

The Most Holy Trinity Ukrainian Catholic Church

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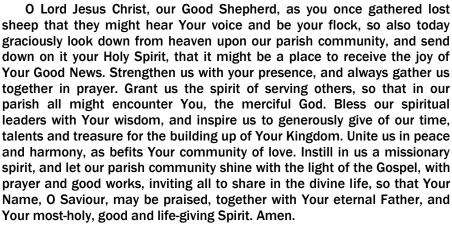
Parish Executive Council Chairperson: Mr. Matt Dmyterko; UCWLC President: Mrs. Adelle Dmyterko - Tel: 250-554-3107 Parish Cantor: Mr. Myron Musey Ukrainian Catholic Eparchy of New Westminster: www.nweparchy.ca

SUNDAY after THEOPHANY – January 8th, 2017 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



After Christ was baptised, the first words that He said were: "Reform your lives! The kingdom of heaven is at hand." Why? Because after we have been baptised, we are always tempted and the only way to end temptation is to repent and reform our lives. But what exactly do these words mean? Repentance then is not just an idea, a thought, it is above all an action. Repentance is a change of mind which leads to a practical and visible change in our way of life.

"When a man desires a thing too much, he at once becomes ill at ease. A proud and avaricious man never rests, whereas he who is poor and humble of heart lives in a world of peace. An unmortified man is quickly tempted and overcome in small, trifling evils; his spirit is weak, in a measure carnal and inclined to sensual things; he can hardly abstain from earthly desires. Hence it makes him sad to forego them; he is quick to anger if reproved. Yet if he satisfies his desires, remorse of conscience overwhelms him because he followed his passions and they did not lead to the peace he sought.

True peace of heart, then, is found in resisting passions, not in satisfying them. There is no peace in the carnal man, in the man given to vain attractions, but there is peace in the fervent and spiritual man." ("Imitation of Christ" by Thomas à Kempis)

As Christians we also feel exposed when the world tells us that what we are doing is foolish. We may even torment ourselves by asking: "what's the point, What's the use anymore? We argue against ourselves, against others, and sometimes wonder just exactly who is on our side. We forget that Jesus and all the powers of heaven are on our side. We just need to fix our thoughts on Christ, and not be concerned and worried about the other things that are going on in our life or unbelievers and dissatisfied people disturbing our inner peace with the Omnipresent God.

The Kingdom of Heaven is here and now, but it depends on our personal willingness to accept Christ and His Holiness, Mercy and Grace into our daily life. At this very moment each and every one of us is in fact able to meet God and enter into His eternal joy, but only if we wish to do so through deep faith, honesty and repentance. The joy of the Kingdom of Heaven is the state of relationship with God, our well-being and openess to all who wish to accept Christ, the Son of God.

"We must be like the shepherds in the fields during the winter. They have a fire, but from time to time they search about for sticks to keep it alive. If we knew how to keep up the fire of the love of God in our hearts by prayers and good works, it would not go out."

- Saint John Vianney

"...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: 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:

First Antiphon

Verse 1: When Israel came forth from Egypt, the house of Jacob from an alien people Judah became His sanctuary, Israel His dominion (Ps 113:1-2).

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

Verse 2: The sea beheld this and fled, the Jordan turned back on its course (Ps 113:3).

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

Verse 3: Why was it, O sea, that you fled, that you, O Jordan, turned back on your course? (Ps 113:5)

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: We sing the usual Third Antiphon, but with the festal refrain: Son of God, baptized by John in the Jordan, save us who sing to You: Alleluia.

Troparion (Tone 8): You came down from on high, O Merciful One and accepted three days of burial to free us from our sufferings. O Lord, our life and our resurrection, glory be to You.

Troparion (Tone 1): When You, O Lord, were baptized in the Jordan, worship of the Trinity was revealed; the voice of the Father bore witness to You, naming You the "beloved Son," and the Spirit in the form of a dove confirmed the Word's certainty. Glory to You, O Christ God, who appeared and enlightened the world.

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

Kontakion (Tone 8): When You rose from the tomb, You also raised the dead and resurrected Adam. Eve exults in Your resurrection, and the ends of the world celebrate Your rising from the dead O most merciful One.

Now and for ever and ever. Amen.

Kontakion (Tone 4): Today You have appeared to the world and Your light, O Lord, has been signed on us, who with knowledge sing Your praises. You have come, You have appeared, O unapproachable Light.

Prokimenon (Tone 8): Pray and give thanks to the Lord our God (Ps. 75:12)

Verse: Rejoice in the Lord, O you just; praise befits the righteous (Ps 32:1).

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

Epistle: A reading from the Letter of Saint Paul to the Ephesians: (Eph. 4:7-13)

Brethren: Each of us has received God's favor in the measure in which Christ bestows it. Thus you find Scripture saying: "When He ascended on high, He took a host of captives and gave gifts to people." "He ascended" – what does this mean but that He first descended into the lower regions of the earth? He who descended is the very one who ascended high above the heavens, that He might fill all people with His gifts. It is He who gave apostles, prophets, evangelists, pastors and teachers in roles of service for the faithful to build up the body of Christ, till we become one in faith and in the knowledge of God's Son, and form that perfect man who is Christ come to full stature.

Alleluia (Tone 5): Your mercies, O Lord, I will sing forever; from generation to generation I will announce Your truth with my mouth (Ps 88:2). For You have said: Mercy shall be built up for ever; in the heavens Your truth shall be prepared (Ps 88:3). Come, let us rejoice in the Lord; let us acclaim God our Saviour. (Ps. 94:1)

Gospel: (Matthew 4:12-17)

At that time, when Jesus heard that John had been arrested, he withdrew to Galilee. He left Nazareth and went down to live in Capernaum by the sea near the territory of Zebulun and Naphtali, to fulfill what had been said through Isaiah the prophet: "Land of Zebulun, Land of Naphtali along the sea beyond the Jordan, heathen Galilee: a people living in darkness has seen a great light. On those who inhabit a land overshadowed by death, light has arisen." From that time on Jesus began to proclaim this theme: "Reform your lives! The kingdom of heaven is at hand."

Instead of "It is truly...": O my soul, magnify Christ the King, baptized in the Jordan.

Irmos (Tone 2): Every tongue is at a loss to praise you as is your due, O Mother of God. Even a spirit from above is filled with dizziness when seeking to sing your praises. But since you are good, accept out faith, for you know well our love inspired by God. For it is you who protect all Christians; therefore, we magnify you.

Communion Verses: The Grace of God has appeared, bringing salvation to all (Tim. 2:11). Praise the Lord from the heavens; praise Him in the highest (Ps 148:1). Alleluia! (3x).

According to Galician usage, we sing: All creation is filled with rejoicing today, for Christ is baptized in the Jordan.

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 ladies and gentlemen who thoughtfully prepared, generously shared, and actively participated in our Annual Theophany celebrations, joyous carolling and delicious dinner!
 - * to every person who organized, worked and participated in our parish New Year's Day celebration and branch!
 - * to all who came and worked by making perogies this past week!
- * to all our parishioners, guests, visitors and all people of the good will who by their kindness, time, donations, knowingly and unknowingly, organize and lead praying with rosaries, attend services, 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 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.

- * 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.
 - * Sunday (January 1^{th)} offerings/donations: \$ 455.00
- * 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. Contact Fr. Pavlo or Mr. Matt Dmyterko for more information. You will be amazed how "BEING" can make a difference.



* Christmas Candle" - "Різдвяна свічка" Eparchial Fundraiser: - as part of a global fundraising program sponsored by Caritas, our parish makes available for sale special Christmas Candles. The funds collected from this fundraiser will be used entirely to help needy, disadvantaged, disabled and orphaned children in Ukraine. Suggested donation for a candle is \$5.00.

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. 12 7:1)

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 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.

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

Saint Mother Teresa of Calcutta

come and share a time of spiritual renewal and inspiration for 2017

The Eparchy of New Westminster invites you to join Fr. Brian Kolodiejchuk, MC for an event to learn about the life and legacy of St. Teresa of Calcutta. Fr. Brian was born in Winnipeg and is a Ukrainian Catholic priest. He knew St. Teresa very well and was the postulator for the Cause for Canonization of St. Teresa. Fr. Brian will be sharing interesting insights into the process to have this amazing Catholic nun declared a Saint by Pope Francis. He will share Mother Teresa's message of "love in living action" - especially to the poor - beginning in one's own family, parish community, work, that is, where we are. Fr. Brian will also share some of his experiences as a member of the Missionaries of Charity Fathers.

Victoria: Saturday, January 14, 1-3:30 pm St. Nicholas the Wonderworker Ukrainian Catholic Parish, 1112

Caledonia Avenue, Victoria (call Fr. Yuriy, 250- 384-2292 for tickets and information)



Vancouver: Sunday, January **15** *at* **1-3:30** *pm* St. Mary's Ukrainian Catholic Parish 550 West-14th Avenue, Vancouver (call Deacon Mykhailo, 604-524- 8824 for tickets and information)

Kelowna: Monday, January 16 at 6:30 – 9:00 pm Dormition of the Mother of God Ukrainian Catholic Parish, 1091 Coronation Avenue, Kelowna (call Fr. Andrzej, 250-860-7295 for tickets and information)

Tickets for the events are \$50. Space is limited and these events are expected to sell out quickly so please arrange to get your tickets early.



HOLY MASS ON THE SOLEMNITY OF MARY, THE HOLY MOTHER OF GOD

WORLD DAY OF PEACE PAPAL MASS

HOMILY OF HIS HOLINESS POPE FRANCIS

Vatican Basilica

Sunday, 1st, January 2017

"Mary treasured all these things and pondered them in her heart! (Lk 2:19). In these words, Luke describes the attitude with which Mary took in all that they had experienced in those days. Far from trying to understand or master the situation, Mary is the woman who can treasure, that is to say, protect and guard in her heart, the passage of God in the life of his people. Deep within, she had learned to listen to the heartbeat of her Son, and that in turn taught her, throughout her life, to discover God's heartbeat in history. She learned how to be a mother, and in that learning process she gave Jesus the beautiful experience of knowing what it is to be a Son. In Mary, the eternal Word not only became flesh, but also learned to recognize the maternal tenderness of God. With Mary, the God-Child learned to listen to the yearnings, the troubles, the joys and the hopes of the people of the promise. With Mary, he discovered himself a Son of God's faithful people.

In the Gospels, Mary appears as a woman of few words, with no great speeches or deeds, but with an attentive gaze capable of guarding the life and mission of her Son, and for this reason, of

everything that he loves. She was able to watch over the beginnings of the first Christian community, and in this way she learned to be the mother of a multitude. She drew near to the most diverse situations in order to sow hope. She accompanied the crosses borne in the silence of her children's hearts. How many devotions, shrines and chapels in the most far-off places, how many pictures in our homes, remind us of this great truth. Mary gave us a mother's warmth, the warmth that shelters us amid troubles, the maternal warmth that keeps anything or anyone from extinguishing in the heart of the Church the revolution of tenderness inaugurated by her Son. Where there is a mother, there is tenderness. By her motherhood, Mary shows us that humility and tenderness are not virtues of the weak but of the strong. She teaches us that we do not have to mistreat others in order to feel important (cf. *Evangelii Gaudium*, 288). God's holy people has always acknowledged and hailed her as the Holy Mother of God.

To celebrate Mary as Mother of God and our mother at the beginning of the new year means recalling a certainty that will accompany our days: we are a people with a Mother; we are not orphans.

Mothers are the strongest antidote to our individualistic and egotistic tendencies, to our lack of openness and our indifference. A society without mothers would not only be a cold society, but a society that has lost its heart, lost the "feel of home". A society without mothers would be a merciless society, one that has room only for calculation and speculation. Because mothers, even at the worst times, are capable of testifying to tenderness, unconditional self-sacrifice and the strength of hope. I have learned much from those mothers whose children are in prison, or lying in hospital beds, or in bondage to drugs, yet, come cold or heat, rain or draught, never stop fighting for what is best for them. Or those mothers who in refugee camps, or even the midst of war, unfailingly embrace and support their children's sufferings. Mothers who literally give their lives so that none of their children will perish. Where there is a mother, there is unity, there is belonging, belonging as children.

To begin the year by recalling God's goodness in the maternal face of Mary, in the maternal face of the Church, in the faces of our own mothers, protects us from the corrosive disease of being "spiritual orphans". It is the sense of being orphaned that the soul experiences when it feels motherless and lacking the tenderness of God, when the sense of belonging to a family, a people, a land, to our God, grows dim. This sense of being orphaned lodges in a narcissistic heart capable of looking only to itself and its own interests. It grows when what we forget that life is a gift we have received – and owe to others – a gift we are called to share in this common home.

It was such a self-centred orphanhood that led Cain to ask: "Am I my brother's keeper?" (*Gen* 4:9). It was as if to say: he doesn't belong to me; I do not recognize him. This attitude of spiritual orphanhood is a cancer that silently eats away at and debases the soul. We become all the more debased, inasmuch as nobody belongs to us and we belong to no one. I debase the earth because it does not belong to me; I debase others because they do not belong to me; I debase God because I do not belong to him, and in the end we debase our very selves, since we forget who we are and the divine "family name" we bear. The loss of the ties that bind us, so typical of our fragmented and divided culture, increases this sense of orphanhood and, as a result, of great emptiness and loneliness. The lack of physical (and not virtual) contact is cauterizing our hearts (cf. *Laudato Si'*, 49) and making us lose the capacity for tenderness and wonder, for pity and compassion. Spiritual orphanhood makes us forget what it means to be children, grandchildren, parents, grandparents, friends and believers. It makes us forget the importance of playing, of singing, of a smile, of rest, of gratitude.

Celebrating the feast of the Holy Mother of God makes us smile once more as we realize that we are a people, that we belong, that only within a community, within a family, can we as persons find the "climate", the "warmth" that enables us to grow in humanity, and not merely as objects meant to "consume and be consumed". To celebrate the feast of the Holy Mother of God reminds us that we are not interchangeable items of merchandise or information processors. We are children, we are family, we are God's People.

Celebrating the Holy Mother of God leads us to create and care for common places that can give us a sense of belonging, of being rooted, of feeling at home in our cities, in communities that unite and support us (cf. <u>Laudato Si'</u>, 151).

Jesus, at the moment of his ultimate self-sacrifice, on the cross, sought to keep nothing for himself, and in handing over his life, he also handed over to us his Mother. He told Mary: Here is your son; here are your children. We too want to receive her into our homes, our families, our communities and nations. We want to meet her maternal gaze. The gaze that frees us from being orphans; the gaze that reminds us that we are brothers and sisters, that I belong to you, that you belong to me, that we are of the same flesh. The gaze that teaches us that we have to learn how to care for life in the same way and with the same tenderness that she did: by sowing hope, by sowing a sense of belonging and of fraternity.

Celebrating the Holy Mother of God reminds us that we have a Mother. We are not orphans. We have a Mother. Together let us all confess this truth. I invite you to acclaim it three times, standing [all stand], like the faithful of Ephesus: Holy Mother of God, Holy Mother of God, Holy Mother of God.

Source: http://w2.vatican.va/content/francesco/en/homilies/2017/documents/papa-francesco_20170101_omelia-giornata-mondiale-pace.html



Liturgical celebrations during week:

Mon., Jan. 9^{th} – Fri., Jan. 13^{th} at 9:00 a.m. Divine Liturgies: Repose of the souls of the Simpson & Coobs families Sunday, Jan. 15^{th} – 9:30 a.m. Rosary (Eng.)

10:00 a.m. The Divine Liturgy: God's blessings for all parishioners. (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."