



The Most Holy Trinity Ukrainian Catholic Church

Parish Administered by Rev. Fr. Pavlo Myts
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Email: mostholytrinitypar@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



36th SUNDAY after PENTECOST – January 22nd, 2017 A.D

Saint Apostle Timothy and Saint Venerable-Martyr Anastasius the Persian (628 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.

How do we personally act, when people and world's temptations ordering us to be silent and stop praying, going to church and talking about God to our relatives, friends, neighbours, etc.?

“Let us ask the Lord for the grace that all of us who have received the grace of being called, never, never, never move away from this Church. Let us never enter into this micro-climate of the privileged ecclesiastical disciples, who turn away from the Church of God, which is suffering, asking for salvation, which calls for faith, which begs to hear God's Word. Let us ask the grace to be faithful to God, without asking the Lord for privileges, which separate us from God's people.”

- Pope Francis: “Christians remember where they came from”

“...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, дозвольтє Його Святому Духові вас перемінити, очистити і скріпити БОЖОЮ ЛЮБОВ'Ю!”

- Пастирський Лист Блаженнішого Святослава Шевчука “Жива Парафія”

Christian Greetings: Christ is Born! – Glorify Him!

Chrystos Rozhdayet'sia! – Slavimo YoHo! Христос Рождається! - Славімо Його!

Christ is among us! – He is and will be!

Liturgical Propers:

Troparion (Tone 3): Let the heavens be glad, let the earth rejoice, for the Lord has done a mighty deed with his arm. He trampled death by death; He became the first born of the dead; He saved us from the abyss of Hades and granted great mercy to the world.
Glory be to the Father and to the Son and to the Holy Spirit.

Kontakion (Tone 3): You rose from the tomb, O compassionate Lord, and led us out from the gates of death. Today Adam exults and Eve rejoices, and the prophets together with the patriarchs unceasingly acclaim the divine might of Your power.

Now and for ever and ever. Amen.

Theotokion (Tone 3): Today the Virgin stands before us in the church, and together with the choirs of saints invisibly prays to God for us. Angels are worshipping with hierarchs; apostles exalt with prophets, for the Mother of God prays in our behalf to the eternal God.

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

Verse: Clap your hands, all you nations; shout unto God with the voice of joy. (Ps 46:2).

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



Epistle: A reading from the First Letter of Saint Paul to Timothy: (1 Timothy 1:15-17)

Timothy, my son, the saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners - of whom I am the foremost. But for that very reason I received mercy, so that in me, as the foremost, Jesus Christ might display the utmost patience, making me an example to those who would come to believe in him for eternal life. To the King of the ages, immortal, invisible, the only God, be honor and glory forever and ever. Amen.

Alleluia (Tone 3): In You, O Lord, have I hoped that I may not be put to shame for ever (Ps 30:2). Be a protector unto me, O God, and a house of refuge to save me (Ps 30:3). Blessed is the man who fears the Lord; he shall delight exceedingly in His commandments (Ps 111:1).

Gospel: (Luke 18:35-43)

At that time, as Jesus approached Jericho, a blind man was sitting by the roadside begging. When he heard a crowd going by, he asked what was happening. They told him, "Jesus of Nazareth is passing by." Then he shouted, "Jesus, Son of David, have mercy on me!" Those who were in front sternly ordered him to be quiet; but he shouted even more loudly, "Son of David, have mercy on me!" Jesus stood still and ordered the man to be brought to him; and when he came near, he asked him, "What do you want me to do for you?" He said, "Lord, let me see again." Jesus said to him, "Receive your sight; your faith has saved you." Immediately he regained his sight and followed him, glorifying God; and all the people, when they saw it, praised God.

Communion Verses: Praise the Lord from the heavens; praise Him in the highest (Ps 148:1). Rejoice in the Lord, O you just; praise befits the righteous (Ps 32:1). Alleluia! (x3)

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

GRATITUDE

* to all our parishioners, guests, visitors and all people of the good will who by their kindness, time, donations, knowingly and unknowingly, organize and lead praying with rosaries, attend services, share their time and work at the parish projects, clean the church inside and in the outside by taking away snow from parking lot and sidewalks, 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 bless in good health and salvation in many, happy and blessed years of life to all our parishioners, guests, visitors, your family members who celebrate their heavenly patrons feast-days/name-days and especially to everyone who celebrate their birthdays, anniversaries or any other important events 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, RESTFUL WEEKEND AND FRUITFUL, HEALTHY AND SAFE WEEK! EVERYONE IS VERY WELCOME TO COME AND PARTICIPATE IN OUR PARISH SOCIAL AND BIBLE STUDIES 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. 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.

* **Our Parish Annual General Meeting** will take place after the Divine Liturgy on next Sunday of Jan. 29th, 2017.

* **Sunday (Jan. 15th) faithful offerings/donations:** \$ 519.00 CAD.

* **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*)



* **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.

Please, feel very welcome to participate in our church choir singing, reading of the Epistle, holding the candles during the Gospels readings, processions, parish cleaning, projects, etc.

Contact Fr. Pavlo or Mr. Matt Dmyterko for more information. You will be amazed how "BEING" can make a difference!

* **Pastoral visitations and Theophany/Jordan Home Blessing** schedule sign up list to arrange the actual date between January 9th and January 31st, 2017 is available at the entrances to the church and in the church hall downstairs.

Why Do We Bless Homes?

The blessing of homes constitutes an invocative blessing, meaning that by his prayer and by the sprinkling of Holy Water the priest invokes God's blessings and protection upon the home and those living in it.

We bless homes for many reasons: † to reveal the home as what God had created it to be, a way to Heaven † to rid the home of every evil † to show that the family is a small Church unit in Christ † to consecrate the home and all activity in it to God † to fill the home and all who live in it with the fullness of God.

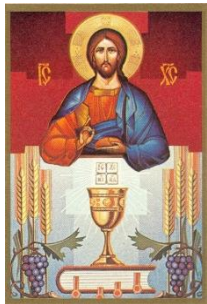
Traditionally, the priest personally visits all his parishioners each year to pray with them in the place where they live, and to bless their surroundings with the newly sanctified water of Theophany. By sanctifying our homes we extend the grace of God to our individual dwellings.

Just as our souls, so also our homes become tainted by the sins of those living in them and consequently lose God's protective power. We cleanse our souls of sins at least once a year and the church is blessed with the newly blessed water every year, so should our homes be sanctified with Holy Water to invoke God's blessings and protection on it and its inhabitants. As we renew the insurance on our home every year, so we should renew our insurance of God's protection and His blessing which is of greater importance and more effective. **What should we do during a home blessing?** As we welcome our priest during the holy season of Theophany to bless our home, let us be mindful that he is bringing to us the "blessing of the Jordan," and that unless God protects and blesses our home, we "labour in vain." (Ps. 127:1)

Each family is considered a small church and the family table is the home altar. When the priest comes, have as many family members there as possible. If you do not have an icon corner, ensure that you set up a place for prayer either at the kitchen or dining table. On the table include an icon and a lit candle. You may also include anything that you may want to have blessed (i.e. icon, cross, personal item, etc.) Make sure that the lights are on in every room. The priest will begin the blessing at the icon corner or

Lord
Bless our home
as we come and go.
Bless our home
as our children grow.
Bless our families
as they gather in;
Bless our home
with love and friends.

table. If you have children, they may lead the priest, while holding a candle, to each room in the house. This is also a wonderful time for you and your priest to visit and to get to know each other better.



EPARCHY OF NEW WESTMINSTER VIBRANT PARISH APPEAL SHARE YOUR HEART

"...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)

CONTACT INFORMATION: 502 – 5th AVENUE, NEW WESTMINSTER, BC CANADA, V3L 1S2
TELEPHONE: 604-524-8824 **EMAIL:** new.chancery@gmail.com **WEBSITE:** www.nweparchy.ca

***Medal of Good Citizenship:** Do you know someone at your parish who should be recognized for their service to your community? The B.C. Honours and Awards office is seeking nominations. Please see below for more info. and attached for a letter/poster with details. You are more than welcome to nominate someone or simply share this information with your parishioners.

Nominate an individual for the Medal of Good Citizenship: The Honours and Awards Secretariat would appreciate your help in identifying future nominations for the Medal of Good Citizenship. Launched in July 2015 by Premier Christy Clark, the prestigious Medal of Good Citizenship recognizes individuals who, through exceptional long-term service, have made outstanding contributions to their communities without expectation of remuneration or reward. The medal reflects their generosity, service, acts of selflessness and contributions to community life. Nominations are accepted year round. For more information or to nominate someone, please do not hesitate to contact the B.C. Honours and Awards office by phone at 250-387-1616 or email at bchonoursandawards@gov.bc.ca

***ALPHA – in the Catholic Context:** Alpha is a series of interactive sessions exploring the basics of the Christian faith. Each session looks at a different question and is designed to create conversation. There's no pressure, no follow-up and no charge; it's just an open, informal, and honest space to explore and discuss life's big questions together. Alpha will be at **Sacred Heart Roman Catholic Cathedral, 255 Nicola Street, beginning Thursday January 19th at 6:30 pm for 11 consecutive weeks. Dinner is included each week.** For more information visit the Facebook event page or www.alphacanada.org

*** Syrian Refugee Family Sponsored by Sacred Heart Roman Catholic Cathedral:** Thank you to so many in the Kamloops parishes for the many responses to our request for help for our Syrian Refugee family, Ali and Delal Omar and children. We have winter tires arranged which will be installed once Ali has his BC Driver's license and the car is insured.

Housing Needed: a 2 - 3 bedroom rental, ideally on the North Shore for March 1, 2017 for approximately \$1000/month.

Employment: Ali is a trained mechanic with some experience in construction and working on large farm equipment. He is open to any mentorship opportunity with a trained mechanic to work towards a full time position in his trade or any general labour employment opportunity. FMI Anita Sehn 250 852-1529 or afsehn99@gmail.com Felisha Martin 604 499-6562 or felisha.martin@gmail.com

Love God now – because you might not have tomorrow, Pope says



Pope Francis reflected on Thursday how each person, not knowing what will happen in the future, has only "today" to love God and open their heart to the Holy Spirit – while the temptation to put things off is foolish, because there may not be another day.

"I do not say this in order to scare you, but simply to say that our life is the present moment: today or never," he said Jan. 12. "I think upon this. Tomorrow will be the eternal tomorrow, without sunset, with the Lord, forever. If I am faithful to this moment."

In his homily at Mass, Pope Francis reflected on the day's first reading, which comes from the Letter to the Hebrews and says, "Oh, that today you would hear his voice, 'harden not your hearts...'" (Heb. 3:15) And a few lines later: "Encourage yourselves daily while it is still 'today,' so that none of you may grow hardened by the deceit of sin." (Heb. 3:13)

As this passage points out, the Pope said, it is "a present moment in which we have received the love of God, God's promise to find him." Therefore, he said, even though it is tempting to say, "I will do it tomorrow," it is possible that tomorrow simply "will not be."

Francis illustrated his point using two of Jesus' parables: The 10 foolish virgins who did not have oil for their lamps, so when they returned, found the door closed to them, and the man who knocked at the door, but to whom the Lord said, "I do not know you: you arrived late."

It is “only this day in our life,” he emphasized, “the present moment,” that we are able to renew “our alliance with God’s fidelity.” If you struggle with this, one thing you can do is ask the Holy Spirit directly for help, the Pope said, simply praying: “How do I live, this moment?” It is also important to cultivate a heart that is open to the Lord, one that has faith and is not caught in the snare of sin, he said.

The present moment is played out in our hearts, he said, since it is there that we are able to truly encounter God and have a relationship with him.

The Pope said it always strikes him when an elderly person, many times a priest or a sister, asks him to pray for them in their “final perseverance” before death. He responds to them, he said, saying, “But, you have lived your whole life well, all the moments of your day are in the service of the Lord, but you have fear...?”

No, they respond, they are not afraid, but they know that “even now my life is not set: I wish to live it fully, to pray that the moment arrives full, full, with the heart steadfast in the faith, and not ruined from sin, from vices, from corruption...”

For ourselves then, he said, we must search our hearts, asking ourselves the questions: “how does it go, my present moment, in the presence of the Lord? And my heart, how is it? Is it open? Is it solid in the faith?” Does it leave space for “the Lord’s love?” With these questions, he said, “we ask the Lord for the grace of which every one of us has need.”

by [Hannah Brockhaus](#) Vatican City, Jan. 12th, 2017 / 08:56 am ([CNA/EWTN News](#))

8 Things Catholics Should Do Every Day

1. **Start the day with prayer, your Bible, and a talk with your Mother** – It sounds so simple, yet I don’t understand why some days I can’t seem to “fit” in prayer. **Our days need to be centered around this habit.** Make a date of it. Set your cell phone alarm to a time when you can pray and don’t leave God stranded. Mornings are best, but if it doesn’t work for you find a time that does. Pull out your Bible and read a line or two. The daily Mass readings are a great place to start. A goal for every Catholic is to say the rosary every day, but some of us are in a season of life when this isn’t possible. If you can’t do a rosary, start with at least a Hail Mary and work up to a decade or a chaplet. *“Prayer is nothing else than union with God. When the heart is pure and united with God it is consoled and filled with sweetness; it is dazzled by a marvelous light.”* – Saint John Vianney

2. **Smile, Use your Manners, Be kind, Give out hugs.** Have you heard the old Hymn, “They will know we are Christians by our love, by our love...”? It’s not necessarily true today. Christians have become just as rude and inconsiderate as everyone else, sometimes even more so! Let’s reclaim our Christian love by smiling, letting others go first in line or helping old ladies cross the street. *“Let us always meet each other with smile, for the smile is the beginning of love.”* – Saint Mother Teresa of Calcutta

3. **Go on Social Media (i.e., *communicate!*), call a friend, visit a friend.** Yes, I know we have a bunch of posts about how social media is overused, but go ahead, use it! However, **use it in a way that glorifies God.** Share a scripture with a friend. Check in on an old classmate. Daily connect with people to build relationships. (Don’t stop there though; make it a weekly goal to get together in person with a friend or family member.) *“Friendship is the source of the greatest pleasures, and without friends even the most agreeable pursuits become tedious.”* – Saint Thomas Aquinas

4. **Tell someone you love them and why.** I don’t know anyone who has ever gotten tired of hearing they are loved. It’s even better when they are given a list of reasons why! Whether it is your parents, siblings, or your own children, make it a daily habit to tell at least one person in your life how much you love them. *“You learn to speak by speaking, to study by studying, to run by running, to work by working, and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves.”* – Saint Francis de Sales

5. **Talk about God.** Make God a part of your whole day, not just your prayer time. Bring Him into conversations with friends, family, even co-workers if you can. We talk about things we love – movies, restaurants, people... but we often fail to talk about God in the same way. *“But this does not mean that we should postpone the evangelizing mission; rather, each of us should find ways to communicate Jesus wherever we are. All of us are called to offer others an explicit witness to the saving love of the Lord, who despite our imperfections offers us his closeness, his word and his strength, and gives meaning to our lives.”* – Pope Francis

6. **Sacrifice something.** It’s so important that we learn to make daily sacrifices and offer them up to the Lord. It doesn’t have to be anything crazy. Eat bread with no butter. Turn off the radio and drive in silence. It’s the little things that cultivate our holiness and help us to overcome our attachment to things of the world. *“There is no place for selfishness—and no place for fear! Do not be afraid, then, when love makes demands. Do not be afraid when love requires sacrifice.”* – Saint Pope John Paul II

7. **Serve in some way.** Look for a way to serve someone every day. Again, this doesn’t have to be something major like heading to Africa on service trip. It can be doing the dishes for your mom, paying for a stranger’s coffee, or picking

up garbage as you walk down the street. **Don't let a day go by in which you did not do something for someone else.** "You know that our Lord does not look at the greatness or difficulty of our action, but at the love with which you do it. What, then, have you to fear?" – Saint Therese of the Child Jesus

8. Reflect on your day. At the end of every day, take a few minutes to think back over the day. An examination of conscience is a great way to do this. Is there someone you need to forgive? Is there someone you need to seek forgiveness from? Think about the ways in which the Lord provided for you and be thankful for His many blessings. Thank Him! Ask yourself, did I move closer to or further from God through my actions today? How can I do better tomorrow? There is even an app for this created by a priest. Check out the EXAMEN Prayer App here: <http://www.theprodigalfather.org>. "You must strive with all possible care to please God in such a manner as neither to do nor behold anything, without first consulting Him, and in everything to seek Him alone and His glory." – Saint Alphonsus Rodriguez

For your weekly and monthly planning: **Every Week:** go to Mass on Sunday (and more frequently if you can through the week); go to Adoration; meet with a friend in person and/or go on a date with your spouse; tithe.

Every Month: go to Confession; do some type of ministry (help with a youth group, serve in a soup kitchen, etc.); read a spiritual book; meet with a spiritual mentor. **Every Year:** Go on a Retreat.

These things are just a starting point. What else can and should we be doing to live a life of holiness here on earth?

Written by Becky Roach, Faith & Life 26/02/2016 (She has written 154 posts in this blog. Becky Roach lives in Ohio with her husband and five children. When not doing laundry or making memories with her kids, Becky enjoys diet coke and date nights with her husband. ([View all posts by Becky Roach](#) → [Blog](#), [Twitter](#)) Source: http://catholic-link.org/2016/02/26/8-things-every-catholic-should-be-doing-every-day/?utm_content=buffer2ef82&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer



Liturgical celebrations during week:

Mon., Jan. 23rd – 9:00 a.m. Divine Liturgy: **Rest of the soul of Luigi Magliochi**

Tue., Jan. 24th – 9:00 a.m. Divine Liturgy: **Rest of the soul of Giovanni Rammuno**

Wed., Jan. 25th – 9:00 a.m. Divine Liturgy: **Rest of the soul of Angelo and Francesco Faa**

Thurs., Jan. 26th – 9:00 a.m. Divine Liturgy: **Rest of the soul of Pietro Rocca**

Fri., Jan. 27th – 9:00 a.m. Divine Liturgy: **Rest of the soul of Emilio and Angelina Baliva**

Sunday, Jan. 29th – 9:30 a.m. Rosary (Eng.)

– 10:00 a.m. The Divine Liturgy: **God's blessings for all parishioners.** (Eng./Ukr.)

– 4:00 p.m. Vespers (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. Pavlo in advance to arrange a time and a day.**

***Basic Guidelines for Reception of Holy Communion:** 1) 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."