, "Stand up and go your way; your faith has been your salvation."

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 parishioners who came, organized orders and worked by making pierogis this past week!
- * to everyone who organized, generously contributed, came, shared the food and actively participated in our parish annual the grey cup party-social on this past Sunday!
- * 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, share their time and work at the parish projects, clean the church, organize socials, 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 Mr. Myron and Mrs. Myrna Wizniak on their wedding anniversary (Dec. 8th), to Mrs. Ann Kuz, Mrs. Anne Derzak and Mrs. Anne Tofan, who celebrate their heavenly patron of Saint Anna's feastday/name-day (Dec. 9th), 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 CHUCH TODAY! WISHING YOU A BLESSED WEEKEND AND FRUITFUL, HEALTHY AND SAFE WEEK! EVERYONE IS WELCOME TO PARTICIPATE AT OUR PARISH SOCIAL IN 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. Edward Evanko, Monsignor Jeremiah Desmond, Fr. Serabion ElMakary, Steve and Bernice Usipuik, 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 Necember, 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 offering is important to our financial well-being. 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)

* Sunday (Nov. 20^{th)} offerings/donations: \$402.00



* 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.



*Annual Celebration of Saint Nicholas Day and Monthly Parish Breakfast will take place in our parish after the Divine Liturgy on Sunday, Dec. 11th, 2016 A.D. Please, sign up. Don't forget is St. Nicholas arriving next week. We will be having our monthly breakfast just before he comes to visit our parish family – especially children! Please join us for breakfast and SIGN-UP downstairs so our Elves know how much to prepare ...!

LITURGICAL SERVICES FOR CHRISTMAS 2016-2017 SEASON at The Most Holy Trinity Ukrainian Catholic Church in Kamloops, BC

Dec. 24th Saturday - 3:30 pm - Christmas Eve/Sviatyi Vecheer

Great Compline followed by the Divine Liturgy. Myrovania/Blessing with Holy Oil.

Dec. 25th Sunday - 10:00 am - NATIVITY OF OUR LORD AND SAVIOUR

JESUS CHRIST

The Divine Liturgy. Myrovania/Blessing with Holy Oil.

Dec. 26th Monday - 10:00 am – The Divine Liturgy

Feast in Honour of the Mother of God

Dec. 27th Tuesday - 10:00 am - The Divine Liturgy

Feast in Honour of Saint Steven Deacon-Martyr

Dec. 31st Saturday - 4:30 pm - New Year's Eve

Vespers: Thanksgiving for God's blessings and graces received in 2016

<u>Jan. 1st Sunday - 10:00 am - The Divine Liturgy (This is a Holy Day of Obligation.)</u>

Circumcision of Our Lord, Feast of St. Basil the Great, New Year's Day.

Myrovania/Blessing with Holy Oil.

Jan. 5th Thursday - 5:00 pm

Great Blessing of Water followed by

The Theophany/Epiphany Eve Supper/Shchedryi Vecheer

Jan. 6th Friday - 10:00 am - Divine Liturgy (This is a Holy Day of Obligation.)

Feast of Theophany (Jordan). Myrovania/Blessing with Holy Oil.

Jan. 7th Saturday - 10:00 am - Divine Liturgy

Різдво ГНІХ (CHRISTMAS according to old, Julian calendar). Myrovania/Blessing with Holy Oil.

Theophany/Jordan Home Blessing and Annual Pastoral Visitations schedule sign up list to arrange the actual date between January 9th and January 31th 2017 will be available at the entrance to the church and at the church hall.

^{*} Please, share to Kamloops Food Bank. Special boxes are located at the entrance to the church.

Ideas to help to prepare for the Nativity of Jesus Christ

- Donate a package of heavy-weight socks to your local homeless shelter.
- Read a book about Christmas traditions around the world. Add an idea you like to your family Christmas celebration.
- Locate Israel and Bethlehem on a globe or world map. Pray for peace in the land and continent of Jesus' birth.
- Call or write family friends you have not seen for a while. Let them know how much you appreciate their presence in your life.
- Clean house together in preparation for the Nativity of Jesus Christ.
- Sing a well-known song together that speaks of the coming of the Messiah.

*Christmas Candle Eparchial Fundraiser: Since 2012 our Eparchy has been collecting funds to help underprivileged and orphaned children in Ukraine through our Christmas Candle appeal. Our fundraising program is part of a larger global appeal sponsored by Caritas Ukraine. We have had great momentum over the last few years raising over \$20,000 with support from our BC Parishes as well as Parishes in other Provinces and parts of the United States.

The appeal is once again taking place for the month of December and we encourage everyone to remember these children during our Christmas season with a voluntary donation. Please place your donation in an envelope marked Christmas Candle, with your name and address and include it with the Sunday collection at any Ukrainian Catholic Church in BC or mail to the Ukrainian Catholic Eparchy of New Westminster. All donations over \$20 are eligible to receive a tax receipt if requested and cheques can be made out to your Parish with Christmas Candle Project in the Memo. If you wish to purchase a candle please contact your parish priest, they are available for a minimum donation of \$5 per candle.

Last year's money raised was used to provide children in Lviv with speech therapy, allowing them to function and communicate normally in society. This year's focus is to support a Hospice in Ivano-Frankivsk that houses orphans, and provides basic necessities, education and life skills to help them integrate into society.

We thank you for your past support and generosity and ask that you again consider supporting this ongoing appeal as part of your Christmas tradition.

Caritas is an organization that is supported and approved by His Beatitude Sviatoslav Shevchuk and His Excellency Bishop Ken Nowakowski. 100% of the proceeds go to Caritas Ukraine. For more information, please contact the coordinator Dana Koren Lupynis or Natalia Lupynis at nweparchy.christmascandle@gmail.com

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

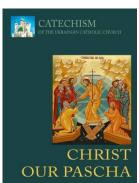
- **CHEQUE** (Please make your cheques payable to the Eparchy of New Westminster)
- **BEQUESTS** (You have the ability to leave a legacy that will commemorate your love of God by remembering the Eparchy in your will)
- GIFT OF PUBLICLY TRADED STOCK(Please contact the Chancery office for further details 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

* The Kamloops Pro-Life Society is selling Great Little Coupon Books, with discount coupons for restaurants and entertainment in Kamloops, a GREAT deal at \$10 each! They make great gifts! Please call Linda at 250-851-8605 or at St. Joseph's Book Store for your coupon books. Thank you for supporting the Pro-Life Society.



ENGLISH EDITION OF THE CATECHISM *Christ—Our Pascha*: Catechism of the Ukrainian Catholic Church was now been published and is available for purchase. The Catechism was published by the Ukrainian Greek-Catholic Synod of Bishops and the Patriarchal Commission for the Catechism of the Ukrainian Greek-Catholic Church. In our parish you can buy a copy for only \$25 CAD. 347 pages plus Ukrainian Icons. Please contact Fr. Pavlo.

The Six Precepts of the Church:

- 1. To worship God with the Church every Sunday, and on all holy days of obligation, participating in the Divine Liturgy and abstaining from hard work.
 - 2. To fast and practice abstinence on the days appointed by the Church.

- 3. At least once a year, to confess one's sins in the Holy Mystery of Repentance (Confession), and to receive Holy Communion during the Paschal season.
 - 4. Not to hold weddings or dances during prohibited times.
 - 5. To shun immoral publications and internet sites; and to not distribute them, including electronic media.
 - 6. To help the Church in her material needs according to one's ability.

Catechism of the Ukrainian Catholic Church – "Christ Our Pascha"

HOLY MASS FOR THE CLOSING OF THE JUBILEE OF MERCY HOMILY OF HIS HOLINESS POPE FRANCIS Solemnity of Our Lord Jesus Christ, King of the Universe St Peter's Square Sunday 20 November 2016

The Solemnity of Our Lord Jesus Christ, King of the Universe, is the crown of the liturgical year and this Holy Year of Mercy. The Gospel in fact presents the kingship of Jesus as the culmination of his saving work, and it does so in a surprising way. "The Christ of God, the Chosen One, the King" (*Lk* 23:35,37) appears without power or glory: he is on the cross, where he seems more to be conquered than conqueror. His kingship is paradoxical: his throne is the cross; his crown is made of thorns; he has no sceptre, but a reed is put into his hand; he does not have luxurious clothing, but is stripped of his tunic; he wears no shiny rings on his fingers, but his hands are pierced with nails; he has no treasure, but is sold for thirty pieces of silver.

Jesus' reign is truly not of this world (cf. *In* 18:36); but for this reason, Saint Paul tells us in the Second Reading, we find redemption and forgiveness (cf. *Col* 1:13-14). For the grandeur of his kingdom is not power as defined by this world, but the love of God, a love capable of encountering and healing all things. Christ lowered himself to us out of this love, he lived our human misery, he suffered the lowest point of our human condition: injustice, betrayal, abandonment; he experienced death, the tomb, hell. And so our King went to the ends of the universe in order to embrace and save every living being. He did not condemn us, nor did he conquer us, and he never disregarded our freedom, but he paved the way with a humble love that forgives all things, hopes all things, sustains all things (cf. *1 Cor* 13:7). This love alone overcame and continues to overcome our worst enemies: sin, death, fear.

Dear brothers and sisters, today we proclaim this singular victory, by which Jesus became the King of every age, the Lord of history: with the sole power of love, which is the nature of God, his very life, and which has no end (cf. *1 Cor* 13:8). We joyfully share the splendor of having Jesus as our King: his rule of love transforms sin into grace, death into resurrection, fear into trust. It would mean very little, however, if we believed Jesus was King of the universe, but did not make him Lord of our lives: all this is empty if we do not personally accept Jesus and if we do not also accept his way of being King. The people presented to us in today's Gospel, however, help us. In addition to Jesus, three figures appear: the people who are looking on, those near the cross, and the criminal crucified next to Jesus.

First, the people: the Gospel says that "the people stood by, watching" (*Lk* 23:35): no one says a word, no one draws any closer. The people keep their distance, just to see what is happening. They are the same people who were pressing in on Jesus when they needed something, and who now keep their distance. Given the circumstances of our lives and our unfulfilled expectations, we too can be tempted to keep our distance from Jesus' kingship, to not accept completely the scandal of his humble love, which unsettles and disturbs us. We prefer to remain at the window, to stand apart, rather than draw near and be with him. A people who are holy, however, who have Jesus as their King, are called to follow his way of tangible love; they are called to ask themselves, each one each day: "What does love ask of me, where is it urging me to go? What answer am I giving Jesus with my life?"

There is a second group, which includes various individuals: the leaders of the people, the soldiers and a criminal. They all mock Jesus. They provoke him in the same way: "Save yourself!" (*Lk* 23:35,37,39). This temptation is worse than that of the people. They tempt Jesus, just as the devil did at the beginning of the Gospel (cf. *Lk* 4:1-13), to give up reigning as God wills, and instead to reign according to the world's ways: to come down from the cross and destroy his enemies! If he is God, let him show his power and superiority! This temptation is a direct attack on love: "save *yourself*" (vv. 37,39); not others, but yourself. Claim triumph for yourself with your power, with your glory, with your victory. It is the most terrible temptation, the first and the last of the Gospel. When confronted with this attack on his very way of being, Jesus does not speak, he does not react. He does not defend himself, he does not try to convince them, he does not mount a defence of his kingship. He continues rather to love; he forgives, he lives this moment of trial according to the Father's will, certain that love will bear fruit.

In order to receive the kingship of Jesus, we are called to struggle against this temptation, called to fix our gaze on the Crucified One, to become ever more faithful to him. How many times, even among ourselves, do we seek out the comforts and certainties offered by the world. How many times are we tempted to come down from the Cross. The lure of power and success seem an easy, quick way to spread the Gospel; we soon forget how the Kingdom of God works. This Year of Mercy invites us to rediscover the core, to return to what is essential. This time of mercy calls us to look to the true face of our King, the one that shines out at Easter, and to rediscover the youthful, beautiful face of the Church, the face that is radiant when it is welcoming, free, faithful, poor in means but rich in love, on mission. Mercy, which takes us to the heart of the Gospel, urges us to give up

habits and practices which may be obstacles to serving the Kingdom of God; mercy urges us to orient ourselves only in the perennial and humble kingship of Jesus, not in submission to the precarious regalities and changing powers of every age.

In the Gospel another person appears, closer to Jesus, the thief who begs him: "Jesus, remember me when you come into your kingdom" (v. 42). This person, simply looking at Jesus, believed in his kingdom. He was not closed in on himself, but rather – with his errors, his sins and his troubles – he turned to Jesus. He asked to be remembered, and he experienced God's mercy: "Today you will be with me in paradise" (v. 43). As soon as we give God the chance, he remembers us. He is ready to completely and forever cancel our sin, because his memory – unlike our own – does not record evil that has been done or keep score of injustices experienced. God has no memory of sin, but only of us, of each of us, we who are his beloved children. And he believes that it is always possible to start anew, to raise ourselves up.

Let us also ask for the gift of this open and living memory. Let us ask for the grace of never closing the doors of reconciliation and pardon, but rather of knowing how to go beyond evil and differences, opening every possible pathway of hope. As God believes in us, infinitely beyond any merits we have, so too we are called to instil hope and provide opportunities to others. Because even if the Holy Door closes, the true door of mercy which is the heart of Christ always remains open wide for us. From the lacerated side of the Risen One until the very end of time flow mercy, consolation and hope.

So many pilgrims have crossed the threshold of the Holy Doors, and far away from the clamour of the daily news they have tasted the great goodness of the Lord. We give thanks for this, as we recall how we have received mercy in order to be merciful, in order that we too may become instruments of mercy. Let us go forward on this road together. May our Blessed Lady accompany us, she who was also close to the Cross, she who gave birth to us there as the tender Mother of the Church, who desires to gather all under her mantle. Beneath the Cross, she saw the good thief receive pardon, and she took Jesus' disciple as her son. She is Mother of Mercy, to whom we entrust ourselves: every situation we are in, every prayer we make, when lifted up to his merciful eyes, will find an answer.

 $Source: \ http://w2.vatican.va/content/francesco/en/homilies/2016/documents/papa-francesco_20161120_omelia-chiusura-giubileo.html$



Liturgical celebrations during week:

Mon., Dec. 5th – 9:00 a.m. The Divine Liturgy: Repose of the souls of the Simpson & Coobs families – 4:30 p.m. Vespers:

Tue., Dec. 6th - 10:00 a.m. (Saint Nicholas the Wonderworker) The Divine Liturgy: God's blessings for all travelers

Wed., Dec. 7th -8:45 a.m. The Divine Liturgy: Repose of the souls of the Simpson & Coobs families

Thur., Dec. 8th - 10:00 a.m. The Divine Liturgy: Repose of the souls of the Simpson & Coobs families

- 4:30 p.m. Vespers:

Fri., Dec. 9th, 2016 (The Immaculate Conception of the Blessed Virgin Mary by Saint Anna)

- 10:00 a.m. The Divine Liturgy: God's blessings to all our parishioners

Sunday, Dec. 11th, 2016 - 9:30 p.m. Rosary (Eng.)

- 10:00 p.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**: six months' notice should be given

to the parish priest, and he should be contacted before any other arrangements are made. Funerals and Memorials: by appointment. Holy Unction (Anointing of the Sick): Those anticipating surgery, hospitalization or treatments and who would like to receive anointing or to meet with parish priest, please call or email Fr. Paulo in advance to arrange a time and a day.

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 needs and pastoral ministry."