

**WELCOME TO ALL PARISHIONERS & GUESTS WHO HAVE JOINED US TODAY!**



**ST. NICHOLAS THE WONDERWORKER PARISH  
ПАРАФІЯ СВ. МИКОЛАЯ ЧУДОТВОРЦЯ**



**Pastor: Fr. Yuriy Vyshnevskyy**

Emergency: 250.891.4507

Church: 250.384.2292 Hall: 250.384.2255

Facebook: [facebook.com/stnicholasvictoria](https://www.facebook.com/stnicholasvictoria)

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[www.stnicholasparish.org](http://www.stnicholasparish.org) / [st.nicholas.victoria@gmail.com](mailto:st.nicholas.victoria@gmail.com)

**Tue-Fri DL - 9am; Sun DL - 10am**

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

**ZACCHEUS SUNDAY - НЕДІЛЯ ЗАКХЕЯ**

**O** Simeon, now receive the One Whom Moses the lawgiver had foreseen through the cloud on Sinai. He has become a child and submits Himself to the Law. This is He Who spoke through the Law and Whom the prophets foretold. O Lord, Who for our sake was incarnate and saved the world, to You we bow in worship.

**O** faithful, come let us welcome Christ and receive Him with hymns of praise and glory. He is the salvation Simeon has seen. He is the One Whom David foretold and of Whom the prophets have spoken. O Lord, Who for our sake was incarnate and inspired the Law, to You we bow in worship.

**T**oday the gates of heaven swing open, for the Word of the Father Who has no beginning has received beginning in time without any loss to His divinity. As a child of forty days He is offered by a virgin Mother in the Temple according to the Law. The Elder Simeon receives Him in his arms and cries out: Dismiss me, o Master, for my eyes have seen Your salvation; O Lord, Who came into the world to save us, glory to You!



*Post-feast of the Encounter; the  
Holy and Just Simeon Who  
Received God and the  
Prophetess Anna*

**PLEASE JOIN US FOR COFFEE & FELLOWSHIP AFTER DIVINE LITURGY!**

<b>SUNDAY HYMNS</b>	
OPENING HYMN	Увійди Єрею / Come My Friends pg. 238-239
COMMUNION HYMN	Вірую, Господи / I Do Believe pg. 246-247
CLOSING HYMN	Наче Повний Голос Дзвону/Having Shared Your Loving Kindness pg. 270-271

*Please join us today in singing our Sunday hymns!*

<b>SUNDAY &amp; DAILY SCHEDULE</b>		
SUNDAY, February 3	Divine Liturgy - for the Parishioners of St Nicholas Parish	10:00 AM
MONDAY, February 4	NO SERVICE	
TUESDAY, February 5	Divine Liturgy of St. John Chrysostom	9:00 AM
WEDNESDAY, February 6	Divine Liturgy of St. John Chrysostom	9:00 AM
THURSDAY, February 7	Divine Liturgy of St. John Chrysostom	9:00 AM
FRIDAY, February 8	Divine Liturgy of St. John Chrysostom	9:00 AM
SATURDAY, February 9	NO SERVICE	
SUNDAY, February 10	Divine Liturgy - for the Parishioners of St Nicholas Parish	10:00 AM

*Please Note: to request a Divine Liturgy for a special intention, please see Fr. Yuriy to arrange for it!*

<b>SUNDAY EPISTLE READERS</b>			
DATE	READING	UKRAINIAN	ENGLISH
SUNDAY, February 3	1 Tim. 4:9-15	Motria Koropecy	Graciela Spaciuk-Schwarz
SUNDAY, February 10	2 Tim. 3:10-15	Yuliya Pelekhata	William Vanderven
SUNDAY, February 17	1 Cor. 6:12-20	Dmytro Maksymiv	Marian Chalifoux
SUNDAY, February 24	1 Cor. 8:8-9:2	Kateryna Yaremyn	Robert Herchak

*Thank you, Epistle readers, for your service in proclaiming God's Word!*

<b>2018 PARISH COUNCIL EXECUTIVE</b>		<b>PASTORAL MINISTRY &amp; HOLY MYSTERIES</b>	
CHAIRPERSON.....Alec Rossa - 250.472.3374	SECRETARY.....Richard DeMerchant - 250.893.3484	CONFESSIONS.....1/2 hour before Liturgy	EUCARIST.....for the sick - any time
TREASURER.....William Vanderven - 250.478.1458	FINANCIAL SECRETARY.....David Newberry - 250.598.8197	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
FUNDRAISING/HALL RENTAL.....Robert Herchak - 250.386.7872	MAINTENANCE.....Murray Chapman - 250.658.4769	FUNERALS.....by appointment	ANOINTING.....any time
LITURGICAL COMMITTEE...Motria Koropecy - 250.658.3051	MEMBER AT LARGE.....Cindy Lazaruk - 778.677.9072	HOSPITAL VISITS.....any time	

**Bequests & Wills:** Leaving a bequeath 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 St Nicholas the Wonderworker Ukrainian Catholic Church in your bequeath and will. If anyone wishes to make such a bequeath in their will, the following clause may be included or added to a will: "I give, devise, and bequeath to [St Nicholas the Wonderworker Ukrainian Catholic Parish - 1112 Caledonia Avenue, Victoria BC, V8T 1G1](#), the sum of \$ \_\_\_\_\_ (or \_\_\_\_\_% of my estate), to be used for the benefit of the parish and it's pastoral activities."

### Vibrant Parish Prayer

O God, Creator of Heaven and Earth! Because of your indescribable love for us, you sent your Only-Begotten Son, Our Lord and Saviour, Jesus Christ - The Way, The Truth, and The Life - and our Salvation. In His name, we turn to You. Strengthen our hearts and minds in Christian love and in unity of purpose as we strive to build a Vibrant Parish. Give us the grace to model our lives according to the Word of God. Instill in us the desire to pray and to celebrate the Holy Mysteries as one Christian Family in our Parish Community. Inspire us to follow Your great command to be a servant to the less fortunate among us! Grant this, O Lord, through the mercies and love for mankind of Your Only-Begotten Son with whom You are blessed, together with Your All-Holy, Good and Life-Giving Spirit, now and forever and ever. Amen!



#### ST. NICHOLAS PARISH

#### A PLACE TO ENCOUNTER THE LIVING CHRIST

Through the word, the Holy Mysteries & Prayer,  
Serving One's Neighbor, Leadership  
Fostering & Serving Unity and Missionary Spirit  
(His Beatitude Sviatoslav)



### Молитва Живої Парафії

Господи Ісусе Христе, Пастирю Добрий, як колись Ти пригорнув заблуканих овечок, щоб вони пізнали Твій голос і були Твоїм стадом, так і сьогодні глянь ласкаво з небесних висот на нашу парафію та зішли на неї Твого Святого Духа, щоб вона була місцем пізнання радості Доброї Новини. Скріплюй нас Твоєю присутністю та єднай нас кожночасно в молитві. Даруй нам духа служіння ближньому, щоб у нашій парафії кожний міг зустріти Тебе, милостивого Бога. Благослови наш духовний провід Твоєю мудрістю і дай, щоб ніхто з нас не шкодував ні часу, ні талантів, ні матеріальних дібр для розбудови Твого царства. Єднай нас у мирі та злагоді, щоб ми були Твоєю спільнотою любові. Всели в нас місійного духа, щоб ми стали тим світилом евангельського слова, молитви і добрих діл, що кличе кожного до участі в Божественному житті, щоб славилось, Спасе, Твоє Ім'я з безначальним Твоїм Отцем та пресвятим, благим і животворящим Твоїм Духом нині, і повсякчас, і на віки віків. Амінь.

### DIVINE LITURGY PROPERS

*The Divine Liturgy - An Anthology for Worship: Liturgy - pg. 270-318; propers - pg. 341, 809*

*The Liturgy prescribed for today is that of St. John Chrysostom.*

**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 1:** Rejoice, full of grace, Virgin Mother of God!\* From you there dawned the Sun of Righteousness, Christ our God,\* who enlightens those who dwell in darkness.\* And you, O righteous Elder, be glad!\* You received in your embrace\* the Liberator of our souls,\* who grants us resurrection.

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

**Now: Kontakion, Tone 1:** By Your birth, You sanctified a virgin womb\* and fittingly blessed the hands of Simeon.\* You have come also now and saved us, O Christ our God;\* give peace to Your community in time of war,\* and strengthen its rulers, whom You love,\* for You alone,\* are the Lover of mankind.

**Prokeimenon, Tone 4:** How great are Your works, O Lord\* You have made all things in wisdom. *Verse:* Bless the Lord, O my soul: O Lord my God, You are exceedingly great.

**Prokeimenon, Tone 3:** My soul magnifies the Lord,\* and my spirit has rejoiced in God, My Saviour.

**Epistle - 1 Tim. 4: 9-15 - A Reading from the Letter of Saint Apostle Paul to Timothy:** Timothy my son, the saying is sure and worthy of full acceptance. For to this end we toil and struggle, because we have our hope set on the living God, who is the Saviour of all people, especially of those who believe. These are the things you must insist on and teach. Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. Until I arrive, give attention to the public reading of scripture, to exhorting, to teaching. Do not neglect the gift that is in you, which was given to you through prophecy with the laying on of hands by the council of elders. Put these things into practice, devote yourself to them, so that all may see your progress.

**Alleluia, Tone 4:** *Verse:* Poise yourself and advance in triumph and reign in the cause of truth, and meekness, and justice. *Verse:* You have loved justice and hated iniquity. *Verse:* Now, O Master, You dismiss Your servant in peace according to Your word. *Verse:* For my eyes have seen Your salvation, a light for revelation to the Gentiles, and for glory to Your people, Israel.

**Gospel - Luke 19:1-10 -** At that time, Jesus came to Jericho and intended to pass through the town. Now a man there named Zacchaeus, who was a chief tax collector and also a wealthy man, was seeking to see who Jesus was; but he could not see him because of the crowd, for he was short in stature. So he ran ahead and climbed a sycamore tree in order to see Jesus, who was about to pass that way. When he reached the place, Jesus looked up and said to him, "Zacchaeus, come down quickly, for today I must stay at your house." And he came down quickly and received him with joy. When they all saw this, they began to grumble, saying, "He has gone to stay at the house of a sinner." But Zacchaeus stood there and said to the Lord "Behold, half of

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my possessions, Lord, I shall give to the poor, and if I have extorted anything from anyone I shall repay it four times over." And Jesus said to him, "Today salvation has come to this house because this man too is a descendant of Abraham. For the Son of Man has come to seek and to save what was lost."

*Instead of "It is truly..." we sing:* O God-bearing Virgin, hope of Christians, protect and guard and save all those who put their trust in you.

**Irmos, Tone 3:** In the law, the shadow, and the scriptures, we the faithful see a figure: every male child that opens the womb shall be sanctified to God. Therefore do we magnify the first-born Word and Son of the Father who is without beginning, the first-born Child of a Mother who had not known man.

**Communion Hymn:** Praise the Lord from the heavens;\* praise Him in the highest.\* I will take the chalice of salvation;\* and I will call upon the name of the Lord. Alleluia, alleluia,\* alleluia.

**Prayer After Holy Communion:** Having been made worthy to partake in a mystical way of Your immaculate Body and precious Blood, O Christ our God, I acclaim and bless, worship and glorify You, and proclaim the greatness of Your saving acts, now and for ever and ever. Amen. (*more Prayers After Holy Communion on pg. 324-326 in the Anthology book*).



**Тропар, глас 4:** Світлу про воскресіння розповідь від ангела почувши\* і від прадідного засуду звільнившись,\* Господні учениці, радіючи, казали апостолам:\* Здолано смерть, воскрес Христос Бог,\* що дає світові велику милість.

**Тропар, глас 1:** Нехай веселяться небеснії, нехай радуються земляни,\* бо показав владу рукою Своєю Господь,\* Він смертю смерть подолав,\* первістоком з-поміж мертвих став,\* визволив нас із глибин аду,\* і подав світові велику милість.

**Слава: Кондак, глас 4:** Спас і мій визволитель,\* як Бог, із гробу воскресив землян від узів\* і розбив брами адові\* та воскрес на третій день, як Владика.

**І нині: Богородичний, глас 1:** Утробу дівичу освятив ти різдвом твоїм\* і руки Симеонові благословив ти, як годилось;\* ти випередив і нині спас нас, Христе Боже,\* але утихомир у брані люд твій\* і укріпи народ, що його возлюбив ти,\* єдиний Чоловіколюбче.

**Прокімен, глас 4:** Які величні діла Твої, Господи! Все премудрістю сотворив Ти. *Стих:* Благослови, душе моя, Господа! Господи, Боже мій, Ти вельми великий.

**Апостол - 1 Тим. 4: 9-15 - До Тимотея послання Святого Апостола Павла читання:** Сину Тимотею, вірне це слово й повного довір'я гідне. На це бо й трудимося та боремося,

тому що ми поклали нашу надію на живого Бога, який є Спасителем усіх людей, особливо ж вірних. Це наказуй і навчай. Ніхто твоїм молодим віком хай не гордує, але будь зразком для вірних у слові, поведінці, любові, вірі й чистоті. Заки я прийду, віддавайся читанню, умовлянню та навчанню. Не занедбуй у собі дару, що був даний тобі через пророцтво з накладанням рук збору пресвітерів. Про це міркуй, будь увесь у цьому, щоб поступ твій усім був очевидний.

**Алилуя, глас 4:** *Стих:* Натягни лук і наступай, і пануй істини ради, лагідности і справедливости. *Стих:* Ти полюбив правду і зненавидів беззаконня.

**Євангеліє - Лука 19:1-10** - У той час, увійшовши в Єрихон, Ісус проходив через місто. А був там чоловік, Закхей на ім'я; він був головою над митарями й був багатий. Він бажав бачити Ісуса, хто він такий, але не міг із-за народу, бо був малого зросту. Побіг він наперед, виліз на сикомор, щоб подивитися на нього, бо Ісус мав проходити тудою. Прийшовши на те місце, Ісус глянув угору і сказав до нього: "Закхею, притьмом злізай, бо я сьогодні маю бути в твоїм домі." І зліз той швидко і прийняв його радо. Всі, бачивши те, заходилися нарікати та й казали: "До чоловіка грішника зайшов у гостину." А Закхей устав і до Господа промовив: "Господи, ось половину майна свого даю вбогим, а коли чимсь когось і покривдив, поверну вчетверо." Ісус сказав до нього: "Сьогодні на цей дім зійшло спасіння, бо й він син Авраама. Син бо Чоловічий прийшов шукати і спасти те, що загинуло."

*Замість "Достойно ..."* співаємо: Богородице Діво, уповання християн, покрій, захорони і спаси тих, що на тебе уповають.

**Ірмос, глас 3:** В законі тіні і писання образ бачимо, вірні, кожний младенець мужеського полу, що отвірає утробу, святий Богу. Тому первороджене Слово безначального Отця, Сина, що первородиться з матері, яка мужа не знає, величаємо.

**Причасний:** Хваліте Господа з небес, хваліте Його на висотах. Алилуя, алилуя, алилуя.

**Молитва По Святім Причастю:** Таїнственно удостоївшись бути причасником Твого пречистого тіла і чесної крові, Христе Боже, оспівую і благословлю, поклоняюся, і славлю, і величаю спасіння Твої, Господи, нині і повсякчас, і на віки вічні. Амінь. (*більше Молитов По Святім Причастю на ст. 80-87 в маленькій книжечці "Божественна Літургія"*).

## ANNOUNCEMENTS

◆ **FIRST CONFESSION & SOLEMN HOLY COMMUNION PREPARATION:** Dear friends, as of the first Sunday of lent St. Nicholas parish will be having classes preparing

children 7 years of age or older for their first sacrament of Confession and their Solemn Holy Communion. If you have a child in your family or maybe you know someone that would like their child to receive these sacraments please let us know. The classes will be taking place during 6 Sundays of Lent: March 10, 17, 24 31 and April 7, 14 (the classes will be taking place during Liturgy (0.5 hrs) & after Liturgy (0.5 hrs). For more information and to register please contact Marian Chalifoux @ [250.383.9374](tel:250.383.9374) or Fr. Yuriy at [250.384.2292](tel:250.384.2292) or [st.nicholas.victoria@gmail.com](mailto:st.nicholas.victoria@gmail.com)

- ◆ **ANNUAL GENERAL MEETING:** Sunday, February 10.
  - ◆ **PRAYER REQUEST:** Please keep in your prayers GORD HRYHORYSHEN and other members of our parish, our family and friends who are ailing, in hospitals, nursing homes and those who are not able to join actively in their community.
  - ◆ **ST. NICHOLAS BOOK STORE:** The Divine Liturgy An Anthology of Worship - **\$25**; “Christ Our Pascha” Catechism of the Ukrainian Catholic Church/“Христос Наша Пасха” Катехизм Української Католицької Церкви - **\$25**; “Sing to Our God” hymn book - **\$15**; Молитовник “Прийдіте Поклонімся” - **\$10**; “The Rosary - The Prayer Rule of the Mother of God in the Ukrainian Catholic Church” - **\$10**.
  - ◆ **PARISH CALENDAR OF BIRTHDAYS & ANNIVERSARIES:** If you would like to be included in our Parish Calendar of Birthday and Anniversary celebrations, please put date in our calendar located at the church vestibule. Each week, we will list the names in our parish bulletin so we can celebrate these happy occasions together!
  - ◆ **JOIN OUR CHOIR:** Do you enjoy singing? Please consider joining our St Nicholas Parish Choir and remember that we ALWAYS looking for new members! Contact Motria Koropecky for details at [250.658.3051](tel:250.658.3051).
  - ◆ **CATECHISM ANNOUNCEMENT:** *"And they were bringing to Him also the infants, in order that He may be touching them; but after the disciples saw it, they rebuked them. But Jesus called them to Himself and said, Let alone the little children to come to Me, and cease hindering them; for of such is the kingdom of God."* We are happy to welcome all children to our St. Nicholas The Wonderworker catechism program. Weekly classes are scheduled Sunday morning during Divine Liturgy. We want your children to learn more about their Catholic faith, sacred scripture, feast days, and religious practices and customs of the Ukrainian Catholic church. If you have any questions, please do not hesitate to contact Marian Chalifoux at [250.507.1005](tel:250.507.1005).
  - ◆ **THRIFTY'S PRE-PAID FOOD CARDS** - We all have to buy groceries. Why not have 6% of it returned back to the church at no extra charge! Cards are available in \$100, \$200, and \$500 denominations. Talk to Alec after today's liturgy to pre- order your cards. We need to sell A LOT of them! We encourage you to consider purchasing them for yourselves as gifts too.
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- ◆ **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. Yuriy **OR** Darlene DeMerchant for more information. You will be amazed how "BEING" can make a difference.
- ◆ **PARISH LIBRARY:** please visit our parish library and browse through the books on spirituality, church history, iconography, history of the Ukrainians in Canada, children's books and more... The library is located in the church vestibule. Please use a library book sign out form when borrowing a book.
- ◆ **SUNDAY COFFEE VOLUNTEERS** act as hosts and serve light refreshments following the Sunday morning Divine Liturgy, providing an opportunity for the faithful to socialize with friends and visitors following their shared worship experience. We thank all of our parishioners who kind volunteer to serve refreshments. Whether you are new to the Parish, or are a long-time members, please join us for coffee. Please speak with Robert if you would like to volunteer.
- ◆ **WE SHARE THE AIR:** Please keep it healthy and fragrant free. Someone in this area is scent-sitive. The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other respiratory ailments. PLEASE DO NOT \*wear perfume, cologne, lotion, aftershave and other fragrances; \*USE unscented personal care products. Be Sensitive to Others. Thank you for your understanding. *St. Nicholas parish.*
- ◆ **JANUARY 27, SUNDAY DONATIONS** - Coffee: \$41.25; Vigil lights: \$30.00; Loose collection: \$62.00; Envelope collection: \$706.76; Pre-authorized donations Jan 21 to Jan 27: \$170.00; **TOTAL: \$1,010.01; CHRISTMAS FOOD FAIR NET TOTAL: \$12,816.65**

*Світової Конгрес Українців*



*Ukrainian World Congress*

**Ukrainian World Congress launches International Observation Mission  
to Ukraine's 2019 Elections**

The Ukrainian World Congress (UWC) announces the launch of the UWC International Observation Mission to Ukraine's 2019 Elections (Mission).



The Mission will be assessing the pre-election environment and the election process in the context of Ukraine's domestic law, commitments to the Organization for Security and Cooperation in Europe and the Council of Europe, as well as other international standards for democratic elections. The Mission will also be monitoring efforts by foreign governments to influence the elections through disinformation, cyber-attacks, provocations and other attempts to undermine the integrity of the electoral process and legitimacy of Ukraine's democracy.

The Mission will be deploying both long-term and short-term election observers throughout Ukraine and to Ukraine's diplomatic missions around the world.

The Mission will monitor and provide assessments of the Presidential elections slated for 31 March 2019 and, in the event of a second round of voting on 21 April 2019, as well as Parliamentary elections scheduled for 27 October 2019.

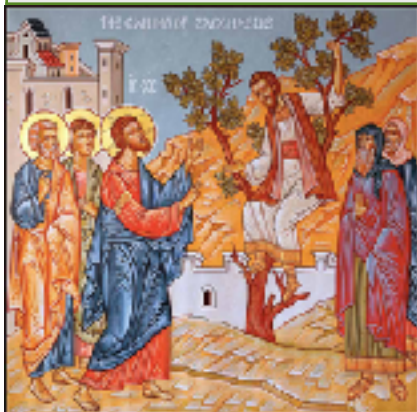
The UWC's immediate Past-President, Eugene Czolij, was appointed as its Head of Mission.

The UWC is calling for volunteers to participate in the work of the Mission as long-term and short-term observers. The deadline for submitting applications for long-term observers is 7 February 2019 and for short-term observers 10 March 2019.

The application package of documents, including the application form required for registration with Ukraine's Central Election Commission, is available on the main page of the UWC website - [www.ukrainianworldcongress.org/index.php/id/846/lang/en](http://www.ukrainianworldcongress.org/index.php/id/846/lang/en).

"The Ukrainian World Congress is committed to supporting democracy in Ukraine and those institutions that are its guarantors," stated UWC President Paul Grod. "UWC has for the past two decades actively observed Ukraine's elections as the largest non-government funded international election observation mission in Ukraine. Today Ukraine faces serious external threats to undermine the legitimacy of its real democracy and manipulate its electorate, and the Mission will monitor this critical aspect. I am particularly grateful to Eugene Czolij for accepting the leadership of this Mission and wish him and his team much success."

## ZACCHEUS SUNDAY



The paschal season of the Church is preceded by the season of Great Lent, which is also preceded by its own liturgical preparation. The first sign of the approach of Great Lent comes five Sundays before its beginning. On this Sunday the Gospel reading is about Zacchaeus the tax-collector. It tells how Christ brought salvation to the sinful man, and how his life was changed simply because he "*was seeking to see who Jesus was*" ([Luke 19:3](#)). The desire and effort to see Jesus begins the entire movement through Lent towards Pascha. It is the first movement of salvation.



## Knights of Columbus Council 9703

# "PASTA NITE"

Friday  
22 Feb 2019  
10030 ~ 3rd St.,  
Sidney

Cocktails 6:30 p.m.  
Dinner 7:00 p.m.

### Tickets

Family \$25.00  
Single \$10.00

**Contact**  
**Gord Hryhoryshen**  
**250-652-4379**

**Ticket to be purchased by 20 Feb**  
**"Entertainment"**  
**"Reservations available"**



## **Statement on Hydration and Nutrition Catholic Bishops of British Columbia and Yukon**

Life is God's gift to us. We are not its masters to do with it what we will. We can make decisions about how we will use the life God has given us, but we must not reject that life. The Church teaches, and has always unequivocally taught, that it is gravely immoral to kill a person or to accept being killed as a way to relieve suffering or to control when and how to die.

The Church also teaches, clearly and firmly, that a person who is dying does not need to accept all the medical care that is offered. Unless there are very good reasons to judge that the patient is unable to make a responsible decision, he or she is the one who should decide the extent of their care.

If they choose, patients can refuse medical care that increases their suffering; that is risky or unproven; that is especially burdensome for themselves or others; or that tenuously prolongs their life but cannot cure their disease. The key moral principle in this regard is that we do not have to do anything to promote our health if it causes more suffering or ill health than we already have.

Pain medication may be refused if the patient wants to maintain a higher level of consciousness or awareness, so as to enjoy being with family members and friends. A religiously devout patient may wish to refrain from pain medication in order to be spiritually united to Christ in His Passion. However, relief of physical suffering through painkillers may also allow a patient the rest required and the freedom needed to accomplish spiritual tasks or to interact with loved ones.

Likewise, the Church teaches that those who are in great pain can accept relief treatments that may cause undesired but unavoidable side effects. These side effects can include further damage to their health and/or even a hastening of death. It is morally acceptable to accept such side effects, as long as they do not cause more problems than they solve, and are not the desired intent of the pain relief treatment.

This brings us to an issue that raises a serious question for the faithful: may we ever stop providing food and water to someone who is very sick or who is dying?

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Under all ordinary circumstances, we should always provide patients with food and water. This is the case whether they can feed themselves or not. Being helped by others to eat and drink is a normal part of the human experience, one that starts for all of us when we are babies and continues for many of us when we are disabled, sick or dying. Preparing and serving food, as well as eating with others, are important to our human relationships and express mutual trust. They are a sign of love and an affirmation of life. This is why Jesus gives Himself to us in the form of food and drink in the celebration of the Holy Eucharist.

In some cases, people are unable to eat or drink because of a physical or mental impairment that makes it difficult, even impossible, to chew or swallow. In these situations, we can use feeding tubes or other similar means to ensure that they continue to receive nutrition and hydration, food and water. While feeding tubes are not a normal part of our everyday experience of caring for one another, they are an effective way to provide nourishment and express human and medical care.

There are circumstances when it is morally permissible to stop providing food and/or water to individuals.

1. Sometimes a person can no longer be nourished by food and/or water. If food or water cannot be absorbed or assimilated, then they offer little to no benefit, and may present dangers to the patient. For instance, if he or she is suffering from cancer of the stomach or the intestines, there may be blockages or other problems which make it medically and morally wrong to continue introducing nourishment. This is also the case when the kidneys can no longer excrete fluids from the body. Withdrawing food and/or water in such circumstances is not a matter of starving or dehydrating a person. Rather, we are accepting that the patient can no longer benefit from them and that continuing them may cause harm.
  2. Assisted nutrition and hydration may prove to be ineffective for a particular patient or result in significant complications such as chronic vomiting. In such cases, the best medical judgement for patient care may be to withdraw this kind of assistance.
  3. Patients with cognitive impairments (dementia, senility, fears, confusion, etc.) might not understand the benefit of a feeding tube, may refuse to take food by mouth, or may forget how to chew or swallow. As such, they might become very distressed if forced to eat. Others may react to having a feeding tube and pull it out – even repeatedly – potentially injuring themselves. Forcible restraints may also cause undue distress and anxiety. In such cases, the benefit from force feeding or a feeding tube may not justify the imposition of procedures that cause such pain, discomfort or distress.
  4. Prolonged use of a feeding tube can at times cause serious and chronic infections in a patient. When the infections cannot be controlled, and especially when they start to impair the person's health, there is no compelling reason to continue the procedure. The burden of using a feeding tube may have come to outweigh its benefit.
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The bottom line is that as long as it is beneficial for patients to be helped to eat and drink, they should be. This includes situations in which medically assisted nutrition and hydration are needed. However, when someone can no longer receive or benefit from the nutrition and sustenance intended, then continuing to provide food and water is not helpful and so is not morally required. Recognizing such a change in a patient's medical situation may be particularly difficult for family members to accept. We all depend upon doctors and medical staff to recognize these situations and to discuss them objectively with us.

In all cases, it is wrong to use the removal of food and water in any form intentionally to cause or hasten a person's death. This is a form of euthanasia, even if it is called "passive euthanasia," and must be rejected as gravely immoral.

In some instances, death may come more quickly because a person cannot be helped to receive nutrition and hydration. While never desired, it is a consequence that can be accepted. Many dying patients, who have been able to take food orally, will refuse or be reluctant to accept food and fluids in the last days of their lives. This seems to be a sign that the body recognizes it no longer needs earthly food for the journey to eternal life. Experienced nurses and doctors will continue to offer whatever the patient will accept and provide oral care. Once death is proximate, the goal is to help the patient to experience whatever peace and comfort are possible. This is also the time when the Church's spiritual and sacramental support is most needed for the patient and family members.

In case of further questions, Catholics are encouraged to contact their Catholic hospital chaplain, parish priest, or the Catholic Health Association of British Columbia (<https://www.chabc.bc.ca/>).

Given on the Memorial of St. John Bosco, the 31<sup>st</sup> day of January, in the Year of Our Lord, Two Thousand and Nineteen.

J. Michael Miller, CSB  
Archbishop of Vancouver

Gary Gordon  
Bishop of Victoria

Greg Bittman  
Bishop of Nelson

Ken Nowakowski  
Bishop of New Westminster (Ukrainian)

Stephen Jensen  
Bishop of Prince George

Joseph Phuong Nguyen  
Bishop of Kamloops

Hector Vila  
Bishop of Whitehorse

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