



# The Most Holy Trinity Ukrainian Catholic Church

Saints Peter and Paul Ukrainian  
Catholic Church in Grindrod, BC



Parishes Administered by Rev. Fr. Pavlo Myts

109 Tranquille Road, Kamloops, BC V3B 3E8 Church Tel.: 250-376-3690 Rectory Tel.: 250-461-7249

Email: [mostholyltrinitypar@shaw.ca](mailto:mostholyltrinitypar@shaw.ca) Parish web-site: <http://kamloops.nweparchy.ca/>

Facebook page Holy Trinity Parish: <https://www.facebook.com/profile.php?id=100015447278945>

Holy Trinity Parish Executive Council Chairperson: Mr. Matt Dmyterko, UCWLC President: Mrs. Adelle Dmyterko - Tel: 250-554-3107, Parish Cantor: Mr. Myron Musey; Saints Peter and Paul Parish Executive Council Chairperson: Ms. Leah Blain.

Ukrainian Catholic Eparchy of New Westminster: Most Rev. Ken Nowakowski, [www.nweparchy.ca](http://www.nweparchy.ca)

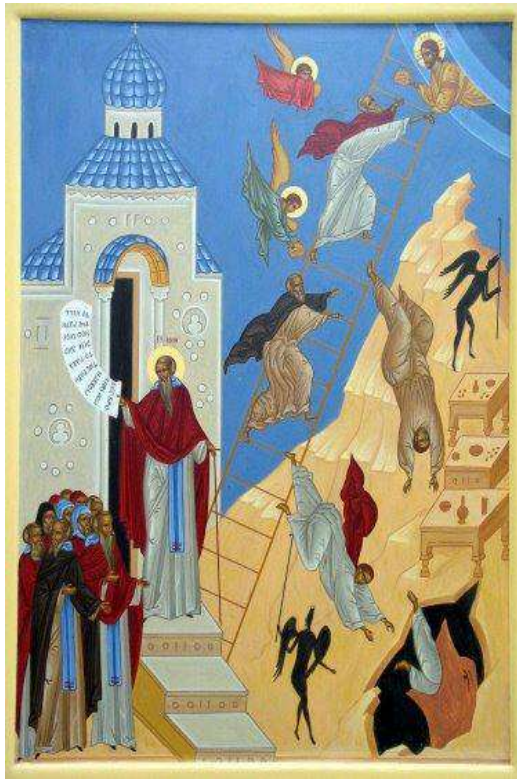
**Fourth Sunday of the Great Fast / Lent; Our Venerable Father John Climacus, Author of  
"The Ladder of Divine Ascent" (c.649) – March 26<sup>th</sup>, 2017 A.D**



**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.



This Sunday, the Church calls our attention to Saint John Climacus or in other words Saint John of the Ladder, because this Father, who lived in VII<sup>th</sup> century, realised in his own life the ideal of penitence on which we should fix our eyes during the Great Fast/Lent. In his spiritual teaching and writing *The Ladder of Divine Ascent*, which is a guide to ascetic persons who are living a spiritually disciplined life. In his book, Saint John writes about 33 rungs of the ladder we climb in our ascent to heaven. Each rung represents a different Christian virtue (obedience, repentance, love, humility, etc.). He teaches, "Prayer is a continuous ascension to heaven... Repentance is the daughter of hope and the denial of despair."

We might wonder what value and meaning there is personally for us, Christians living today, in depriving ourselves of something that in itself is good and useful for our bodily sustenance. The Sacred Scriptures, tradition and the entire orthodox teaching of the Catholic Church through all the centuries teach that fasting is a great help to avoid sin and all that leads to it. For this reason, the history of salvation is replete with occasions that invite fasting.

**"Caring for our little ones and for our elders is a choice for civilization. And also for the future, because the little ones, the children, the young people will carry society forward by their strength, their youth, and the elderly people will carry it forward by their wisdom, their memory, which they must give to us all."**

- Pope Francis

**"...Open the doors of your hearts and your homes to Christ, allow His Holy Spirit to transform you, purify and strengthen you in God's love!"**

- Pastoral Letter of His Beatitude Sviatoslav Shevchuk "The Vibrant Parish"

**"...Відчиніть двері своїх душ і домівок Христові, дозвольте Його Святому Духові вас перемінити, очистити і скріпити Божою любов'ю!"** - Пастирський Лист Блаженнішого Святослава Шевчука "Жива Парафія"

**Christian Greetings:** *Glory to Jesus Christ! – Glory to Him Forever!*  
*Slava Isusu Chrystu! – Slava na Viky! Слава Ісусу Христу! – Слава на Віку!*  
**Christ is among us! – He is and will be!**

## *Liturgical Propers:*

### *For the Sundays of Great Lent the Typicon prescribes the Divine Liturgy of Saint Basil the Great*

**Troparion** (Tone 4): When the disciples of the Lord learned from the angel the glorious news of the resurrection and cast off the ancestral condemnation, they proudly told the apostles: “Death has been plundered! Christ our God is risen, granting to the world great mercy.”

**Troparion** (Tone 4): Today is the crown of our salvation, and the unfolding of the eternal mystery; the Son of God becomes the Virgin's Son, and Gabriel brings the good tidings of grace. With him let us also cry to the Mother of God: Rejoice, Full of grace! The Lord is with you.

**Troparion** (Tone 1): O John, our God-bearing father, you were shown to be a citizen of the desert, an angel in bodily form, and a worker of miracles. Through fasting, prayers and vigils you received heavenly gifts to heal the sick and the souls of those who, with faith, run to you. Glory to Him who gives you strength. Glory to Him who crowned you. Glory to Him who works healing for all through you.

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

**Kontakion** (Tone 4): My Saviour and Deliverer from the grave as God has raised out of bondage the children of the earth and shattered the gates of Hades; and as Master, He rose on the third day.

**Kontakion** (Tone 8): To You, O Mother of God, the invincible leader, we, your servants, ascribe these victory hymns in thanksgiving for our deliverance from evil. With your invincible power free us from all dangers that we may cry out to you: "Hail, O Bride and pure Virgin!"

**Kontakion** (Tone 4): On the heights of true abstinence, the Lord established you as a reliable star, giving light for guidance to the ends of the earth, O father John, our teacher.

*Now and for ever and ever. Amen.*

**Theotokion** (Tone 4): By Your birth, O immaculate one, Joachim and Anna were freed from the reproach of childlessness, and Adam and Eve from the corruption of death. And Your people, redeemed from the guilt of their sins, celebrate as they cry out to You: “The barren one gives birth to the Mother of God and nourisher of our life.”

**Prokimenon** (Tone 4): How great are Your works, O Lord You have made all things in wisdom (Ps 103:24).

**Verse:** Bless the Lord, O my soul; O Lord my God, You are exceedingly great (Ps 103:1).

**Prokimenon** (Tone 8): The venerable ones will exult in glory and they shall be joyful in their beds. (Ps. 149:5)

**Epistle: A reading from the Letter of Saint Paul to the Hebrews** (Hebrews 6:13-20)

*Brethren*, when God made his promise to Abraham, he swore by himself, having no one greater to swear by, and said, “I will indeed bless you, and multiply you.” And so, after patient waiting, Abraham obtained what God had promised. Men swear by someone greater than themselves; an oath gives firmness to a promise and puts an end to all argument. God, wishing to give the heirs of his promise ever clearer evidence that his purpose would not change, guaranteed it by oath, so that, by two things that are unchangeable, in which he could not lie, we have taken refuge in him might be strongly encouraged to seize the hope which is placed before us. Like a sure and firm anchor, that hope extends beyond the veil through which Jesus, our forerunner, has entered on our behalf, being made high priest forever according to the order of Melchizedek.



**Alleluia** (Tone 4): Poise yourself and advance in triumph and reign in the cause of truth, and meekness, and justice (Ps 44:5). You have loved justice and hated iniquity (Ps 44:8). They who are planted in the hose of the Lord shall flourish in the courts of our God. (Ps. 91:14).

**Gospel:** (Mark 9:17-31)

*At that time, a man in the crowd came to Jesus and said:* “Teacher, I have brought my son to you because he is possessed by a mute spirit. Whenever it seizes him it throws him down; he foams at the mouth and grinds his teeth and becomes rigid. Just now I asked your disciples to expel him, but they were unable to do so.” He replied by saying to the crowd, “What an unbelieving lot you are! How long must I remain with you? How long can I endure you? Bring him to me.” When they did so the spirit caught sight of Jesus and immediately threw the boy into convulsions. As he fell to the ground he began to roll around and foam at the mouth. Then Jesus questioned the father: “How long has this been happening to him?” “From childhood,” the father replied. “Often it throws him into fire and into water. You would think it would kill him. If out of the kindness of your heart you can do anything to help us, please do!” Jesus said, “If you can? Everything is possible to a man who trusts” The boy’s father immediately exclaimed, “I do believe! Help my lack of trust!” Jesus, on seeing a crowd rapidly gathering, reprimanded the unclean spirit by saying to him, “Mute and deaf spirit, I command you: Get out of him and never enter him again!” Shouting, and throwing the boy into convulsions, it came out of him; the boy became like a corpse, which caused many to say, “He is dead.” But Jesus took him by the hand and helped him to his feet.

When Jesus arrived at the house his disciples began to ask him privately, “Why is it that we could not expel it?” He told them, “This kind you can drive out only by prayer.”

They left that district and began a journey through Galilee, but he did not want anyone to know about it. He was teaching the disciples in this vein: “The Son of Man is going to be delivered into the hands of man who will put him to death; three days after his death he will rise.”

*Instead of "It is truly...":* In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before the ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

**Communion Verse:** Praise the Lord from the heavens; praise Him in the highest (*Ps 148:1*). The just man shall be in everlasting remembrance; of evil hearsay he shall have no fear (*Ps 111:6-7*). 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 everyone who thoughtfully came and worked at all work bees in preparation to Easter bake sales!
- \* to every person who organized, worked, supported and attended our parish monthly breakfast 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, organize socials, clean the church, professionally fixed chairs, prepared a memorial lunch, look after and graciously support our Christian, Catholic parish community! Thank you very much! May the Almighty God always keep you in His tender care by generously blessing and rewarding 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 Mr. Sam Daneliuk on his birthday (Mar. 27<sup>th</sup>), Mr. Joe Mychaluk on his birthday (Mar. 31<sup>st</sup>), Mr. Todd Flodstrom on his birthday (Mar. 31<sup>st</sup>), and 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 and in the month of March— 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, Jesse Pawlyshyn, 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 Necedor, Lawrence and Ping Beaton, Red Mackay, Theresa Munro, Michelle New, Martin Schinkelwitz, Claud and Eva Gosselin, Adam Laniel, Cryss O'Donnell, Rose Ostopowich (Fr. Joe Ostopowich's mother), Sandra and Mike Jones, Peter Balla, 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!

\***Babka's baking and beet's preparation work bees** start at **9:00 a.m.** on **Thurs, Mar. 30<sup>th</sup>** and **Fri. Mar. 31<sup>st</sup>**. Everyone is welcome to help our ladies' project in support of our church!



# EASTER

## Breads & Perogy Sales

**Holy Trinity Ukrainian Catholic Church**

**109 Tranquille Road**

**Saturday, APRIL 8, 2017**

**10:00 am – 12:00 pm**



*Paskas & Babkas (Easter Breads)  
Potato & Cheddar Cheese Perogies  
Poppy Seed Rolls, Cinnamon Buns  
Beets & Horseradish*

Sponsored by Ukrainian Catholic Women's League

**Bitagemo!!**

**Everyone Welcomed!!**



\* **Sunday (Mar. 19<sup>th</sup>) faithful offerings/donations:** \$ 520.00 in Kamloops; \$ 105.00 in Grindrod.

\* **PILGRIMAGE TO THE HOLY LAND:** OCTOBER 12 - 24, 2017 Walk in the footsteps of Jesus; an unforgettable experience with Fr. Joe Ostapowich, Sr. Angelica SSMI, brother & sister pilgrims. For details and price call Mrs. Myrna Arychuk at **604 - 617 - 7200**

\* **We invite you to our Pro-Life Fundraising Dinner and Silent Auction**, on April 29<sup>th</sup>, 6:30p.m., at the OLPH Parish Centre, 635 Tranquille Rd. in Kamloops, BC. *You will hear first-hand stories on adoption and end-of-life care.* Tickets: \$30; phone 778-220-5584

\* **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](http://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 – 5<sup>th</sup> AVENUE, NEW WESTMINSTER, BC CANADA, V3L 1S2

**TELEPHONE:** 604-524-8824 **EMAIL:** new.chancery@gmail.com **WEBSITE:** [www.nweparchy.ca](http://www.nweparchy.ca)



**It is with great joy the Eparchy of New Westminster invites you to the ordination of Deacon Mykhailo Ozorovych to the priesthood!**

On Saturday April 8<sup>th</sup> at 2:00 pm, Deacon Mykhailo will be ordained to the priesthood by Bishop Ken during the celebration of the Divine Liturgy at Holy Eucharist Cathedral in New Westminster.

On Palm Sunday April 9<sup>th</sup> at 10:00 am, newly ordained Father Mykhailo will celebrate his first Divine Liturgy at Holy Eucharist Cathedral in New Westminster. The ordination and first Divine Liturgy banquet-reception will be held in the Cathedral hall immediately following the Palm Sunday Divine Liturgy.

Tickets for the Reception (on Palm Sunday) are only \$15.00 per person. Free for those under 15 years - but they still must obtain a (free) ticket - important to ensure sufficient food. For tickets, please contact Deacon Mykhailo at: 604 524 8824 or [mykhailo.oz@gmail.com](mailto:mykhailo.oz@gmail.com) The deadline to obtain banquet tickets is Sunday 2 April.

**The Exaltation of the Holy Cross Parish**  
*celebrates*

**50<sup>th</sup> Anniversary**

<p><b>SATURDAY</b> <b>OCTOBER 21, 2017</b> <b>5:00 PM - BANQUET</b> 5-STAR CATERING SUNSHINE BANQUET &amp; CONFERENCE CENTRE 11440 LRD #10, RICHMOND, BC</p>	<p><b>TICKETS FOR BANQUET</b> \$50 - adult \$35 - 6 to 10 yrs \$20 - 11 to 15 \$10 &amp; 16+ <b>FOR MORE DETAILS &amp; TICKETS RESERVATION</b> PLEASE CONTACT US AT 778-908-8000 or 778-987-7071 <a href="mailto:50holycross@gmail.com">50holycross@gmail.com</a></p>	<p><b>SUNDAY</b> <b>OCTOBER 22, 2017</b> <b>11:00 AM - DIVINE LITURGY</b> <b>THE EXALTATION</b> <b>OF THE HOLY CROSS CHURCH</b> 114200 LRD #1000, RICHMOND, BC</p>
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**Camp Saint Volodymyr 2017 on August 20-27, 2017.** The purpose of camp is to provide an opportunity for youth to experience God through nature and the companionship of others. Children will experience Ukrainian language and culture during

camp along with games, religious activities, hikes, sports, arts and crafts, camp fires, water activities and other summer camp activities.

This marks the 34<sup>th</sup> year of our Ukrainian Catholic Summer Camp. Camp will take place in Kelowna at the OAC facility. Camp offers a wide range of activities for campers aged 7-15 (as of December 31, 2017). Registration will be available online via Eventbrite "Camp Saint Volodymyr BC 2017." Early bird registration Ends July 6<sup>th</sup>, 2017.

**WAYS TO HELP VOLUNTEER** Camp St. Volodymyr is a nonprofit camp, run on a volunteer basis. If you are interested in helping at this year's camp as a counsellor, chef, arts & crafts or cultural coordinator please contact Jennifer. Applications forms for counsellors are due May 15, 2017. All volunteers will be subject to a criminal records check and must sign the camp code of conduct. **For more information contact Jennifer Caldwell @ 604.220.0584 or [jennsawka@hotmail.com](mailto:jennsawka@hotmail.com).** Visit our webpage via [www.nweparchy.ca](http://www.nweparchy.ca)

**DONATE:** We are always happy to accept food donations of vegetables, fruits, cereals, and treats for children such as cakes, cookies, as well as monetary donations. Tax receipts can be issued with donations of \$25 or more.



### **Liturgical celebrations during week:**

#### **Bible readings for 5<sup>th</sup> week of the Great Fast/Lent**

**Mon.:** Genesis 13:12-18; Proverbs 14:27-15:4; Isaiah 37:33-38:6 **Tue.:** Genesis 15:1-15; Proverbs 15:7-19 & Isaiah 40:18-31 **Wed.:** Genesis 17:1-9; Proverbs 15:20-16:9 & Isaiah 41:4-14 **Thur.:** Genesis 18:20-33; Proverbs 16:17-17:17 & Isaiah 42:5-16 **Fri.:** Genesis 22:1-18; Proverbs 17:17-18:5 & Isaiah 45:11-17

**Mon., Mar. 27<sup>th</sup> – 9:00 a.m.** The Great Canon of St. Andrew of Crete (Eng./Ukr.)

**Tue., Mar. 28<sup>th</sup> – 9:00 a.m.** The Divine Liturgy: **The Mujcin Family** (requested by Ms. Leah Blain)

**Wed., Mar. 29<sup>th</sup> – 9:00 a.m.** The Great Canon of St. Andrew of Crete (Eng./Ukr.)

– **3:30 p.m.** The Divine Liturgy of Pre-Sanctified Gifts: **In honour of Saint Joseph** (requested by Ms. Leah Blain)

**Thurs., Mar. 30<sup>th</sup> – 9:00 a.m.** The Divine Liturgy:

**Friday, Mar. 31<sup>st</sup> – 8:00 a.m.** The Great Canon of St. Andrew of Crete (Eng./Ukr.)

– **4:00 p.m.** The Way of the Cross, followed by Sorokousty / Lenten Memorial Service for the deceased.

**Sunday, April 2<sup>nd</sup> – 9:30 a.m.** Rosary (Eng.)

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

– **2:45 p.m.** 1<sup>st</sup> Hour Service (Eng.) (*Service at Saints Peter and Paul Parish in Grindrod, BC*)

– **3:00 p.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 Saints Peter and Paul Ukrainian Catholic Church in Grindrod, BC and 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 or to Saints Peter and Paul Ukrainian Catholic Church at Carlin Street and 3<sup>rd</sup> Avenue in Grindrod, BC V0E 1Y0, the sum of \$ \_\_\_\_\_ (or \_\_\_\_% of my estate), to be used for the benefit of the church/parish and it's needs and pastoral ministry."