



The Most Holy Trinity Ukrainian Catholic Church

Parish Administered by Rev. Fr. Pavlo Myts
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Parish Executive Council Chairperson: Mr. Matt Dmyterko; UCWLC President: Mrs. Adelle Dmyterko - Tel: 250-554-3107

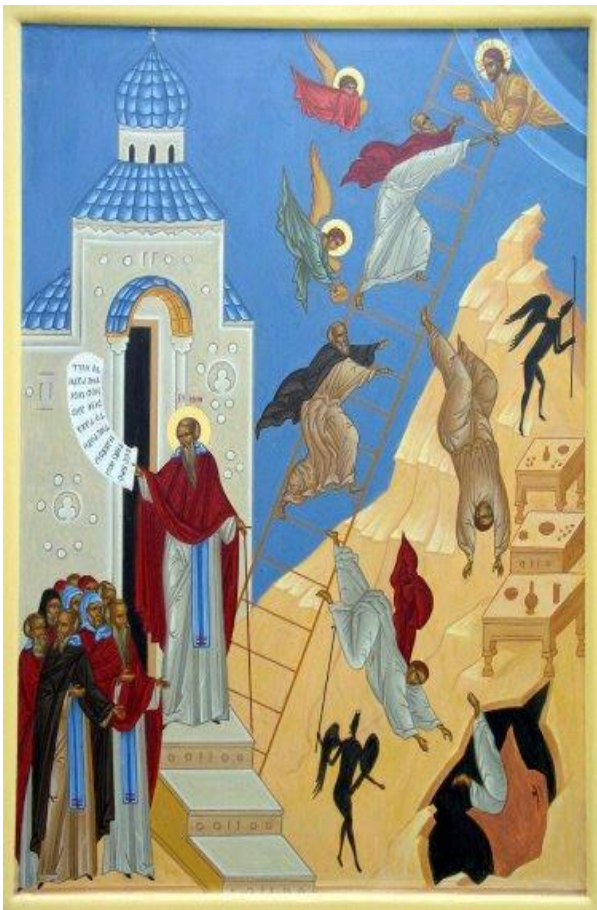
Parish Cantor: Mr. Myron Musey ☩ Ukrainian Catholic Eparchy of New Westminster: www.nweparchy.ca

Fourth Sunday of the Great Fast/Lent, Our Venerable Father John Climacus, Author of "The Ladder of Divine Ascent" (c.649) – March 6th, 2016 A.D.



THE VIBRANT PARISH - A PLACE TO ENCOUNTER THE LIVING CHRIST: Through the Word, the Holy Mysteries & Prayer, Serving One's Neighbour, Leadership, Fostering & Serving Unity and Missionary Spirit
– Pastoral Letter of His Beatitude Sviatoslav

O Lord Jesus Christ, our Good Shepherd, as you once gathered lost sheep that they might hear Your voice and be your flock, so also today graciously look down from heaven upon our parish community, and send down on it your Holy Spirit, that it might be a place to receive the joy of Your Good News. Strengthen us with your presence, and always gather us together in prayer. Grant us the spirit of serving others, so that in our parish all might encounter You, the merciful God. Bless our spiritual leaders with Your wisdom, and inspire us to generously give of our time, talents and treasure for the building up of Your Kingdom. Unite us in peace and harmony, as befits Your community of love. Instill in us a missionary spirit, and let our parish community shine with the light of the Gospel, with prayer and good works, inviting all to share in the divine life, so that Your Name, O Saviour, may be praised, together with Your eternal Father, and your most-holy, good and life-giving Spirit. Amen.



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 VIIth 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.

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

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

"...Відчиніть двері своїх душ і домівок Христові, дозвольте Його Святому Духові вас перемінити, очистити і скріпити Божою любов'ю!"

–Пастирський Лист Блаженнішого Святослава Шевчука "Жива Парафія"

Christian Greetings:

Glory to Jesus Christ! – Glory to Him Forever!
Slava Isusu Chrystu! – Slava na Viky!

Слава Ісусу Христу! – Слава на Віки!
Christ is among us! – He is and will be!

Liturgical Propers:

For the Sundays of Great Fast/Lent the Typicon prescribes the Divine Liturgy of Saint Basil the Great

Troparion (Tone 8): You came down from oh 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): 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, now and for ever and ever. Amen

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.

Prokimenon (Tone 7): The Lord will give strength to His people; the Lord will bless His people with peace. (*Ps. 28:11*)

Verse: Bring to the Lord, O you sons of God; bring to the Lord young rams. (*Ps. 28: 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 7): It is good to give praise to the Lord; and to sing to Your name, O Most High. (*Ps 91:2*) To announce Your mercy in the morning, and Your truth every night (*Ps. 91:3*). 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 Verses: 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.

Пре - тер - пі - вий, за нас стра - сти, І - су - се Хри - сте,
Pre - ter - pi - vyi, za nas stra - sty, I - su - se Khry - ste,

Си - ну Бо - жий, по - ми - луй, по - ми - луй, по - ми - луй нас!
Sy - nu Bo - zhyi, po - my - lui, po - my - lui, po - my - lui nas!

Having Suffered



GRATITUDE

- * to everyone who came and worked at our parish work bees projects during the past week in preparation to Easter Bake Sale!
- * to every person who participated in our parish Great Fast (Lenten) Missions this past Friday!
- * 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 during the week, work at the parish projects, clean the church, prepare coffee and sweets, 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! **“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)

CONGRATULATIONS

May the Almighty God bless in good health and salvation in many, happy and blessed years of life to Mrs. Diana Truitt on her birthday (Mar. 2nd), to newly born (early in the morning on Friday, Mar. 4th, weighing 7 pounds 9 ounces) Noah Grace Egger proud parents Mrs. Judy and Mr. Brandon Egger, the Wyers' Family and proud great grand-parents Mr. Steve and Mrs. Bernice Usipuik, and to all our parishioners, guests, visitors, family members and all those who celebrate their birthdays, name-days, wedding anniversaries and any other special anniversaries this week – Mnohaya i Blahaya Lita!

ANNOUNCEMENTS:



A WARM WELCOME TO OUR PARISHIONERS, GUESTS AND VISITORS WHO HAVE JOINED US IN THIS DIVINE LITURGY. THANK YOU FOR PRAYING WITH US AT THE CHUCH TODAY. WISHING YOU A BLESSED WEEKEND AND FRUITFUL, HEALTHY AND SAFE WEEK! EVERYONE IS WELCOME TO PARTICIPATE IN OUR PARISH FELLOWSHIP 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.

III. REMEMBER TO PRAY FOR: yourselves, Most Reverend Bishop Severian Yakymyshyn, Fr. Steven Basarab, Fr. Serabion ElMakary, Steve and Bernice Usipuik, Ann Kuz, Ann Derzak, Dave and Mary Emery, Elsie Kinaschuk, John Kolody, Joseph Mychaluk, Zonia Rurka, Eugene Palsitt, Adeline Palsitt, Orest Hrycewich, Myron and Myrna Wizniak, Bill and 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, 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, Les Blain, Theresa Munro, Michelle New, Randy Hamilton, Adam Laniel, Cryst O'Donnell, Rose Ostopowich (Fr. Joe Ostopowich's mother), members of our parishes and those who are not able to join actively in our community, your families, relatives, friends; especially the shut-in or those in the hospitals, 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 for 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.



EASTER Bread & Bake Sale

at the **Most Holy Trinity Ukrainian Catholic Church** (109 Tranquille Road)
on **Saturday, March 19th, 2016** from 10:00 am – 12:00 pm.

*Paskas & Babkas (Easter Breads), Fresh baked Cabbage Rolls, Potato & Cheddar Cheese Perogies, and
Homemade Baking*

Sponsored by Ukrainian Catholic Women's League.

Please note: There will be limits on the amounts allowed per person.

Bimaemo!  **Everyone Welcomed!**

* **CHURCH YARD CLEAN - UP** work bee on **WEDNESDAY, MARCH 16th**, starting at **9:00 am**. We should be finished before noon. Please, bring a rake or any other kind of tool you would like to use. This is our annual spring clean-up project in preparation for Easter and making our grounds presentable for the Easter Bake Sale

* **Sunday (Feb. 28th) collection:** \$ 473.00

* **Monthly Parish Breakfast** will be held after the Divine Liturgy on next **Sunday, March 13th, 2016**. Please sign up in the church hall, downstairs.



Chancery Office
Eparchy of New Westminster

To the Clergy & Lay-Faithful of the
Eparchy of New Westminster

26 February 2016

Glory to Jesus Christ!

Dear Sisters and Brothers in Christ,

This week we have heard the news regarding the Special Joint Committee of the Government of Canada, entitled *Medical Assistance in Dying: A Patient-Centred Approach*

I want to reassure you that the teaching of the Catholic Church is very clear, namely that suicide is not part of health care. I want to urge each of you to contact your local Member of Parliament and let them know that you do not support what is being called as Doctor Assisted Dying. Please sign the petition at the entrance of the Church. It will be sent to Federal MP, the Hon. Mark Warawa who will present our petitions to the Members of Parliament and to urge Federal Justice Minister Jody Wilson-Raybould to reject this report.

This is not the time for us to be on the sideline and assume someone else will speak out against this issue. Medical staff (doctors and nurses) may be placed in positions where they will have no choice but to provide doctor assisted killing. If implemented, these recommendations of the Special Joint Committee, would fail to protect some of the most vulnerable people among us, children, the mentally ill, the disadvantaged and force physicians to be involved in a practice in which most of them have said they do not wish to participate.

While we certainly welcome the report's recommendations for enhanced palliative care services across the country, we have to be very clear that palliative care must exclude assisted suicide and euthanasia. To hasten death as a treatment option or as a form of health care is morally unacceptable.

With prayerful best wishes, and assurance of my Episcopal blessings, I remain,

Sincerely yours in the Lord,
+ Ken

Ukrainian Church leaders reaffirm unity with Rome

(Vatican Radio) The head of the Ukrainian Greek Catholic Church, Major Archbishop Sviatoslav Shevchuk, says a meeting of bishops with Pope Francis this week will be a sign of their "full and visible communion with the successor of Peter".

Members of the Permanent Synod of the Ukrainian Greek Catholic Church are gathered in Rome from February 29th to March 6th and are scheduled to meet with the Pope on Saturday. The Archbishop's words came at an encounter earlier in the week with members of the Holy See's diplomatic corps, during which he and other Church leaders highlighted the strength of faith but also warned of the huge challenges facing the people of Ukraine today.

Archbishop Shevchuk told diplomats that the meeting of Church leaders in Rome was planned some time ago to mark the 70th anniversary of the "pseudo-Synod" of Lviv which led to the liquidation of the Ukrainian Catholic Church throughout the former Soviet Union. For the next four decades, the Church was persecuted and survived as an underground organisation until the fall of the Communist regime in the early 1990s.

Byzantine-rite or Greek Catholics in Ukraine today number about 10 percent of the population, alongside a small Latin-rite Church, while the majority Orthodox Christians belong to three different patriarchates.

The recent encounter of Pope Francis with the Russian Orthodox Patriarch Kirill in Cuba and the signing of a joint declaration raised great concern among some Ukrainian Catholic faithful. But Archbishop Shevchuk said such concerns do not undermine his Church's full and visible unity with the Pope and the Church of Rome.



Speaking to the diplomats, other bishops stressed the way the Church is flourishing in Ukraine today almost 30 years on from its liberation from Soviet oppression. But Bishop Boris Gudziak, head of the Church of the diaspora in France, Benelux and Switzerland, also warned of the increasingly difficult conditions facing Ukrainians in the wake of Russia's invasion of Crimea and the conflict in the east of the country.

At least 2 million people have been internally displaced by the war and another 2 and a half million have fled the country. The Ukrainian Church leaders are appealing to Pope Francis and to the whole of the Catholic community to do everything possible to end the conflict and to provide urgently needed humanitarian aid to the suffering population.

Source: http://risu.org.ua/en/index/all_news/catholics/ugcc/62725/

As Pastors We Speak Out on Behalf of Our People Before the Holy Father and Before the World: «Pope Francis heard us.»

“We came to reaffirm our communion with the Holy Father and to ask for his help for the suffering people of Ukraine during the Jubilee Year of Mercy,” stated His Beatitude Sviatoslav Shevhchuk. “And the Holy Father heard us.”

In Rome on the eve of the 70th anniversary of the Lviv pseudo-synod the Head of the Ukrainian Greek Catholic Church (UGCC), His Beatitude Major Archbishop Sviatoslav, and the members of the Permanent Synod came to Rome to meet His Holiness Pope Francis. “We reaffirm what no totalitarian regime could break: our communion with Rome and the Universal Church,” His Beatitude said.



The Head of the UGCC and the Permanent Synod conducted meetings, discussions with representatives of the Holy See, and prepared a public statement denouncing the invasion and hybrid war in Ukraine and decrying the suffering of millions of innocent men, women and children. The Church condemns the atrocities, the kidnappings, imprisonment and torture of citizens of Ukraine in the Donbas and Crimea—especially abuses directed at religious communities and ethnic groups, especially Muslim Tatars, as well as broad violations of civic rights and the human dignity of millions.

The Ukrainian Greek Catholic Church ceaselessly prays for and promotes peace, and today its leadership appealed to the Holy Father and to the world to end the crisis caused by the Russian invasion of Ukraine. The ongoing undeclared hybrid war—has directly affected 5 million people. It has caused 10,000 deaths, tens of thousands of crippling injuries, and rendered homeless over two million people. Insidious means of hybrid warfare have brought post-traumatic shock upon hundreds of thousands and caused immense socio-economic damage. Much of the country's industrial infrastructure has been obliterated and its currency has lost two-thirds of its value impoverishing the entire population of 45 million. Ukrainians' identity is relentlessly denigrated by a sophisticated and well-funded international propaganda campaign. “The people are suffering, Holy Father, and they await your embrace,” His Beatitude said. “Pope Francis made it clear that he would act.”

The twentieth century was a time of untold suffering for Ukraine. Two World Wars, genocides, a state-planned famine, and ethnic cleansing caused some 15 million deaths. The UGCC, a Church which historically stood in solidarity with its people and their suffering was brutally suppressed by Stalin. The Soviets sought to separate it from the Catholic communion, especially from the Bishop of Rome. Stalin's regime outlawed the UGCC, making it the world's largest banned Church, through a violent and manipulative non-canonical action called by historians the “Pseudo-synod of Lviv” held 8-10 March 1946. The Soviet authorities imprisoned all of the bishops, hundreds of clergy and tens of thousands of faithful and transferred all Ukrainian Greek Catholic property to the Orthodox Church of the Moscow Patriarchate or confiscated it for secular purposes. But the Church has revived miraculously and is a thriving, dynamic body active throughout Ukraine and on four continents, with young clergy and a dedicated laity inspired by the example of their twentieth century martyrs.

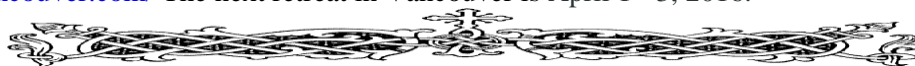
“For Ukrainians who belong to different Churches and religious organizations and even secular citizens, the Holy Father is a global moral authority who speaks the truth. This voice of truth is particularly important for the suffering people of Ukraine. If the people do not hear or understand this voice they become confused, anxious, and feel forgotten,” His Beatitude said to Pope Francis. “The Holy Father emphasized that one cannot solve ecumenical problems at the expense of an entire Eastern Catholic Church.”

“The UGCC stands ready to provide responsible, transparent, ecumenically sound administration of international aid, serving the Ukrainian population without regard to ethnicity, political or linguistic preferences or religious affiliation. We are ready to cooperate in a well-coordinated plan that includes governmental and non-governmental bodies. Enough of this suffering. It can be prevented. It can be healed. Let us make the “Year of Mercy” a reality for the people of Ukraine,” said His Beatitude.

More extensive statement on this subject will be released by the Permanent Synod of the Ukrainian Greek Catholic Church within 24 hours. Source: <http://nweparchy.ca/project/ukrainian-catholic-bishops-met-with-pope-francis/>

* **The Seven Last Words:** You are invited to participate in a Lenten activity on Friday March 18th at St. Ann’s Academy. Dinner (by donation) will be served at 6:30 pm with the children doing a presentation on the Seven Last Words of our Lord. This event is open to all ages from all parishes. However, we ask that you please register ahead at the Sacred Heart Roman Catholic Cathedral parish office at 250-372-2581.

* **Does your marriage need attention? Maybe repair?** Retrouvaille is for all married couples wanting to heal their marriages, even those contemplating separation, those who are already separated; even divorced couples. Retrouvaille deals with tough problems like infidelity, years of emotional distance or seemingly irreconcilable differences. Couples who come to Retrouvaille often feel hopeless or desperate, but leave with a renewed sense of hope, intimacy and trust. For more information visit <http://www.retrouvaillevancouver.com/> The next retreat in Vancouver is April 1 - 3, 2016.



Liturgical celebrations during week:

Lenten Scriptural Readings for 5th 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. 7th – 9:00 a.m. The Divine Liturgy: **Luigi Magliocchi**

Tue., Mar. 8th – 6:30 a.m. The Divine Liturgy: **God’s blessing in good health for Robert and Roberta Leiby**

Wed., Mar. 9th – 9:00 a.m. The Great Canon of St. Andrew of Crete

– 4:00 p.m. The Divine Liturgy of Pre-Sanctified Gifts: **Marianna Rocca**

Thurs., Mar. 10rd – 9:00 a.m. The Divine Liturgy: **Mario Astorino**

Fri., Mar. 11th – 9:00 a.m. The Great Canon of St. Andrew of Crete

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

Sunday, Mar. 13th, 2016 – 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:** please make an appointment to meet with the parish priest. **Funerals and Memorials:** by appointment. **Holy Unction** (Anointing of the Sick): Those anticipating surgery, hospitalization or treatments and who would like to receive anointing, please contact Fr. Pavlo to arrange a time.

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."

