



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: 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



SUNDAY OF THE PUBLICAN AND PHARISEE – February 5th, 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

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.

The name for this Sunday is taken from the parable of our Lord Jesus Christ. This is the story of two men, one a Pharisee, a member of a Jewish sect known for its diligent observance of the Law, and the other a Publican, a government official charged with the responsibility of collecting taxes.

The theme of this parable is repentance. To repent signifies far more than self-pity or futile regret over things done in the past. The Greek word *metanoia* means “change of mind.” To repent is to be renewed, to be transformed in our inward viewpoint, to attain a fresh way of looking at our relationship with God and with others.

The fault of the Pharisee is that he has no desire to change his outlook; he is complacent, self-satisfied, and so he allows no place for God to act within him.

The Publican, on the other hand, truly longs for a “change of mind.” He humbles himself, and his humility justifies him before God. He becomes, in the words of the Sermon on the Mount, “poor in spirit.” He acknowledges that he is a sinner, and he knows that salvation is only found in the mercy of God. Here we find an example of true humility, an essential aspect of repentance. A “change of mind” and the transformation of our lives can only happen when we humble ourselves before God, acknowledge our willingness to turn from sin, and receive His grace into our lives.

“...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: *Glory to Jesus Christ! – Glory to Him Forever!*
Slava Isusu Chrystu! – Slava na Viky! Слава Ісусу Христу! – Слава на Віку!

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

Liturgical Propers:

Troparion (Tone 5): Let us the faithful acclaim and worship the Word, co-eternal with the Father and the Spirit, and born of the Virgin for our salvation. For He willed to be lifted up on the cross in the flesh, to suffer death and to raise the dead by His glorious resurrection.

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

Kontakion (Tone 5): You, my Saviour, descended to Hades, and as the Almighty, You shattered its gates. With Yourself You, as the Creator, raised the dead and shattered the sting of death, and delivered Adam from the curse, O Lover of Mankind. And so we cry out: "Save us, O Lord."

Kontakion (Tone 3): Let us bring sighs of sorrow to the Lord as did the publican and approach the Master as sinners, for He desires salvation for everyone. He grants forgiveness to all who repent. For as God, the One-who-is, co-eternal with the Father, He became flesh for us.

Now and for ever and ever. Amen.

Theotokion (Tone 5): Rejoice, O impassable door of the Lord! Rejoice, O rampart and protection of those who have recourse to You! Rejoice, O tranquil haven and Virgin, who have birth in the flesh to Your Maker and God! Fail not to intercede for those who sing and worship the Child You bore.

Prokimenon (Tone 5): You, O Lord, will guard us and will keep us from this generation, and forever (Ps 11:8).

Verse: Save me, O Lord, for there is no longer left a just man (Ps 11:2).

Prokimenon (Tone 4): Blessed are You, Lord God of our fathers, and praised and glorified is Your name for ever (Dn. 3:26).

Epistle: A reading from the Second Letter of Saint Paul to the Timothy: (2 Tim. 3:10-15)

Timothy, my son: You have followed closely my teaching and my conduct. You have observed my resolution, fidelity, patience, love, and endurance, through persecutions and sufferings in Antioch, Iconium, and Lystra. You know what persecutions I have had to bear, and you know how the Lord saved me from them all. Anyone who wants to live a godly life in Christ Jesus can expect to be persecuted. But all the while evil men and charlatans will go from bad to worse, deceiving others, themselves deceived. You, for your part, must remain faithful to what you have learned and believed, because you know who your teachers were. Likewise, from your infancy you have known the Sacred Scriptures, the source of the wisdom which through faith in Jesus Christ leads to salvation.



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). Light is risen for the just and joy for the righteous of heart (Ps. 98:11).

Gospel: (Luke 18:10-14)

The Lord told this parable: "Two men went up to the temple to pray; the one was a Pharisee, the other a tax collector. The Pharisee with head unbowed prayed in this fashion: 'I give you thanks, O God, that I am not like the rest of men – grasping, crooked, adulterous – or even like this tax collector. I fast twice a week. I pay tithes on all I possess.'

The other man, however, kept his distance, not even daring to raise his eyes to heaven. All he did was beat his breast and say, 'O God, be merciful to me, a sinner.'

Believe me, this man went home from the temple justified but the other did not. For everyone who exalts himself shall be humbled while he who humbles himself shall be exalted."

Communion Verse: Praise the Lord from the heavens; praise Him in the highest (Ps 148:1). 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, participated in our parish general annual meeting, helped to take down Christmas decorations, fixed church's front gate, share their time and work at the parish projects, 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 ANNOUNCEMENTS

Prayer for the Blessing of Candles

Priest: Let us pray to the Lord.

Faithful: Lord, have mercy.

Priest: O Lord Jesus Christ, Who are the true Light that enlightens every human person who comes into the world, we humbly implore You, bestow Your blessing upon these candles and + sanctify them with the light of Your grace. And just as the visible light of the candles dispels all darkness and shadow, so let the invisible flame of the Holy Spirit which illuminates our hearts cast out the darkness of sin, so that with the eye of an enlightened soul we may see that which is pleasing to You and necessary for our salvation, and having triumphed over the dark afflictions of this world we may in the end attain light everlasting: for You, are our Savior, and we give glory to You, together with Your eternal Father, and Your all-holy, gracious and life-giving Spirit, now and ever and forever. Amen.

These candles are blessed by the sprinkling of this holy water, in the name of the Father, and of the Son, and of the Holy Spirit.

Faithful: Amen.

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, RESTFUL WEEKEND AND FRUITFUL, HEALTHY AND SAFE WEEK! EVERYONE IS VERY WELCOME TO COME AND PARTICIPATE IN OUR PARISH SOCIAL AND CHRISTIAN MOVIE PRESENTATION!

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.

SPIRIT OF AWARENESS: Dear parishioners, if our brother / sister in Christ, who usually sits next to you, is not in the Church today, please phone him / her and ask how he / she is doing. Let him /her know that our parish community misses him / her very much!

* **Sunday (Jan. 29th) faithful offerings/donations:** \$ 635.00 CAD.

* **Blessing of the parish council, blessings of the candles and myrovania/blessing with the Holy Oil** will be held after the Divine Liturgy at the church on **today**.

* **"Restless Heart: The Confessions of Augustine"** movie (2 hours and 15 minutes) will be shown after the Divine Liturgy and social today. Everyone is welcome to come, be inspired and learn about Saint Augustine as one of the greatest teachers and saints of the Catholic Church.

* **Monthly Parish Breakfast** will be held after the Divine Liturgy on Sunday, Feb. 19th, 2017. Please, sign up, come, enjoy delicious breakfast, Christian gathering and support of our vibrant parish!

* **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!

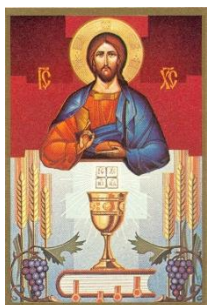
"Remember, O Lord, those who bear fruit doing good works in Your holy churches and remembering the poor. Send down Your mercy upon all of us!" (*Divine Liturgy of Saint John Chrysostom*)



* **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!



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

* **BURSARIES AVAILABLE:** The Catholic Health Association of BC will be awarding two bursaries valued at \$250 each to two 2017 graduating students who are enrolled in Catholic secondary schools, or who are members of BC or Yukon parishes and enrolled in public secondary schools, or who are home-schooled. Students are asked to submit a 500-word essay that demonstrates an awareness and understanding of the significance of Spirituality in Health Care. Submissions must be received on or before March 10, 2017. For further details, please refer to the poster on display in the vestibule of the church.

* **BISHOP THOMAS J. LOBSINGER, OMI MEMORIAL BURSARY PROGRAM UNDERWAY:** The annual British Columbia and Yukon Bursary Program is known as the Bishop Thomas J. Lobsinger, OMI Memorial Bursary Program. The 2017 program is now receiving applications. Once again we are privileged to offer thirty bursaries of \$500.00 each to Catholic students across the Province of British Columbia. These bursaries are made available on a one-time-only basis to young practicing Catholic students who are in their second or subsequent year of post-secondary education at a recognized institute of higher learning within the Province. Applications are accepted from January 1st, 2017 until June 30th, 2017 with the bursaries being awarded in the fall. The Terms of Reference can be found on our web site at

<http://kofcbc.org/files/2013/08/Terms-of-Reference-2017.pdf>

Requests for applications should be addressed to: **Knights of Columbus BC & Yukon**

Attn: Dale Hofer, Bursaries Chairman 2300 Teal Place Vernon, BC V1H 1R1

We would like to once again congratulate the many recipients over the past years and look forward the opportunity to assist many more young people in the advancement of their education.

* **CNEWA CANADA SEEKS A PROJECT OFFICER.** CNEWA is an agency of the Holy See, working for more than 90 years in supporting the churches and peoples of the Middle East, Eastern Europe, India and Northeast Africa. The Project Officer will work closely with the National Director in implementing strategic plans regarding development activities with a specific focus on the Canadian Catholic Ukrainian community

Responsibilities:

- Contact, follow up and evaluate CNEWA's program in Ukraine with partners such as the Greek Catholic Churches in Ukraine, Caritas, Ukrainian Catholic University & religious communities.
- To design project proposal applications to Canadian foundations, groups and Global Affairs Canada.
- Develop case statements and plans of action for Ukraine projects
- Develop working relations with institutions of the Ukrainian Catholic Church of Canada.
- Regularly participate in reporting CNEWA's stories in promotional materials such as the Blog, ONE magazine, newsletters and brochures.
- Organize special events for educational and fund-raising activities.



- Ensure proper follow up with donors and public in general.

Qualifications:

- Minimum of 2-4 years experiences in promotion and development work, preferably in a non-profit organization.
- Strong communication skills, written and oral in English and Ukrainian.
- Bachelor degree in marketing or related fields experience.
- An understanding of the culture and life of the Catholic Ukrainian Church in Canada and in the Ukraine.
- Basic knowledge of oral and written French language is an asset and strong plus.

Please forward cover letter and resume before February 10 to Judith Poitevien jpoitevien@cnewa.org or by mail CNEWA Canada, 1247 Kilborn Pl. Ottawa, ON K1H 6K9

Only candidates to be interviewed will be contacted To learn more about CNEWA Canada please go to www.cnewa.ca



Catholic Independent Schools Kamloops Diocese 205 Columbia Street, Kamloops, BC V2C 2S7

Phone: 250-372-5452 ext. 345 Fax: 250-372-5257 superintendent@ciskd.ca

Elementary Music St. Ann's Academy & Our Lady of Perpetual Help School

EXTERNAL POSTING

OLPH & St. Ann's Academy are seeking a qualified candidate to fill a shared full-time Elementary Music term position for a maternity leave. It is anticipated this position will commence on April 18, 2017 for a one year term with the possibility of an extension to the end of the 2017 – 2018 school year. A degree or course work in this specialized area, along with teaching, Band and Choir experience would be greatly valued. As a Catholic Independent School the teachings of the Catholic faith are integrated into every aspect of the school and therefore candidates who actively practice their faith are highly valued. For further information, or to express your interest in this position, please contact the CISKD Superintendent of Schools, Mrs. Kelly Tries at superintendent@ciskd.ca The deadline for applications is Friday, February 17, 2017.

Prompt responses are encouraged and only those candidates chosen for interviews will be contacted.

* **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

Pope Francis: You can't defend Christianity by being 'against refugees and other religions'

Meeting a pilgrimage of Catholics and Lutherans from Germany, Pope Francis said he does not like "the contradiction of those who want to defend Christianity in the West, and, on the other hand, are against refugees and other religions." "This is not something I've read in books, but I see in the newspapers and on television every day," Pope Francis said.

Answering questions from young people in the group this morning, the pope said, "the sickness or, you can say the sin, that Jesus condemns most is hypocrisy," which is precisely what is happening when someone claims to be a Christian but does not live according to the teaching of Christ.

"You cannot be a Christian without living like a Christian," he said. "You cannot be a Christian without practicing the Beatitudes. You cannot be a Christian without doing what Jesus teaches us in Matthew 25." This is a reference to Christ's injunction to help the needy by such works of mercy as feeding the hungry, clothing the naked and welcoming the stranger.

"It's hypocrisy to call yourself a Christian and chase away a refugee or someone seeking help, someone who is hungry or thirsty, toss out someone who is in need of my help," he said. "If I say I am Christian, but do these things, I'm a hypocrite."

Asked what he thought of the Reformation, Pope Francis said the Christian community is called to continual growth and maturity, and its entire history has been marked by reform movements "small and not so small," some of which were healthy and holy, others which went awry because of human sin.

"The greatest reformers of the church are the saints, those men and women who follow the word of God and practice it," he told the pilgrims, most of whom came from Martin Luther's home region of Saxony-Anhalt.

In his formal talk to the group, Pope Francis said Christians must praise God that, in the past 50 years, Catholics and Lutherans have moved "from conflict to communion. We already have traveled an important part of the road together."

Noting that he would go to Lund, Sweden, at the end of the month to participate with Lutheran leaders in opening commemorations of the 500th anniversary of the Protestant Reformation, Pope Francis said an important part of the commemoration would be a joint commitment to working together in a world "thirsting for God and his mercy."

The world needs Christians to witness God's mercy "through service to the poorest, the sick (and) those who have abandoned their homelands in search of a better future for themselves and their families," he said.

"In putting ourselves at the service of the neediest," Pope Francis said, "we will experience that we already are united; it is God's mercy that unites us."

Source: <http://www.catholicherald.co.uk/news/2016/10/13/pope-francis-you-cant-defend-christianity-by-being-against-refugees-and-other-religions/>

Best way to fight terrorism is to warmly welcome refugees, says Pope Francis

The current refugee and migration crisis, with more than 65 million people forcibly displaced from their homes, has become "the greatest humanitarian crisis after the Second World War," he said.

"At this place and time in history, there is great need for men and women who hear the cry of the poor and respond with mercy and generosity," he told graduates of Jesuit schools and universities during an audience at the Vatican.

The alumni are members of the World Union and the European Confederation of Jesuit Alumni; they were in Rome taking part in a conference on the migration and refugee crisis.

The Pope told them that with their Jesuit education and understanding of Gospel values, they can help the Church "respond more fully to the human tragedy of refugees through acts of mercy that promote their integration into the European context and beyond."

"I encourage you to welcome refugees into your homes and communities, so that their first experience of Europe is not the traumatic experience of sleeping cold on the streets, but one of warm human welcome," he said.

"Remember that authentic hospitality is a profound Gospel value that nurtures love and is our greatest security against hateful acts of terrorism," he added.

Too many refugee children and young people lack access to education, he said, urging the alumni to work with the Jesuit Refugee Service and "put your mercy in motion" to help "build a stronger Europe and a brighter future for refugees."

He told his audience to remember they were not alone as many church organizations and individuals were also dedicated to helping the marginalized and excluded.

"Remember that the love of God accompanies you in this work. You are God's eyes, mouth, hands and heart in this world."

"I urge you to help transform your communities into places of welcome where all God's children have the opportunity not simply to survive, but to grow, flourish and bear fruit," he said.

Source: <http://www.catholicherald.co.uk/news/2016/09/19/best-way-to-fight-terrorism-is-to-warmly-welcome-refugees-says-pope/>



Liturgical celebrations during week:

Mon., Feb. 6th – Fri., Feb. 10th at 9:00 a.m. Divine Liturgies: **Repose of the souls of the Simpson & Coobs families**

Sunday, Feb. 12th – 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. Pavlo 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."