



# НАША ДОРОГА NASHA DOROHA

PM40007760 ♦ весна/spring 1(80)/2023



**ONE YEAR  
OF THE WAR**

**UNDERSTANDING  
LOVE**



Христос Воскрес!





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# Editor's Note

Time flies. So does life. When I was a child, a calendar year took forever to get through. Now it's gone in the blink of an eye. But that's all right, because it is an honour to grow another year older. Much happens in a year. Sadly, it has been one full year of war raging on Ukraine. We had hoped that this issue of *Nasha Doroha* could have been a celebration of the end of this terrible war. But here we are, still discussing it, following the news, trying to do what big or little things we can. Most importantly, we are still praying fervently for the troops, all who are fighting and involved in the war effort, and for those who cannot escape or refuse to leave their beloved home. For these people we also pray for the intercession of St. Joan of Arc, the soldier who was divinely inspired to fight for her nation. She prayed, "In God's name let us go on bravely," an apropos motto. We also pray for a permanent conversion of hearts, the real game changer.

We at *Nasha Doroha* wanted to ensure that special attention was given to commemorate Ukraine's efforts, and those of her people, during this past year. ND has articles that touch on the human side of this war: how the UGCWL is helping the war effort in Ukraine; stories from a volunteer in Poland; and updates on the lives of Ukrainian refugees navigating a new life in Canada, among others articles. But take note of the positivity of these writers. They are strong and determined, and hold great faith in God. I am humbled when I read about their courage, stamina, and malleability.

That being said, we have much other material in this issue that you should enjoy, including a poem and write-up commemorating the 130th anniversary of the SSMI and a write-up by Sr. Sophia SSJ on "Christ Has No Body Now but Yours." As well, over this past year, a few of us who work with *Nasha Doroha* have been approached by people who are suffering the cost of COVID and/or the war. Many people are lonely. Some are looking for community and camaraderie. Others are looking for that special someone. Then there are those who are lonely for other reasons. They are in relationships that need healing—be it a marriage or family. Relationships and face-to-face interactions have taken a hit these past two years. Add the war on top of things, we know how *that* is affecting families. Many of the articles featured will speak to this. We at ND don't have answers to these very personal concerns. What we did, though, was put together a list of saints that we hope many of you will research further. We all know that the intercession of saints is powerful, for they hold a special place in God's heart. As well, Brent Kostyniuk has written on love, the types of love, and how we can use ours to create this sense of community that we are desiring, as well as build solid relationships.

May this Easter be a big sign of love and hope for you. Are you praying for a miracle? Are you in a situation that can only be saved by one? Well, don't doubt that miracles can happen. As Catholics we understand that God handles things in His own time and way, but miracles are God's specialty! After all, He resurrected from the dead—the greatest of all miracles!

Christ is Risen! Христос Воскрес!



## НАША ДОРОГА

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A Ukrainian serviceman prays by a cross  
outside the eastern Ukrainian city of  
Mariupol (2014). Original photo by Alexander  
Khudoteply/AFP. Image taken from Internet.

[www.ucwlc.ca](http://www.ucwlc.ca)

# Philippians 2:6-11

**Who, being in very nature God,  
did not consider equality with God  
something to be used to his own advantage;  
rather, he made himself nothing  
and took the form of a slave,  
being made in the likeness of men.  
And being found in appearance as a man, he humbled himself  
obediently accepting even death—death on a cross!**

**Therefore God exalted him to the highest place and  
gave him the name that is above every name,  
So that at Jesus' every knee should bend,  
in heaven and on earth  
and under the earth,  
and every tongue proclaim  
To the glory of God the Father:  
JESUS CHRIST IS LORD!**



## Від Крайової Голови ◇ From the National President

### *Christ is Risen! Indeed He is Risen!*

Easter Sunday is the most significant day in the Christian calendar. Christ rose from the dead, bringing eternal life to all who believe. Jesus offers us an incredible exchange in our lives. He exchanged His sinlessness for our sinfulness, He exchanged His death for our life. Easter is a time of rejoicing and rebirth.

When we see the atrocities perpetrated by Russia's illegal invasion of Ukraine—all the lives lost, people being displaced from their homes and cities being destroyed, it is hard not to feel hopelessness. At this time of difficulty, our need for hope increases, more than ever. So let us allow the hope of the Resurrection to fill our hearts today and every day. Let us continue to pray for Ukraine and for peace, as well as provide assistance to our Ukrainian brothers and sisters.

The National Executive sincerely wishes you a blessed and holy Easter. May God shower you with blessings, love, and peace this Easter. Let us embrace one another and joyously shout, "Christ is Risen! Indeed He is Risen!"

Marlene Bodnar,  
UCWLC National President

### *Христос Воскрес! Воістину Воскрес!*

Великодня неділя — найважливіший день у християнському календарі. Христос воскрес із мертвих, даруючи вічне життя всім віруючим. Ісус пропонує нам неймовірний обмін у нашому житті. Він обміняв свою безгрішність на нашу гріховність, Він обміняв свою смерть на наше життя. Великдень — це час радості та відродження.

Коли ми бачимо звірства, скоєні незаконним вторгненням Росії в Україну — усі втрачені життя, людей витіснених зі своїх домівок і зруйновані міста, важко не відчувати безнадії. У цей нелегкий час наша потреба в надії зростає, як ніколи. То ж дозвольмо надії на Воскресіння наповнити наші серця сьогодні і кожного дня. Продовжуймо молитися за Україну та за мир, а також надавати допомогу українським братам і сестрам.

Крайова Управа щиро бажає вам благословенного та святого Великодня. Нехай Бог обдарує вас благословенням, любов'ю та миром цього Великодня. Обіймімося і радісно вигукнім: "Христос Воскрес! Воістину Воскрес!"

Марлін Боднар,  
Голова Крайової Управи ЛУКЖК

# “Christ Has No Body Now but Yours”

Glory be to Jesus Christ!

My beloved in Christ,

The theme of the 38th Eparchial Convention of the Ukrainian Catholic Women’s League of Canada is “Christ Has No Body Now but Yours,” and the author of this famous poem is St. Teresa of Avila, a Carmelite nun who lived in the XVI century. The essence of Christianity is love, for God is Love (1 Jn 4, 8). When the Lord saw that creation, which He has moulded by His own hands, perish: “He bowed the heavens and came down to earth” in the darkness of pain and death. “For God so loved the world, that He gave His only begotten Son, that whoever believeth in Him should not perish, but have everlasting life.” (Jn 3, 16)

The love of God the Father is perfectly revealed and embodied in the Person and Ministry of Christ. He cared for children with deep kindness and blessed them with His gentle hands. The mighty loving touch of the Creator of the Universe restored health to the sick, sight to the blind, dried tears of broken hearts and raised the dead. Although Christ’s kindness was often perceived with malice, His gentleness with cruelty, and His self-giving with self-centredness, the Lover of Mankind always looked at everyone with mercy, because He saw within, the immortal indestructible beauty of His image. The King of kings stretched out His precious hands on the Cross to sign with the red ink of His blood the forgiveness of our sins to save and

restore this divine beauty in us. The arms of the Crucified Love are still outstretched because they are held not by nails but by love, so that we may embrace Him mutually at all times and in all conditions, both in fall and in the rise again.

Holy Scripture repeatedly calls the Church the Body of Christ and, according to the teaching of the Holy Fathers, there is no salvation outside this Body. St. Teresa of Avila said, “Christ has no hands but yours.” There is a story that demonstrates the commandment of Jesus to love as a verb. In a small French village before the Second World War was a beautiful marble statue of Christ with outstretched arms. When the fighting ended, the faithful looked for and found this statue of Christ standing among the ruins intact, but without hands. So, one day a sculptor saw this figure and offered to carve new hands. The faithful gathered to consider his friendly gesture and decided not to accept the offer. They said: “For Christ has no hands but ours to do His work on earth. And if we do not feed the hungry, give drink to the thirsty, invite the stranger, visit the imprisoned, and clothe the naked, then who will?” As a result, the statue of Christ was left without hands with the inscription: “*I have no hands, but yours.*”

Today, especially now during the war in Ukraine, our Saviour needs joyful servants with open hands to heal the wounded Body of Christ in the flesh of our brothers and sisters and bring them to Christ’s tender embrace. And these hands which make good, care, forgive, and heal, should become our hands. St. Theresa of Calcutta said, “I see Jesus in every human being. I tell myself this is hungry Jesus, so I must feed him. This is a sick Jesus. This one has leprosy or gangrene; I must wash and tend to him. I serve because I love Jesus.” Our Saviour calls us to be co-workers with Him—His hands, His feet and His merciful eyes. Once an elderly monk asked a young novice, “Do you know why God placed your eyes right there?” He was speechless, and all he could say was: “Father, you tell me!” He looked at him and said, “So that you can see what the other person needs, not what you need.” So, let us look at others through the merciful eyes of Christ to see their pain and to love them. As Anthony of Surozh stated, “Unless we look at a person and see the

February 24, 2023, a day of fasting, prayer and almsgiving was held in all dioceses and exarchates of the Ukrainian Greek Catholic Church throughout the world.

Such an initiative was announced by His Beatitude Sviatoslav, Father and Head of the UGCC, on behalf of the Synod of Bishops.

beauty there is in this person, we can contribute nothing to him. One does not help a person by discerning what is wrong, what is ugly, and what is distorted. Christ looked at everyone He met, at the prostitute, at the thief, and saw the beauty hidden there. Perhaps it was distorted, perhaps damaged, but it was beautiful nonetheless, and what He did was to call out this beauty.”

Once a hermit came out of his solitude with a message, saying to everyone he met: “You have a heart!” When asked why he does not talk about mercy, patience, devotion... he answered: “If only they do not forget about the heart, the rest will follow.” This is what our Lord commanded us—love with all your heart. Nikolai Velimirović said, “We are part of humanity, and our pulse is part of humanity’s heartbeat.” All humanity forms one family, one human body, which includes everyone and whom we should love with all-embracing and all-forgiving divine love. Patriarch Sviatoslav once said, “We see that not hatred, but love conquers. Love gives birth to heroes, but hatred—to criminals. I encourage all: let us learn to love in this tragic time.”

My beloved, we all stand before God with empty hands, which the Lord generously fills with His treasures to share with others for His glory. So, today let me share with you my spiritual experience at St. Joseph’s which, by the grace of God, we are trying to make a comfortable home for the beloved children of God, for whom Christ paid with His priceless Blood.

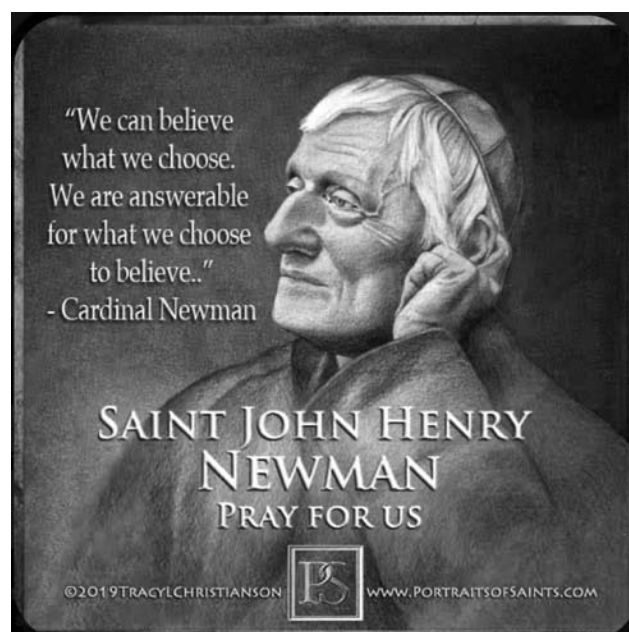
Once, on a bright, sunny morning, my sisters and I helped the residents come to the chapel for the Divine Liturgy—the pick of our everyday lives. I approached one of our ladies who, due to the late stages of severe Alzheimer’s, was unable to move on her own or hold a dialogue, only repining a few separate words. However, this morning was exceptional. On my greeting, she answered me with a warm, bright smile and looked at me with her beautiful blue eyes, bottomless as the sky. Then, to my great surprise, she took my hands with her worked, wrinkled hands, placed them on either side of my head, and solemnly stated, “Touch and know—it is Christ!” Then she put my fingers to her lovely eyes, saying, “These are the eyes of Christ.” Then to her mouth, “This is the mouth of Christ.” Then to her chest, “This is the Body of Christ. It is Christ!”

What shall I say?! I was filled with awe seeing Christ’s total humility and love for us for the

Almighty God, Whom heaven did not contain, through the Incarnation took our flesh and now was hidden within this weak and fragile lady. It was the first time, that I so consciously touched the Untouchable with my poor, mortal hands. With profound awe and reverence, I replied to her: “Yes, you are right. You are Christ.” Suddenly, I do not know why, I pointed to myself, asking, “And who am I?” With confidence and tenderness, she replied, “You are Christ, and I love you very much!”

It was my first and last dialogue with this dear lady—the wisest teacher of my spiritual life. Through her, the Lord taught me two most crucial and glorious lessons: Jesus Christ dwells in us. In the Gospel of Matthew, the Lord identifies Himself with the poor and needy, saying, “Truly I tell you, whatever you did for one of the least of these my brothers, you did for me.” (Mt. 25:40) We perform work of mercy to Christ Himself in the form of the hungry, thirsty, strangers, the naked, sick, the prisoner... It is Christ, Whom we serve.

The second great lesson... this takes place just before the Divine Liturgy when after offering the Bloodless Sacrifice, we receive the glorified, risen Body and Blood of Lord Jesus Christ in the form of bread and wine, Who unites us with Himself, “the medicine of immortality,” that through God’s grace and burning within us the fire of love and longing for Him we become what He is. Then we can say with St. Paul, “It is no longer I who live, but Christ Who lives in me.” (Gal. 2:20) So, on this blessed morning,



the Lord Jesus Christ manifested His hidden Divine presence in this sick and weak lady and the form of bread and wine. St. John Chrysostom said about the Holy Eucharist, “You not only gaze on it but touch it as well. You not only touch it, but even eat it, and take it away with you to your homes.”

My beloved in Christ, the secret of the bright future of our [UCWLC] organization is to devote ourselves to God by not only imitating Christ or being merciful, but to *become* Mercy. People are suffering and dying spiritually of hunger and thirst for God—and we can give them the Lord by allowing Him to live in us a life of victory over sin, evil, and selfishness. Someone asked William Booth about the secret of his life’s success. He answered, “I will tell you the secret. God has had all there was of me. There have been men with greater brains than I, men with greater opportunities. But from the day I got the poor of London on my heart and caught a vision of all Jesus Christ could do with them, on that day, I made up my mind that God would have all of

William Booth there was. And if there is anything of power in the Salvation Army today, it is because God has had all the adoration of my heart, all the power of my will, and all the influence of my life.”

O Lord Jesus Christ, grant that the women of our [UCWLC] organization may shine with the holiness of their lives, giving all their hearts, all their willpower, and all the influence of their lives to Your glory.

“Christ has no Body now but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which He looks  
Compassion on this world,  
Yours are the feet with which He walks  
to do good,  
Yours are the hands, with which He blesses  
all the world...  
You are His body.” (St. Teresa of Avila)

May God Bless You All.

Sister Sophia, SSJ



ЛІГА УКРАЇНСЬКИХ КАТОЛИЦЬКИХ ЖІНОК КАНАДИ  
Крайова Управа

UKRAINIAN CATHOLIC WOMEN'S LEAGUE of CANADA  
National Executive

A wonderful opportunity exists for our Ukrainian young people at the university level. The **Ukrainian Catholic Women's League of Canada National Executive** offers two scholarships to post-secondary students enrolled in Ukrainian Studies and Religious Studies.

**The Vera Buczynsky  
Ukrainian Language Studies Scholarship**  
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[ucwlcnationalscholarships@gmail.com](mailto:ucwlcnationalscholarships@gmail.com)

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# Ukraine is fighting for our future, too. Let's support it

By Oksana Bashuk Hepburn



COURTESY PHOTO

*The opinion piece was first published in the Sarasota Herald Tribune February 15, 2023.*

Only one thing matters in Ukraine's near one-year's resistance against Russia's unprovoked war: its victory. Good must triumph over evil. Freedom and democracy must win.

For this to happen Ukraine requires heavy military equipment and offensive weapons to end Kremlin's outrageous brutalities. After that, peace negotiations must favour Ukraine and the world order rather than outdated pro-Russia fealty to false illusions about "greatness."

Such "greatness" simply doesn't exist anymore. Yet pro-Russia war supporters do exist—domestic and international—and they parrot Russia's absurd claims. The latest offering at the United Nations stated that Russia "comes to Ukraine not to kill, not to ruin and not to

destroy Ukrainian statehood. We're bringing only the Russian peace."

What Russia cannot accomplish with brute force, it invents—and its lies are evident to everyone but Tucker Carlson and others like him. Its ambitions are grandiose: Russian President Vladimir Putin believes his nation has the right to control not just Ukraine but the world's land and water resources. That's why Great Britain and the Baltic and Scandinavian states are among the strongest supporters of Ukraine's victory.

Alas, not all democratic states are. The reluctance of Germany and Switzerland to send Ukraine the military equipment it needs to win is nearsighted and self-destructive because in Ukraine, Russia is fighting a proxy war against the United States,

Europe and NATO—which in reality means it is fighting against Germany and Switzerland, too.

Democracy must win in Ukraine, and a defeat will recharge Russia's aggressive nature to the next level of destabilization of the world order, peace and security. Russia will make international institutions like the United Nations, G20, sports, academe, media and the cyber world bow even further to its will.

This must not be allowed.

Ukraine is the lead in stopping this horror but the US, NATO, Europe and all other friends and allies are indispensable in supplying the military equipment required to do the job. Regrettably, those supplies have been too slow and too little. The near year-long incrementalism has failed to end Ukraine's immeasurable agony. Let's provide

the resources to end Russia's adventurism, win for a better world and bring the criminal Putin to justice.

For the US, victory means reaffirming its worldwide leadership of democratic states, which has been diminished by the questionable withdrawal from Afghanistan, losses in Syria, Georgia, Crimea, the previous administration's vacillation on NATO and the current pandering to Kremlin's ludicrous demands for "security guarantees and respect."

America's leadership will be much needed in revamping the world's peace and security arrangements, including changes to international law, its judicial system—tribunals on war crimes, war prisoners, civilian murders, etc.—the modernization of institutions like NATO and the United Nations, nuclear control arrangements and more.

For NATO, victory means saving face for failing to provide direct defence to a fledgling democracy punished by an

unprovoked war for wanting to be its member. The cruel irony is that Ukraine is fighting Russia, the alliance's archenemy.

For Europe, victory means a return to normal and a reprieve from fear (particularly for the nations that border Russia). Now they will no longer need to educate others on the dangers of Russia's imperialistic ambitions. The lessons of Russia's twisted psyche are visible to all.

It has been said that the war is Ukraine's to lose—but its victory depends on all freedom-loving people, and particularly those in America, Europe and NATO. All must help to finish the war now. Later may be too late.

Oksana Bashuk Hepburn is a former director of the Canadian Human Rights Commission, and previously served as president of U\*Can Ukraine Canada Relations Inc. She is a part-time resident of Longboat Key and also lives in Canada. She revamped the look and content of *Nasha Doroha* in 2000 and was its chief editor for 13 years.



## НАША ДОРОГА

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**3 квітня**

## NASHA DOROHA

We value your letters,  
thoughts, and written  
submissions.

Please email them to  
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**Deadline for submissions  
for the summer 2023 issue**

**April 3**

*“As Lent is the time  
for greater love, listen  
to Jesus’ thirst... He  
knows your weakness.  
He wants only your  
love, wants only the  
chance to love you.”*

— Blessed Teresa  
of Calcutta

# League of Greek Catholic Women of Ukraine

Glory to Ukraine! Glory be to Jesus Christ!

Women have always played an important role in the church, its structure, and in the sodality of the community. We are no exception. Our church has just begun to develop in the eastern part of Ukraine. Priestly families have faced many difficulties and challenges caused by a disparate mentality, non-acceptance of all that is Ukrainian, a reluctance to develop, and a culture that is very different. In addition to the above-mentioned challenges there was also the distance from relatives and those close in spirit.



There was a need for connection, a common worldview, and good counsel. The League of Greek Catholic Women of Ukraine has been in existence since 2013. Initially, it was a meeting of *Dobrodiky* (priests' wives) of the Kyiv Archdiocese, which includes Kyiv, Zhytomyr, Chernihiv, Cherkasy and Vinnytsia regions. It also included representatives of the UCWLC Jayne Paluck, Oristeen Kulyk and Sister Theodosia. The branch of the new League of the Kyiv Archdiocese had opportunities for friendly meetings in various formats: such as retreats, counselling with the spiritual mentor, Sister Christofora; or holding a joint prayer service to the Holy Mother of God. ▶

# Ліга Греко-Католицьких Жінок України

Слава Україні! Слава Ісусу Христу!

Жінки завжди відігравали важливу роль в церкві, її будови, об'єднання громади. Ми не стали виключенням. Наша церква тільки почала розвиватися на теренах східної частини України. Священі сім'ї стикнулися з багатьма труднощами та викликами, зумовленими іншою ментальністю, неприйманням українського, культурністю іншого формату та небажанням розвитку. Додатком до вищезазначених викликів були відстані до рідних і близьких за духом людей.



Виникала потреба в спілкуванні, спільному світогляді, добрій пораді. Ліга Греко-Католицьких Жінок України існує з 2013 року. Спочатку це була зустріч добродійок Київської архієпархії, яка включає в себе Київську, Житомирську, Чернігівську, Черкаську та Вінницьку області з представницями UCWLC Jayne Paluck, Oristeen Kulyk та Sister Theodosia. Ліга імостей Київської Архієпархії (яка є одною з гілок ліги) мала можливість дружніх зустрічей у різних форматах: реколекцій, спілкування з духовною наставницею — сестрою Христофорою, проведення спільного молебня до Пресвятої Богородиці. ▶

In 2018 at the invitation of His Beatitude Sviatoslav, head of the UGCC, representatives of the UCWLC (Marlene Bodnar, Oristeen Kulyk, Diane Boyko, and Sister Sophia) were invited to Ukraine once again. At this meeting there were more than 200 women representatives from different parishes in the Archdiocese of Kyiv, where the main League of Greek Catholic Women of Ukraine was formed. Women from Poltava, Kyiv, Vyshhorod, Irpin, Severynivka and Fastiv were especially active and involved in the life of the league at the parish level. A Facebook page was created including all contact information. The emblem was adapted from the UCWLC and adapted with the Ukrainian print, and many meetings were also held to build the league framework.



In October of the same year, on Pokrova, a fair was held with the participation of “Caritas Kyiv” Charitable Foundation in support of people with disabilities. During this time not only league participants, but also the representatives of the “Vesnyanka” sector of the “Vira i Svitlo” (Faith and Light) Ukraine community movement took part in the fair.

In 2019, the head of the league, Tetiana Chudiiovych, and representatives of the most active league from Fastiv, were invited to Canada for an exchange of knowledge between the two countries. It was an unforgettable journey filled with effective meetings with fine and very

У 2018 році на запрошення Блаженнішого Святослава, глави УГКЦ в Україну були делеговані представниці UCWLC Marlene Bodnar, Oristeen Kulyk, Diane Boyko та Sister Sophia. На зустрічі було більше 200 представників жіноцтва різних парафій Київської Архиепархії на якій і утворилася основна Ліга Греко-Католицьких Жінок України. Особливо активними та залученими в життя ліги при парафіях були жінки з Полтави, Києва, Вишгорода, Ірпеня, Северинівки та Фастова. Була створена сторінка у фейсбуці з повною назвою, пошта, емблема була взята з UCWLC та адаптована з українським принтом, також було проведено багато зустрічей щодо побудови структури ліги.



В жовтні того ж року, на Покрови, був проведений ярмарок за участю Благодійного фонду «Карітас-Київ» на підтримку людей з обмеженими можливостями, де взяли участь не тільки учасниці ліги, але й самі представники спільноти «Веснянка» руху «Віра і світло».

У 2019 році голова ліги Тетяна Чудійович та представниця найактивнішої ліги з м. Фастова були запрошені до Канади за обміном досвіду

active women in Toronto, Saskatoon, and other cities in Canada.

Unfortunately, the quarantine began in 2020, which slowed down the activity of not only the league, but the whole world as well. Just as the world began to gradually come to its senses, the league resumed its work. We participated in holding city fairs, started hubs for children, as well as organized joint photo sessions to promote extraordinary Ukrainian clothing. We printed calendars and continued making pyrohy for the ATO (Anti-terrorist Operation) zone.

On February 24, 2022, the full-scale invasion of Ukraine began. Our women did not give up. Not sparing time or effort, they did an incredible amount of work. Take, for example, the League of Greek Catholic Women of Ukraine in the city of Fastiv. Since the beginning of the war, women have made more than 2,000 kg of pyrohy. They are knitting socks for the military without stopping (the socks have already found their owners), making trench candles, weaving nets and "kikimoras" (camouflage suits). They have repeatedly participated in city fairs. At the last fair they contributed 17,700 UAH to the glory of the Armed Forces from the sale of pyrohy and sweets. They also received many commendations from the mayor for patriotism, due to their active support and help in the restraining and repulsion of the armed aggression of the Russian Federation against Ukraine.

Tetiana Chudiiiovych

між двома країнами. Це була незабутня подорож та невичерпна сила зустрічей з прекрасними і дуже дієвими жінками у Торонто, Саскатуні та інших містечках Канади.

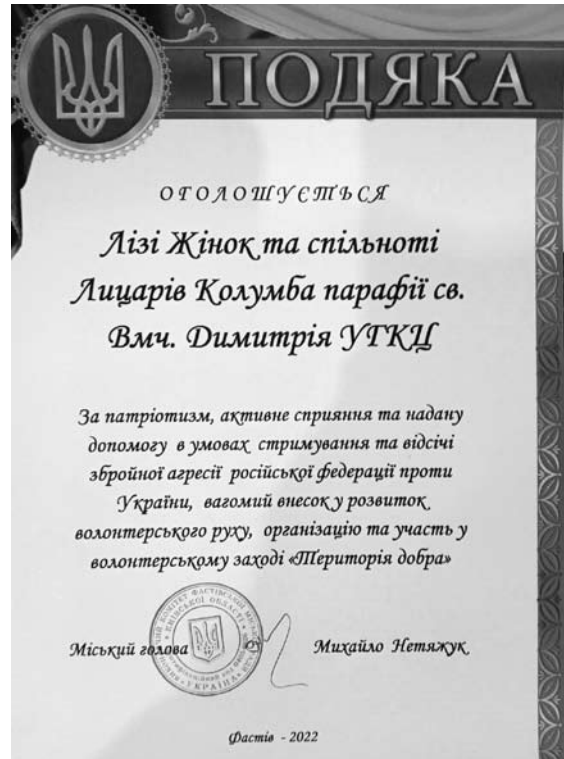
На жаль у 2020 році розпочався карантин, який уповільнив активність не лише ліги, але й

всього світу. І тільки світ став поступово приходити в себе, як ліга відновила свою роботу: брали участь у проведенні міських ярмарок, започатковували хаби для дітей, організовували спільні фотосесії просуваючи надзвичайність українського вбрання, друкували календарі і продовжували ліплення вареників для зони АТО.

А 24 лютого 2022 почалася повномасштабна війна в Україні. Наші жінки не опустили рук. Не жаліючи часу та сил, вони роблять неймовірний обсяг роботи. Візьмемо до прикладу Лігу Греко-Католицьких Жінок у місті Фастів: з

початку війни жінки наліпили більше 2000 кг вареників, без зупинку в'яжуть шкарпетки для військових (шкарпетки вже знайшли своїх власників), виготовляють окопні свічки, плетуть сітки та кікімори. Неодноразово брали участь у міських ярмарках, на останньому від продажу вареників і солодоців внесли внесок на славу ЗСУ 17700 грн. Також мають безліч подяк від міського голови за патріотизм, активне сприяння та допомогу в умовах стримання та відсічі збройної агресії російської федерації проти України.

Тетяна Чудійович



### *Spiritual Warfare*

*“Be firmly convinced that the more the assaults of the enemy increase, the closer God is to the soul.” – St. Pio*



Author Sofiya Fayfruk is on the left

# Volunteering in Poland

By Sofiya Fayfruk

At the beginning of the war, I was heartbroken, and for a while I was filled with worry and fear. Yet I had a very strong desire to help the fleeing Ukrainians in any way I could. I heard that people from all over the world were going to Poland to volunteer at the border and I knew that I wanted to do the same even though I had no idea how that would happen. One day I had a phone call with my good friend Sister Georgia of the Sisters Servants of Mary Immaculate (SSMI), where she expressed her desire and plan to go to Poland to volunteer. I asked if I would be able to join

her and she lovingly agreed to take me with her. From then on, we began to plan our trip and raise donations for my plane ticket. Thanks to the generous donations of many people, my ticket was fully covered and I was able to make this trip!

We arrived to Poland from Canada on July 1st, 2022, where Sister Georgia and I made a week-long, prayerful, silent retreat. This experience helped me grow in my relationship with God through Holy Scripture and it prepared me for the month-long volunteering I was about to do. After the retreat in Trzebinia, we arrived in Przemyśl where

the Polish SSMI greeted us with open arms and hosted us while we spent the month volunteering at the train station.

The organization we were attached to was with the Narodnyy Dim (Ukrainian services building) in Przemyśl. We were given bright yellow vests and sheets of paper with the times each train arrived and departed. To assist the fleeing Ukrainians (and those who were returning to Ukraine) with free transport, buses going from Przemyśl to Lviv, and trains going to Hannover, Germany every second day were available. The train headed to Germany was always

fully packed with people to the point that not everyone had the opportunity to get on. Thankfully free food was available for Ukrainian refugees and volunteers all of July, all day, every day from World Central Kitchen Organization.

In regard to shelter, mothers and children were able to stay overnight at the Narodnyy Dim. However, if the building was full, there was an overnight mother-and-child room with beds at the train station. In the mother-and-child room mothers had access to hygiene products, diapers, baby food, even baby carriers and strollers.

Our main duties as volunteers were to help guide people around the train station and answer their questions to the best of our ability. The most commonly asked questions were, "Where can I buy tickets?", "where is my train departing from?", "where can I find a restroom, food or shelter?" and so on. We would show them exactly where everything was and try our best to assist their needs.

Later into the month, it became harder and harder to assist them, as free aid became less and less available. In the first week of August there was no longer free food available. Only snacks and water were given out. Finding shelter for those in need was a true struggle, as one major organization had to be closed down for a deep clean for a while due to a lice infestation, and the Narodnyy Dim was always full. It was quite painful not to be able

to help people with shelter as the only other option they had was to sleep on top of their suitcases on the train station floor. Much of our other time was spent helping mothers, the elderly, and children carry their luggage from the train platform to the main lobby and vice versa.

Throughout the month, I encountered different people and had unique experiences with many of them. Unfortunately, there were some people who were too scared to even come up and ask for help despite being in desperate need of it. For example, there was one lady standing all alone appearing very distressed. I saw that she wanted to come up and ask me something but was too afraid to do so, so I went up to her on my own and asked if there was anything I

could help her with. She started crying and said that she had heard that her train had already left. She didn't know what to do any more as she had no money for another train ticket. However, as it turned out the train was still there, due to previous delays, though there was not much time left before it would have taken off. So, I took her bags and we ran straight to the Ukrainian platform, and thankfully we made it in time. She was so grateful for my help and gave me a tight hug and a kiss on the cheek.

After two weeks of volunteering at the train station, Sister Georgia and I took a step back to volunteer with the Sisters Servants at their retreat centre. Every year they offer week-long retreats for families from Ukraine. Throughout the day, parents went to different talks and actively participated in the retreat. Meanwhile the kids were handed over to other Sisters and volunteers who kept them busy through different games and activities. My experience with the kids was much different than that with the train station. I was in a completely different environment and had many different tasks. It felt almost like a camp to me. Throughout the day we did different crafts with them, played games, had contests, learned dances, and had catechism lessons. One day they learned how to write icons on glass, and another day how to pray vespers. The week was quite busy yet filled with lots of joy, fun,



Sr. Georgia (SSMI) and Sofiya Fayfruk

and occasional stress which is quite normal when working with kids.

After volunteering at the family retreat, Sister Georgia and I went back to the train station for one last week which was the first week of August. God

However, to my surprise, there wasn't much of a reaction from the people on the bus; they continued talking and ignored the siren. They were so used to hearing the air raids constantly that it was normal for them; it was a part of their daily lives.



also made it possible for me to go to Ukraine during this very tough time for about a week. We only stayed in the western part of Ukraine, which wasn't as affected by the war as the eastern part was, yet I could still feel a sense of war. In downtown Lviv, many statues and structures were covered to protect them from any possible missile damage. We saw military cars driving around, and men dressed in army uniforms carrying huge assault rifles in their hands. An experience that really stood out to me was a time when my dido and I got on the bus to head to our village from the city Kalush. Out of nowhere, an air raid went on through radio, which told everyone to take cover. In that moment I got chills all over my body and realized the severity of the war, to a certain extent.

After reflecting on this experience, it is hard for me to summarize it in one word. Most of the time I felt great joy and peace from seeing the smiles of gratitude on people's faces when I did something as simple as passing someone a bottle of water, giving a little girl a cookie, or helping a baba with her luggage. I would often think how courageous these mothers with their children were, as well as elderly couples and girls my age. They all had to leave their lives behind and come to a completely different country where everything is foreign.

Of course, I also experienced a sense of sadness when I witnessed people's tears, panic, and anger. In those moments I realized how difficult it really was for them to do this courageous and sacrificial act of leaving

everything behind for the sake of their own and their children's lives. I learned that it is so important for us to see the suffering Christ in everyone who is affected by this war. Which is why Matthew 25:35-40 is really fitting:

**“For I was hungry, and you gave me food. I was thirsty, and you gave me drink. I was a stranger and you welcomed me. <sup>36</sup> I was naked, and you clothed me. I was sick and you visited me. I was in prison, and you came to me. Then the righteous will answer him, saying, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.’”**

So as the war continues, we also must continue in our prayers for Ukraine and, if possible, socially and materially support our Ukrainian brothers and sisters in whom we are able to encounter the life-giving, suffering, and healing Christ. I am incredibly grateful that I had this opportunity to be God's little instrument and in some sort of tiny way, contribute to helping my dear beloved Ukrainians.

Sofiya Fayfruk is 18 years old. Her family moved to Saskatoon, Canada, in 2010 from Kalush, Ukraine. Currently she is spending the year volunteering in different Catholic organizations and plans to go to the University of Saskatchewan in the fall.



# The Newest Ukrainians in Canada: the Story of One Family

**A**s a result of Russia's most recent war against Ukraine, a lot of new people have come to Canada. As Christians, we should help everyone who comes to us. The catechism teaches us about acts of mercy, "To receive the traveller, to feed the hungry..."

When the war started, our family, like everyone else, was riveted to the news. It occupied all of our attention and psychological energy. There was a feeling of helplessness, despair, and fear. I wanted to help somehow, and not sit on the sidelines. We went to demonstrations, sent money, and prayed.

When people started to leave Ukraine (I still don't know exactly how to call them—refugees? newcomers? recently evicted?) we volunteered to welcome someone. The footage on social media was heartbreaking. We had a spare room and wanted to help as much as possible. It took some time; we didn't know how it was going to be. We were approached by an old friend who told us that several of her acquaintances from central Ukraine were coming to Canada, and that she had found accommodations for them all, but still needed a place for one person, a woman from Dnipro. We gladly agreed.

Pani Natalia Velychko came to us just before Easter. When the Passion of Christ service ended on Holy Thursday, our friend brought her to the church with one suitcase, introduced us, and left. Pani Natalia, without thinking twice, immediately started to help us. We changed the tablecloths, khoruhvy (religious banners in the church), etc. After that, she helped me to prepare both the church and the house for the Easter holidays.

For our first Easter after the pandemic, our whole family, all the children and grandchildren, a few other acquaintances, and pani Natalia celebrated together. Our house was *very* full.

Since there are a lot of newcomers in Canada, in the first few weeks we helped pani Natalia to sort out administrative matters—medical care, government documents, her bank account, checking her level of knowledge of the language, the search for work, etc.

Being the wife of a priest, and living near the church, I deal with a lot of practical household matters. Pani Natalia was very happy to help. At that time, our parish was looking for a housekeeper, and it happened very fortunately that there was a very competent woman

# Найновіші українці в Канаді — історія одної родини

**В**наслідок найновішої війни Росії проти України до Канади прибуло дуже багато нових людей. Ми, як християни, повинні допомагати усім, які до нас звертаються. Катехизм нас вчить про діла милосердя — "Подорожнього прийняти, голодного нагодувати..."

Коли почалася війна, наша родина, як усі, були прикуті до новин. Це займало всю нашу увагу, психологічну енергію. Було відчуття безпорадності, відчаю, страху... Хотілося якось допомогти, а не сидіти осторонь. Ходили на демонстрації, пересилали кошти, молилися.

Коли почали виїжджати з України (ще не знаю точно, як називати — біженці? новоприбулі? недавно виселені?) ми зголосилися, що можемо когось прийняти. Кадри на соцмережах вражали... У нас була вільна кімната, хотілося якомога допомогти. Це забрало трохи часу, ми не знали, як це буде. До нас звернулася давня знайома, що приїжджає кілька її знайомих з центральної України, що вона їм усім знайшла помешкання, але ще потребувала місце на одну особу — жінку з м. Дніпра. Ми радо погодилися.

До нас приїхала пані Наталя Величко зараз перед Великоднем. Коли закінчилися Страсті Христові у Страсний Четвер, її привезла наша знайома до церкви, з одною валізкою, познайомила нас, і поїхала. Пані Наталя, не довго думаючи, зразу почала допомагати присутнім — ми міняли обруси, хоругви тощо. Тоді допомагала мені приготувати і церкву і хату до Великодніх Свят.

Перший Великдень після пандемії — ціла наша родина, всі діти і внуки, і ще кілька знайомих, і пані Наталя — разом святкували. Наша хата була дуже повна.

Так як дуже багато людей в Канаді, в перших кількох тижнях ми допомагали пані Наталі полагодити адміністративні справи — медичне забезпечення, урядові документи, банківський рахунок, перевірка рівня знання мови, почали пошук праці...

Будучи жінкою священика, і живучи біля церкви, я займаюся дуже багатьма практичними господарськими справами. Пані Наталя дуже радо допомагала. В нашій парафії в той час шукали за господинею, і дуже благополучно склалося, що на місці

(pani Natalia) who was ready to take over this position. And so, pani Natalia—housekeeper and friend, who had already settled in with us—has been living with us since April 2022. In addition to working in and around the church, she helps us in the house and in the garden. Our son, Ostop, likes to do household chores and loves to drink tea with her. She comes with us to church, to demonstrations, and to concerts. Pani Natalia also helps at our UCWLC branch during summer picnics, various events (Svyachene, Praznyk, Bazaar) and at Sunday coffee.

I was asked to do an interview with pani Natalia and find out about her impressions regarding life in Canada. I offer you her answers.



Ostop, Dobr. Tanya, and pani Natalia — drinking tea.  
Остап, добр. Таня і пані Наталя — п'ємо чай.

була дуже компетентна жінка (пані Наталя), яка була готова перебрати цю позицію. І так, від квітня 2022 р.Б., з нами живе пані Наталя, господиня, подруга — яка вже з нами зжилася. Окрім праці в церкві і біля церкви, вона допомагає нам в хаті та в городі, і наш син Остап любить з нею робити домашні справи і дуже любить пити чай. Ходить з нами до церкви, на демонстрації, концерти. Пані Наталя також допомагає при нашому відділі ЛУКЖК — під час літніх пікніків, різних заходів (Свячене, Празник, Базар) та при недільній каві.

Мене попросили зробити з пані Наталею інтерв'ю, послухати її враження про життя в Канаді. Пропоную вам її відповіді.

.....

**Could you please tell us how you got to Canada?**

Since the beginning of the war in Ukraine, after February 24, 2022, I have faced the possibility of leaving the country for a safer place. Many people went to Europe. I went to Poland and stayed there with my niece. She has lived there for more than 8 years.

In Poland, I became aware that Canada has the ability to accept Ukrainians for temporary refuge from the war and provides the necessary conditions for this. After completing the necessary documents, I flew across the ocean for the first time and found myself on another continent.

**What did the situation look like when you left? What/who did you leave there?**

In Ukraine, I had a fairly good job, my own apartment, relatives, friends, and, at that time, my father who was still alive. His heart could not withstand the news of the war. My father died when I was in Poland, but I was not able to go to his funeral.

**How are you adjusting to life in Canada? What impresses you? What is surprising? Inspiring? Annoying?**

Canada impressed me with its friendliness, [the] sincerity of the people, and its multi-nationalities. I had

.....

**Розкажіть, будь ласка, як ви попали до Канади?**

З початку війни в Україні, після 24.02.2022 року, переді мною стало питання виїзду з країни до більш безпечного місця. Багато людей виїздило до Європи, я виїхала до Польщі та зупинилася у племінниці, вона там мешкає більше 8 років.

В Польщі мені стало відомо, що Канада має можливість прийняти українців для тимчасового захисту від війни та надає для цього необхідні умови. Після оформлення необхідних документів, я вперше перелетіла океан та опинилася на другому континенті.

**Як виглядала ситуація, коли ви виїжджали, що ви там лишили?**

В Україні у мене була досить гарна робота, своя квартира, рідні, друзі та, на той час, ще живий батько, серце якого не витримало звісток про війну. Мій батько помер коли я була в Польщі, але не могла поїхати на похорон.

**Як ви звикаєте до життя в Канаді? Що вражає? дивує? надихає? денервує?**

Канада вразила мене доброзичливістю, щирістю людей, своєю багатонаціональністю. Була до цього

heard about it before, but I didn't expect that much. It was very nice to get to know the Ukrainian diaspora and receive care and shelter from them, especially from the family of Fr. Bohdan and Tanya Choly. I feel like a full-fledged member of their family.

***Are you in touch with your friends/family there? Is it difficult to follow what's happening?***

Now I have many acquaintances and friends here, but my thoughts are always with Ukraine. I am constantly in touch with my family and friends in Ukraine, reading the news, and I try to help financially whenever possible.

***What have you learned? What is positive and negative about Canada?***

Life in Canada taught me, as in any new place, to observe more, to listen to people around me, to learn, and always remain a person who loves this world (even with such events and twists of fate), to pray and believe in the imminent victory and prosperity of Ukraine. Positive—people are always ready to help. Negative—prices are very high!

***Advice for those who have recently arrived or are thinking of coming to Canada?***

Firstly, before arrival, it is good to get acquainted with life in Canada through social networks. How people live, work, what is the situation with housing, [finding] work. Search for information on the Internet (e.g., [dopomoha.ca](http://dopomoha.ca)). Many people come without any idea of how it is here. It is important to inquire about everyday life, what is the system like, what are the unwritten rules (e.g., in Canada it is not desirable to be late for appointments). You can search Facebook, Telegram e.g., Ukrainians in Canada, Ukrainian Canada, Ukrainian mothers in Toronto, work in Toronto [in order] to analyze whether this is your country, because another continent is a different life. **Learn English!** This will help you a lot!

.....

In conclusion, a lot of people from Ukraine stayed in our house, some for a day or two, others for a week. There were two families that stayed for a month and a half. There will probably be others, but Pani Natalia has already become part of our family. With God, to victory!

Submitted by Tanya Choly, member of the UCWLC branch at Church of the Holy Protection in Toronto

про це начувана, але не сподівалася наскільки. Дуже приємно було познайомитися з українською діаспорою та отримати від них турботу та прихисток, особливо в родині о. Богдана і Тані Чолій. Я відчуваю себе повноцінним членом їхньої родини.

***Чи ви на зв'язку з друзями/родиною там? Чи важко слідувати за подіями?***

Назараз маю тут багато знайомих та друзів, але мої думки завжди з Україною. Постійно знаходжуся на зв'язку з рідними та друзями в Україні, читаю новини, по можливості намагаюся допомагати фінансово.

***Що ви навчилися? Що позитивне, негативне в Канаді?***

Життя в Канаді мене навчило, як і в будь-якому новому місці, більше спостерігати, слухати людей навколо, вчитися та залишатися завжди людиною, люблячою цей світ, іноді з такими подіями та поворотами долі, молитися та вірити в найскорішу перемогу та процвітання України. Позитивне — люди завжди готові допомогти, негативне — ціни дуже високі!

***Поради тим, які недавно прибули або думають їхати в Канаду —***

Наперед — до приїзду — добре ознайомитися з життям в Канаді через соціальні мережі — як люди живуть, працюють, яка ситуація з житлом, роботою. Через інтернет (напр. [dopomoha.ca](http://dopomoha.ca)) шукати інформацію — багато людей приїжджає без уявлення, як тут є. Важливо поцікавитися життям, побутом, який є устрій, які неписані правила (напр. в Канаді не бажано спізнатися на домовлення). Можна шукати у Фейсбуці, в Телеграмі, напр. Українці в Канаді, Українська Канада, українські мами Торонто, робота в Торонто — зробити аналіз, чи це ваша країна, бо інший континент — це інше життя. **Вчіть англійську мову!** Це вам дуже допоможе!

.....

На заключення — в нашій домі перебувало вже дуже багато людей з України — декотрі на день-два, інші на тиждень, вже було 2 родини по півтора місяця. Мабуть будуть інші. Але пані Наталя вже стала частиною нашої родини. З Богом — до перемоги!

Добр. Таня Чолій, член відділу ЛУКЖК при Соборі Св. Покрови в Торонто

## Both Lungs

## Love

By Brent Kostyniuk

**I**t is said the most popular theme for songs is love. That is probably true. *All You Need is Love*, *Crazy Little Thing Called Love*, *Bye Bye Love*, and, of course, *Muskrat Love*. (Go ahead, Google it.) The same goes for movies. What would Christmas be without watching *Love Actually*?

Love is central to our lives. I love my wife, I love my children, and I especially love nachos and salsa. I also love my daughter's cat, but only sometimes. So it seems love is a universal theme. Yet what does the theme of a pop song have to do with our favourite food or even a domesticated animal?

The answer lies in the source of love. St. John tells us God is Love. Moreover, the Evangelist tells us that not only is God Love, He is the source of all love. **"Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed His love among us: He sent His one and only Son into the world that we might live through Him. This**

**is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and His love is made complete in us."** (1 John 4:7-12)

When we love, it is because we are able to reflect the love God has shared with us.

Although all love comes from God, it takes on many forms. St. John understood this. His Gospel was written in Greek, a language with eight separate words for love. Each of these words reveals a different aspect of love. By looking at the Greek words for love, we can more readily understand the complexity of love and the way it affects so much of our lives.

**Agape** is selfless universal love, such as the love for strangers, nature, or God. This love is unconditional, bigger than ourselves, a boundless compassion and an infinite empathy that you extend to everyone, whether they are family members or distant strangers.

**Eros** is named after the Greek god of fertility. Eros is passion, lust, pleasure and romance. It is an intense form of love that arouses romantic and sexual feelings.

**Philia** describes friendship and affection. Plato believed physical attraction was not a necessary part of love, hence the use of the word *platonic* to mean, "without physical attraction." ▶

**Storge** is a natural form of affection experienced between family members. It is the protective love shared between parents and their children. Storge can also describe a sense of patriotism.

**Mania** is a perversion of love when it becomes obsessive. Stalking, extreme jealousy, and violence are all symptoms of mania.

**Ludus** is a playful form of love. Most commonly it is the affection between young lovers; having a crush on someone.

**Pragma** is love built on commitment and understanding. Pragma is a mature love, willing to make compromises, while showing patience and tolerance. It is the stem of the word “pragmatic” meaning a concern for practical matters.

**Philautia** is a beneficial self-love, the opposite of narcissism which is a personality disorder characterized by self-preoccupation. The ancient Greeks believed that if we are to care for others, we must first learn to care for ourselves. Aristotle said, “All friendly feelings for others are an extension of a man’s feelings for himself.”

Love is a one-way street originating with the love God gives us. In turn, as we receive it, we can give it back to Him and to others. You can’t force someone to love you—someone gives, and someone accepts. However, in recent times, quarantines and other health measures have made many people feel isolated and even unloved.

St. John Paul II said the Church should breathe through both lungs—East and West. His message also implies we should come to know each other and grow to share God’s love with each other. In so many ways, the turmoil facing the world today makes that all the more important. In the Ukrainian Catholic Church there are many opportunities and organizations we can join to help us foster and share love. Our local parish community is a good place to start... *whatever form of love we reflect.*

Now, as we approach Easter and the Life-Giving Resurrection the words of the Evangelist help us to celebrate with joy. “**For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. For God did not send His Son into the**

**world to condemn the world, but to save the world through Him. Whoever believes in Him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God’s one and only Son.”** John 3:16-18

Following the Resurrection, Jesus appeared many times to assure His followers the words He had spoken were indeed true and that the joy of heaven awaits those who believe. At the Ascension, the Apostles had a taste of that joy, as St. Luke tells us. “**When He had led them out to the vicinity of Bethany, He lifted up His hands and blessed them. While He was blessing them, He left them and was taken up into heaven. Then they worshipped Him and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.”** Luke 24:50-53.

## suggestions on **WHAT SHOULD I GIVE UP FOR LENT?**

- Don’t buy anything you don’t need.
- Be silent for 30 minutes.
- Throw away 40 things for 40 days.
- Fast on another day instead of just Fridays of lent.
- 40 days of home organization
- Arrive 15 minutes earlier to Mass.
- No gossiping
- Stay after Mass to help sanitize the church.
- Work out daily to take care the body God gave you.
- Search and learn about a saint each week of lent.
- Don’t eat after dinner.
- Pick one of the 4 Gospels and read a chapter each Sunday.
- Say 3 nice things to your spouse & kids daily.
- Post only positive quotes on your social media.
- Don’t eat out for 40 days.
- Stop worrying about tomorrow but focus on today.
- Replace 30 minutes of TV or screen time with devotion/prayer time.
- Volunteer in a ministry that you’ve always wanted to.
- Do not complain or speak negatively.
- Sit down and have a meal as a family or with someone.

## PRAYER | FASTING | ALMSGIVING

# Saints Matter

By Lyrissa Sheptak

Ever since I was a child, I have been captivated by the saints: stories of their bravery and love of the Lord. They were a true inspiration to me even if I repeatedly fell short in my imitation of them (and I still do).

But childish wonder aside, throughout my life I tried to walk with them, or at least (when push came to shove) find their holy courage to help me get through difficult moments. Some of those moments were telling ones. The ones that put your faith to the test. And I'm pleased to shout from the rooftops that the saints have never failed me.

My journey with the saints has mirrored the journey of my spiritual life. The first two saints I was enamoured with in childhood were St. Wenceslaus and St. Joan of Arc. I always loved the Christmas carol "Good King Wenceslaus" and when I listened to the words of this carol, I realized that it was his giving spirit, kindness, and humility that made him rich and mighty. Not his money or status. But I encourage you to go online and check out his bio. His story, like most saints', is the stuff of thrillers. When it came to Joan of Arc, as a young woman I was drawn to her courage, strength, and conviction in the Lord. I used her as my measuring stick when it came to my own bravery and zest for the Lord. I never came

close to her physical or spiritual feats, but I do remember thinking of her bravery a few times in my life when I had to step into a situation that demanded more from me.

I don't hold a candle to those saints. I don't hold a candle to *any*, actually. But I still love them. Each saint in the Communion of Saints, being human, were sinners (except Mother Mary). Some were *great* sinners; people who were on a definite road to perdition. And yet, by the Grace of God, they turned it around and eventually became saints! They didn't live their life thinking that they were saintly, they just tried to do what was right in the eyes of the Lord. That is why I love them. They give me hope and motivation. I have walked with many of them throughout my life. Each of them a gift to me when I was in a particular situation. Some saints walked with me when I needed them at that moment or time in my life. Others have stayed the course with me—we journey together. They intercede for me, and their example encourages me to try to be holier.

Do we pray to saints? Well, we *do not* worship saints. Rather, we ask them to pray for us, much like we ask our friends or family to pray for us. They are our *intercessors* who are close to the heart of God. I like to say that they have a hotline to God. Fr. Dan Wach says that as intercessors "they bring our requests to the Lord, and all is done according to His Holy Will. The Lord is pleased when we pray for each other's intentions, be it our friends in heaven or on earth. We are all one family, and the Lord is pleased when, in our struggles, we try to support one another to get into heaven."

Our religion (and the promptings of the Holy Spirit in our hearts) instructs us to never try to contact the dead—saint or not. No seances, no fortune telling, or the conjuring of spirits of any sort. No talking to the dead in hopes we feel their spirit near us. Praying to the saints is all for the Glory of God and His plan. But we *can* "pray" to a saint asking for their intercession. Father Dan goes on to say, "The old English word 'pray' means 'to ask,' as in 'we pray you hear us and have mercy.'" Consider the Hail Mary prayer. Mother Mary is the greatest saint, and we pray to her. The Chaplet of Divine Mercy is St. Faustina's prayer. Then there is the Litany of Saints—same thing. So I'm not talking to them in a wrong way; rather, I'm talking to them so they can do work for the glory of God and help me on my road



to holiness. And believe me, their intercession helps us towards holiness because when they come through, that help is testament to God's greatness.

Sometimes we choose our saints because we share the same name, or our birthday is on a certain feast day. Sometimes we feel drawn to a saint and feel somewhat kindred to them through a shared experience.

But did you know that saints can choose *us*? Father Chris Alar, a Marian Father, says that they can. Have you ever noticed a particular saint's icon or picture around every corner you took, every book you opened, random conversations, or every post you saw on social media? Fr. Alar says that if you feel this is happening to you, then the Holy Spirit is giving you a

special message. Embrace it and look into this saintly prodding!

Saints are most relevant to our times and our lives. Lean on them. Many people have reached out to us at *Nasha Doroaha* saying they feel lonelier than ever. People's relationships have suffered especially due to COVID-19, and the war is tearing families apart. Others are looking for that special someone, or for healing of families and marriages. Below are some brief bios on particular saints who can help, and you are encouraged to research them further and choose one who you may need to intercede. But praying for saints' intercession is not in the place of praying to Christ. We go to Jesus first, in all things. But Christ *wants* us to lean on His helpers as well. Praying for one another is His request.

## SEEKING A SPOUSE

■ **St. Joseph:** Need we say more? The perfect husband. The perfect earthly father for Our Lord. The perfect saint when you want to just get married already. Head of the Holy Family, he is well aware of "all the virtues needed for a happy, Grace-filled marriage." Try him.

■ **St. Raphael the Archangel:** The Archangels stand before the throne of God, so they don't need to tread far to get His listening ear. Read the Book of Tobit in the Old Testament. St. Raphael arranges a marriage between Tobiah and Sarah. (I will leave the gritty details for you to read yourself.) St. Raphael ushered Tobiah through some sticky situations (both physical and spiritual ones) to bring him to the woman he would marry, Sarah. It was a marriage that was literally matchmade in heaven.

■ **St. Andrew:** St. Andrew is credited for many things (especially introducing his brother Peter to Jesus), but he is known as the saint of "fresh starts." He is particularly known for being the patron saint for single women wanting a good husband. He helps men find "worthy wives" as

well. But he is especially connected to women searching for a good husband.

Traditionally, in Eastern European countries, on St. Andrew's feast day, single men and women would reach out to the saint on that day for relationship guidance.

■ **St. Paraskeva:** This saint *loves* helping people find a spouse—especially men finding wives. But like St. Andrew, she isn't averse to helping the other way around too. St. Paraskeva was a virgin martyr who quickly became known for being a "practical saint of domesticity, marriage, and fertility." She is known for getting the job done, especially when the searching person tries to turn vices into virtues and improve as a person. She is especially helpful to people searching for a spouse but who struggle with uncertainties.

## TROUBLED MARRIAGES

■ **St. Rita of Cascia:** is famous for doing the heavy lifting when people seek her intercession. Back in her day, she had a husband who was the equivalent of a mafia member, and he was ►

a violent man. After years of suffering and constantly praying for her husband, he had a big conversion moment where he repented, and changed his life for good. Sadly, he died at the hands of a former enemy. St. Rita's overall experience with her husband put her through a lot. I mean, a ... lot. She can help.



■ **St. Monica:** St. Monica was the same. Her husband was a mean, non-believer who had extra-marital affairs. In fact, she had a lot on her plate: her ill-tempered husband; a difficult and overly critical mother-in-law; and, a wayward son who practised a heresy (Augustine, future saint and Doctor of the Church, no less). St. Monica spent much of her life in tears or praying (often both at once). Yet she believed, with the help of Christian friends, God would prevail (one such friend was Bishop Ambrose [also future saint and Doctor of the Church]). And boy did God ever prevail! Her husband converted, and so did her son. The rest is history. Both she and her son, Augustine, are saints! She's a good one to pray to for intercession. Plus, she has many friends in high places.

■ **St. Joseph:** See above bio on St. Joseph. He is also the patron saint of marriages and stepfamilies, for obvious reasons. ▶

This list could go on forever. There is a saint for everything. This just proves that we are never alone in our experiences and journeys. We have the Communion of Saints at our back interceding for us,

inspiring us, walking with us, and ultimately helping us grow closer to Christ. Like a trusted friend, they are always ready and willing.

**Bernadette Mandrusiak** wrote

### Patron Saint of Good Marriages

■ St. Priscilla

### Patron Saints of Difficult Marriages

■ St. Thomas More

■ St. Dorothy of Montau

### Patron Saint of Happy Marriages and Engaged Couples

■ St. Valentine

### Patron Saints of Abused Spouses

■ St. Castora Gabrielli

■ St. Margaret the Barefooted

### Patron Saint of Difficult Spouses:

■ St. Gummarus

### Patron Saint of Abandoned Spouses

■ **St. Helena** (discoverer of the True Cross in the Holy Land, mother of Constantine the Great). Her husband divorced her to marry a more politically connected woman.

## SAINTS FOR RELATED THINGS

■ **Mother Mary:** Our Mother is the greatest of all saints. But if you are experiencing **sorrow or sadness**, well, she knows a thing or two about that. Our Lady of Sorrows—cleave to her.

■ **St. Rita of Cascia:** Yes, again. She was put through the wringer. She is also the patron saint of **loneliness and lost causes**. (For the record, countless saints felt loneliness. You are invited to do more research.)

■ **St. John the Apostle, the Beloved Disciple:** Patron saint of **friendships**.

■ **St. Jude:** Patron saint of **impossible cases**.

■ **St. Eugene De Mazenod:** Patron saint for **troubled and dysfunctional families**. It's best you Google him and read for yourself.

■ **St. Elizabeth Ann Seton:** Patron saint of **grieving**. She lost her husband and five children.

an excellent article in the summer/fall issue (74) of *Nasha Doroha* titled "The Communion of Saints."

[https://www.ucwlc.ca/wp-content/uploads/ND2021-2-3\(74\).pdf#page=8](https://www.ucwlc.ca/wp-content/uploads/ND2021-2-3(74).pdf#page=8).



# Three Holy Youths in a Furnace

By Dobrodiyka Cornelia Mary Bilinsky

*This story is a retelling of a passage in chapter three of the book of Daniel in the Old Testament. It is included in the scripture readings of the Vespers service of Holy Saturday. It relates the experience of three young Israelites whose faith was tested during the Babylonian exile.*



Cornelia Bilinsky

**I**t was time for evening prayers. Abednego found a quiet spot in a little garden behind the king's palace and waited for his friends.

*How sad it is, he thought, that we have to hide when we say our prayers. How he wished things were as they once were back home in Jerusalem. The priests at the temple would offer evening prayers and sacrifices to the Lord. The air would be filled with the sound of chanting and the smoke of incense rising to the heavens. All the people were free to assemble and give praise to God.*

But everything was different now. King Nebuchadnezzar of Babylon had made war on the land of Judah. He had ransacked Jerusalem and taken away the sacred vessels from the temple. Many people were driven from their homes to a land not their own. Abednego and three of his friends, Daniel, Shadrach and Meshach, were taken captive and forced to serve at the king's court.

"The Babylonians do not know the one true God," Abednego said to himself, "or else they would not do the things they do! But then," he shook his head sadly, "our own people of Israel have not always been faithful to the Lord either. Perhaps we have deserved this punishment."

"Oh, there you are, Azariah!" Shadrach and Meshach shouted as they came around the corner, "We've been looking for you!"

Startled, Abednego arose, "Shh! Don't call me by that name! Someone might be listening!" He sighed. It was so unfair! Here in this place of exile, they could not even keep the names their parents had given them. "The palace master insists that we use these strange new names he has given us."

"I know," said Shadrach bitterly. "He's trying to turn us into Babylonians! But we are Israelites and we will be Israelites forever!"

Suddenly the sound of blaring horns, shrill pipes and beating drums resounded in the air.

"There it is!" said Meshach. "The summons to worship the golden statue. I wish our friend Daniel were here to tell us what to do. But he has been sent away on business for the king."

Abednego shuddered. King Nebuchadnezzar had recently built a huge golden statue. Then he had given a strict command to all the people of Babylon: "When you hear the sound of horns, pipes and drums, you must all fall down and worship this statue. Anyone who refuses to do it will be thrown into a fiery furnace."

"We are Israelites!" said Abednego with determination. "We will do what our holy ancestors did and what Daniel would do. We will worship the one true God!"

The three young friends stood together, turned their faces in the direction of Jerusalem and began to chant:

*"Blessed are you, O Lord, God of our fathers..."*

They had hardly begun their prayer when several of the king's guards appeared out of nowhere and rushed upon them.

"Aha! We've caught you in the act," shouted one of them. "You're going to pay for this!" They seized Abednego, Shadrach and Meshach, dragged them to the palace and brought them before the king.

"What is this?" asked the king. "Why have you brought before me these young men that I have taken out of the land of Judah to be my servants?"

"Sire," said one of the guards, "you have decreed that as soon as the music of horns, pipes and drums is heard, all people should fall down and worship the golden statue that you have made. Well, these men do not serve your god and they do not fall down and worship your statue. We have caught them praying to their own god!" ▶

King Nebuchadnezzar flew into a furious rage. “If you do not worship my golden statue,” he shouted, “you will be thrown into a fiery furnace. Then what god is going to save you?”

The three young men stood quietly and said nothing.

“Well, what is it going to be?” the king demanded.

Courageously, Abednego stepped forward. “I speak on behalf of myself and my friends. If our God, the one we worship, is able to save us from the fire, then He will save us. But be it known, O King, that we will NOT bow down and worship your golden statue!”

At this, King Nebuchadnezzar became even more enraged. “Throw them into the furnace,” he ordered his guards, “and make the fire seven times hotter than usual.”

Abednego, Shadrach and Meshach were bound and thrown into a furnace of blazing fire. The fire was so hot that it shot out burning flames that killed the guards instantly. In the midst of the flames, Abednego turned to his friends and led them in prayer:

*“Blessed are you, O Lord, God of our fathers, and worthy of praise;  
Glorious is your name for ever, for you are just in all you have done;  
By a true judgment you have brought all this upon Jerusalem... because of our sins...  
For we have sinned and broken your law in turning away from you,  
In all matters we have sinned grievously.  
We have not obeyed your commandments...  
But for your name’s sake do not give us up for ever,  
Do not withdraw your mercy from us...”*

Then an amazing thing happened! An angel of the Lord came down into the furnace and kept back the hot flames so that they would not touch or burn the young men. Suddenly it was as if a cool moist wind was whistling inside the furnace. Abednego, Shadrach and Meshach, realizing that they were safe and unburnt, continued to sing praise to the Lord in loud voices:

*“Praise the Lord and exalt Him for ever and ever!”*

From his couch, King Nebuchadnezzar heard the singing and was puzzled. He rushed down to the furnace to see what was going on.

“What is this!” he cried in wonder, turning to his guards. “Did we not throw three men into the furnace, into the hottest fire possible? And what do I see here? Three young men singing and walking around in the midst of the flames, not hurt in the least and with them a fourth person who looks like a god!”

“Abednego, Shadrach and Meshach, come out!” he ordered.

The three friends came out of the furnace. Not a hair on their heads was singed, their clothes were unharmed and not even the smell of the fire was on them. The king was overcome with amazement.

“Truly the God you trusted has saved you,” he said. “He must be some mighty God! From now on you are free to worship your own God and no one shall stop you.”

With great joy, Abednego, Shadrach and Meshach went their way, singing:

*“Give thanks to the Lord, for he is good, for his mercy endures forever!”*

\* \* \* \* \*

This story may resonate with many of us. When the coronavirus invaded the world, we were plunged into a kind of exile, separated from family and friends, from work and social activities and from worship in our own churches. We were obligated to follow a new order of rules and subjected to censure or punishment if we did not obey. And then, yet while our exile was still in effect, we witnessed the invasion of Russia into Ukraine, which forced millions of citizens to flee to safety and essentially be exiled from their homeland, and left others to face danger and deprivation under occupation. In the midst of these tribulations there is no doubt our faith has been constantly tested. This story of the three holy youths reminds us that our God never abandons us, even in the worst of our trials. Indeed, Jesus’ last words to his disciples before His Ascension were: “And remember, I am with you always, to the end of the age.” (Mt. 28:20)





Delegates of the Provincial Chapter of the Sisters Servants of Mary Immaculate, Province of Christ the King, of Canada, held 3-10 August 2022, Mount Mary Retreat Centre, Ancaster, ON.

## A poem about the founding of the SSMI Congregation

### Dedicated to the 130th anniversary of the formation of the Congregation

It was last year on August 27th that 130 years passed from the founding of the first active-functioning Ukrainian Congregation of Sisters Servants of Mary Immaculate (SSMI). Due to this significant occasion, I received wondrous inspiration to write a poem in verse, that mentions the three co-founders of the congregation, who made invaluable contributions to its history, and its origin. And, which time has shown, their part was exceedingly great.

For those who love history, I would like to briefly remind them that three people are considered as co-founders of the Congregation of the SSMI: Fr. Geremia Lomnytskyj—hieromonk of the OSBM; Fr. Kyrylo Seletskyj—parish priest of the village of Zhuzhel of the Peremyshl Diocese; and Sr. Michaelina Josaphata Hordashevska (now Blessed Josaphata), who became the first member and abbess of the new Congregation.

Father Geremia Lomnytskyj had a convincing idea of creating an active women's congregation, which would conduct extensive Christian activities

## Поєма про заснування Згромадження ССНДМ

### Присвячена 130-річчю утворення Згромадження

Що́го року, а саме 27го серпня минуло 130 років з часу заснування першого українського активно-діючого Згромадження Сестер Служebниць Непорочної Діви Марії (ССНДМ). З нагоди знаменної дати, я одержала дивний внутрішній поштовх написати віршовану поєму, в якій згадуватиметься про трьох співзасновників Згромадження, які вклали неоціненний внесок в історію його виникнення і їх роль, як показав час, була надзвичайно велика.

Для тих, хто любить історію, хочу коротенько нагадати, що співзасновниками Згромадження ССНДМ вважаються три особи: о. Єремія Ломницький — ієромонах ЧСВВ; о. Кирило Селецький — парох села Жужеля Перемишльської Єпархії; і с. Михайлина Йосафата Гордашевська (тепер Блаженна Йосафата), яка стала першим членом та настоятелькою нового Згромадження.

О. Єремія Ломницький мав переконливу ідею створення активного жіночого згромадження, яке б вело широку християнську діяльність

among the faithful, and the youth and children in Halychyna (Ukraine). Subsequently, he became the spiritual founder of the newly formed Congregation of the SSMI, as well as an irreplaceable mentor and leader of the monastic life of the Sisters.

Father Kyrylo Seletskyj helped to build the first house for the new congregation and agreed to be the Procurement of the Material Affairs of the Sisters and the signatory of all official documents for the Church and the state authorities.

Sister Josaphata Hordashevska's heart burned with the desire to dedicate her life exclusively to God. Therefore, she intended to enter the monastery of the Basilian Sisters. Since Fr. Geremia Lomnytskyj was her spiritual guide, he knew that Michaelina was capable of being an example and an impeccable leader, so he offered her the chance to become the first Servant and founder of the new congregation.

This is a brief history of the co-founders of the SSMI Congregation, which is necessary to understand the text of the versed poem.

More information about the history of the founding of the SSMI Congregation can be found in the following books:

1. *Prayer and service*. Sr. Dominica G. Slawuta, SSMI;
2. *The spiritual heritage of Fr. Geremia Lomnytskyj, OSBM*. Sr. Oresta Borshovska, SSMI;
3. *Блаженна Йосафата – сяйво Божої любові і краси*. с. Луїза Цюпа, СНДМ, с. Ореста Боршовська, СНДМ.

Sister Oresta Svorak, SSMI

**А поем... ►**

John: I won!

Peter: Who's even gonna know?

John (whispers): Everyone will know...

**So Peter and the other disciple started for the tomb. Both were running, but the other disciple outran Peter and reached the tomb first.  
John 20:3-4**

серед вірних, молоді і дітей в Галичині (Україна). Згодом, він став духовним засновником новоствореного Згромадження ССНДМ, а також незамінним наставником та провідником чернечого життя Сестер.

О. Кирило Селецький допоміг побудувати перший дім для нового згромадження і погодився бути Прокуратором Матеріальних Справ Сестер та підписувачем усіх офіційних документів перед Церквою і державною владою.

Серце Сестри Йосафати Гордашевської горіло бажанням посвятити своє життя виключно Богові. Тому вона мала намір вступити до монастиря Сестер Василіянок. Так як о. Єремія Ломницький був її духовним провідником, він знав, що Михайлина здатна бути прикладом і бездоганним керівником, тому запропонував їй стати першою Службеницею і родоначальницею нової згромадження.

Ось коротенька історія співзасновників Згромадження ССНДМ, яка необхідна для зрозуміння тексту віршованої поеми.\*

\* Глибше про історію заснування Згромадження ССНДМ можна дізнатися з книжок:

1. *Молитва і служіння*. с. Домініка Г. Славута, СНДМ;
2. *Духовна спадщина о. Єремії Ломницького, ЧСВВ*. с. Ореста Боршовська, СНДМ;
3. *Блаженна Йосафата – сяйво Божої любові і краси*. с. Луїза Цюпа, СНДМ, с. Ореста Боршовська, СНДМ.

**Поема... ►**



## A poem about the founding of the SSMI Congregation Поема про заснування Згромадження СНДМ

Єреміє, Єреміє! Вчув народ, що думка зріє...  
І зрадів натовп села, Бог післав дивні слова;  
«Хочу вибрати покірних, несміливих, навіть бідних,  
Беззахисних, серцем чистих, в терпіннях — погідних!»

Відзвалися дівчата і побігли щось шукати,  
Отець хотів розпитати, відгуки про місію вгадати,  
Серце в небожат дрожало, гарних слів не підбирало:  
«Як нам Богові служити, щоби посаг не платити?»

Несподіванка, як блискавка в голову вселилась,  
Знак з неба і сила дивна — в кандидатках об'явилась!  
Що робити? Де піти? Як їм місце віднайти?  
Слова розпачу дзвеніли, розв'язати їх веліли!

Думки-сумніви літали і повітря розганяли:  
«Як я раду в справі дам, як огорну усе сам?»  
Він не спав — молився ревно, голос Божий слухав чемно,  
Що приватний план обрав і на допомогу пароха прислав!

Ось отець Кирило переконливо згодився,  
За придбання дому для Сестер вхопився,  
Хату і город від вдови купив,  
Чотири кімнати до будівлі причепив!

Пожертви збирали, різні блага, статки,  
Фондами від місій — покрили видатки,  
Дерево і матеріали — дворяни придбали,  
А бідні селяни — будувати помагали.

Так отець Селецький матеріальні справи взяв,  
За фінансові папери перед урядом відповідав,  
Домовленість існувала, що довіру зберігала,  
Про духовний стан — мав подбати Єремія сам!

Василіяни приїжджали до Жужеля часто,  
Конференції і місії провадили гласно,  
Молодь і дорослих скріплювали в вірі,  
Кандидаток готували, щоби були — зрілі!

І задумався Ломницький: «Де особу відшукати?  
Та кому пропонувати — першим членом позістати?»  
Бути прикладом в усьому, наставником — у новому,  
Та скривати він не зміг — у труднощах застеріг!

Щоб спитати Йосафати — не прийшлося довго чекати,  
Хоч вагання — відчувала, здібність та чесноти — мала,  
І важливість — розуміла, служити народу — вміла,  
Пропозицію — прийняла, бо потреба — вимагала!

Єреміє, Єреміє! Серце в захваті радіє... !  
Відбулося відкриття, справа виросла свята,  
Згромадження — народилось, бідним вікно — відчинилось,  
Торжество дітвора, що їх вчитиме — Сестра!

Вибрав Бог провідника, як невтомного борця,  
Ревного служителя — душ людських любителя,  
Труднощів він не боявся, із задуманим —  
справлявся,  
Від початку — до кінця — перемагав незнання!

На Празник Успення: «Скільки бачимо натхнення?  
Кожен з натовпу радіє, світло Боже — зерно сіє.»  
Духовенство запросили, дім для Сестер освятили,  
Церемонія — пройшла, людей огорнула любов  
неземна.

Хата була бідна, без вигод і світла,  
Не мала підлоги, лиш земля, немов дороги,  
Одна шафа — на вісьмох, зроблена з простих  
дощок,  
Стіл, ліжка, двоє лавок, дев'ять ложок й тарілок.

Бідність і убожество — панували всюди,  
Сестер не лякали, навіть людські суди,  
Хоч свічки не було, й горнятка — на воду,  
Серце сподівалося — на взаємну згоду!

Позичили в отця свічку, засвітили в темноті,  
Мир і радість відчували — в новій спільноті!  
Сестра пароха принесла на вечерю курку,  
Йосафата поділила серед дівчат булку.

Помолились на початок і сіли за стіл,  
Особисту долю — склали на Престіл,  
З усмішкою споглядали — одна на одну,  
В думках прославляли — годину святу!

А свічка горіла, неначе Зоря,  
По чужих країнах розповзлась вона,  
Збільшувала траєкторію по кулі Земній,  
Дух Святий співпрацював на її стороні!

І рознеслося служіння по світу кругом,  
Душі вірних наповнялись вірою, теплом,  
Історія рахувала — покликань число,  
А світло віднови — в серцях залягло!

Доми виростали, як гриби після дощу,  
Сестри переслідували — ідею одну:  
«Любити, прощати, про духовні скарби дбати,  
Для сиріт і немічних — працю жертвувати.»

Полум'я молитви проникало у світи,  
Де Провінції Службниць утворитися змогли,  
А справа засновників — Божий план сповняла,  
Епоха відродження — у вірі тривала...  
— с. Ореста Сворака, СНДМ

## Pavlyna Tsvilyk (1891-1964)

A master of Hutsul ceramics, Pavlyna Tsvilyk remains of exceptional importance in the history of the development of Ukrainian decorative arts. Pavlyna was born in Kosiv, Ukraine in 1891 into the family of potter Yosyp Oleksiyovych Sovizdraniuk. Together with six siblings, she would help her parents carry the clay and water needed in their day-long work making the pottery that they would sell at the local market on Sundays.

It was at her grandfather's workshop that Pavlyna developed her skills as a fine potter. At the potter's wheel she followed his wise teachings and progressed from making small cups, bowls, and vases to form dishes and more intricate shapes. In the beginning she painted her pottery using simple floral and geometric motifs. Her creativity grew and was inspired by the picturesque nature of the rich environment of the Carpathian Mountains. The ornamental beauty of everyday objects created by talented masters of the past also influenced the aesthetics of her work.

At the age of 19, Pavlyna was recognized as a master and her ceramics received accolades when they were exhibited in Vienna. In 1922 she married Hryhoriy Tsvilyk from Kolomyia. He became her assistant and in addition to statuettes of Hutsuls and traditional household ceramics, together they made many small sculptures for children, mostly whistles in the form of cuckoos, roosters, and lambs. At the 1933 exhibition in Kutly, the ceramics of Pavlyna and Hryhoriy Tsvilyk were awarded a gold medal. At exhibits in Lviv and Vorokhta, their work



**Ceramic Flask and Jug.** This glazed and painted earthenware, incised with floral motifs, is the work of master potter Pavlyna Tsvilyk. It was made in Kosiv, Hutsul region, Ivano-Frankivsk oblast in western Ukraine in the mid 20th century.  
— *From the Toronto UCWLC collection.*

*Permanent collection of Musée Ukraina Museum.*

Керамічна фляга і глечик прикрашені рослинними мотивами. Робота майстрині з гончарства Павлини Цвілик. Виготовлено в середині ХХ століття в Косові, Івано-Франківської області, Україна.

received multiple awards. Pavlyna's husband, Hryhoriy, died in 1952 after a serious illness. After this loss she said, "... at work, I found the only joy in life."

Her granddaughter Nadiya became her assistant to whom she passed on all her rich experience and skills. Pavlyna's original and creative work continued to receive accolades when shown at the World's Fair in Brussels (1958), the Folk Art Exhibition in Sofia, Bulgaria (1958), and at the Soviet Industrial Exhibition in New York (1959). In 1962 she was awarded the Silver Medal at the World Ceramics Exhibition in Prague. In her seventies she continued her work in ceramics, distinguished by their novelty of form, sophistication

of ornamental compositions, and charming play of traditional colours. Her thematic drawings on plates and earthenware, both naive and spontaneous, are filled with poetry and living warmth.

The ceramic artifacts of Pavlyna Tsvilyk are included in major museum collections around the world. Musée Ukraina Museum in Saskatoon has a fine representative collection of her work that has been donated and acquired over the years. Several of these fine pieces are from the recently added collection of the UCWLC Toronto Museum.

Kosiv Art Library; Library of Ukrainian Art; Ukrainian Museum, New York; hutsul.museum

# The Poppysseed Chiffon Cake

By Joyce Sirski-Howell

For the September 2022 Edmonton UCWLC Eparchial Convention, the cultural committee chose to feature the poppyseed chiffon cake for the baking competition. When I first read about this, I was taken back to October 1968. I attended my first wedding reception in Reno Hall in northern Alberta. Entering the hall and all ready for guests, I saw long tables set with evenly spaced poppyseed and maple walnut chiffon cakes. Any event hosted by the Ukrainian ladies would be sure to have those two flavours. I knew what cake would be baked for my birthday, just like Lyrissa Sheptak's mom makes for her—poppyseed chiffon cake!

As I write this in November 2022, my husband suggested I read an article "The Cake Recipe That Was a Secret for Two Decades" from *The New York Times Magazine* dated November 30, 2022. It starts out "A century ago, chiffon cake did not exist..." Several years ago, I was given a copy of a pamphlet titled *Betty Crocker Chiffon Cake Recipes and Secrets*. So, I already knew a little of its history. The pamphlet was originally published in 1948. On the back cover is written "Biggest Cake News in 100 Years."

Here are several points of interest that I have compiled from various websites. I learned that Harry Baker is credited with the creation of the chiffon cake (the late 1920s). In *The Seattle Times*, in an article from May 7, 2005, it is written that "In 1927, [Harry Baker] came up with an unusual cake that was light and fluffy, more tender than angel cake, more flavorful than sponge cake." The article went on to say, "Baker had replaced the usual butter with oil" and then "you fold in stiffly beaten egg whites." (He substituted oil for solid fat.) Harry Baker filled his time by selling cakes.

In 1947 he sold the recipe to General Mills/Betty Crocker. In 1948 the pictured pamphlet was released.



Because the recipe for poppyseed chiffon cake is not found in the 1948 pamphlet, who *actually* created the first one? Well, we can see when the recipes began to emerge by the cookbooks that included the recipes. The 1955 cookbook, *Hostess All Tested Recipes* from the Vegreville, Alberta Ukrainian Orthodox Ladies, has a recipe on page 56. St. Basil's UCWLC Edmonton, *Culinary Treasures*, 1959 version, has a recipe on page 44. The ingredient lists are identical. I have found that several community cookbooks from 1952 include chiffon cake recipes, but not poppyseed. However, page 38 of the 1956 *Cook Book Farm Women's Union of Alberta* features Poppyseed Chiffon Cake, submitted by Elizabeth Sembaliuk, baba to known artist Larisa Sembaliuk Cheladyn.

I wonder, was the poppyseed chiffon cake embraced more in rural communities where their own poppyseed was grown and the hens laid plenty of eggs? Connie Bilinsky, in *The Wooden Spoon* cookbook, Oshawa Branch #2, submitted this with her recipe on page 116: "Since coming to this part of Ontario, I've seldom seen a chiffon cake. When I was growing up in Manitoba, chiffon cakes were very popular. They appeared at every social function and in every county fair baking contest, in various flavours and covered in frosting tinted pink, green or yellow. Some bakers sneaked in an extra couple of egg whites to ensure that the cakes would be high and fluffy."

Anyway, coming back to the UCWLC competition. Nine chiffon cakes were entered. Barbara Olynyk's entry placed first. Barbara is sharing her winning recipe and tips in this issue of *Nasha Doroha*. Second place winner Joyce Chronik-Rudiak shared this tip: "Try several recipes and find one that you like. Each one's taste is different. I've tried many different recipes, even some that other women raved about, but they were not what I preferred. I always like a moist cake, even if it is a chiffon cake. I finally found one that, for my taste, is a winner." Joyce uses a peanut butter icing. Third place winner Phyllis Kobitowich offered this tip: "I added a couple of extra egg whites and prayed the cake would rise." Phyllis shared her recipe for "Peanut Butter Icing": 1 cup brown sugar, 6 tablespoons each of butter, peanut butter, and



The Wooden Spoon Cookbook featured in the winter 2022 issue has been reprinted! Contact UCWLC Branch #2 in Oshawa, ON, to purchase one: [branch2ucwlc@gmail.com](mailto:branch2ucwlc@gmail.com)

cream. (Note: I, Joyce, would measure these using a ¼ cup plus 2 tbsp.) Phyllis also advises to use cream, not milk. It makes for a smoother mixture. Then beat together until smooth.

Enjoy making the winning recipe. And if you have the fourth

(not dated) or the fifth (dated 1963) copy of *Tested Recipes* by Goodwill Club of the Ukrainian Catholic Women's League of St. Josaphat's Parish, Edmonton, on pages 44-45 or 34-35 you will find the original 1948 recipe and variations.

Note: There are various websites that you can refer to about chiffon cakes. One in particular that I enjoy is "the vintage chiffon cake site." Here is the link: <https://vintagechiffoncake.neocities.org/originalrecipe>.

## ■ Poppysed Chiffon Cake Recipe

**Barbara Olynyk**

When I won first prize at the UCWLC Edmonton Eparchy Convention baking contest on September 10, 2022, I was asked to share my recipe and my tips, which have basically evolved from trial and error over the years. My own tips appear in parenthesis with an asterisk.

Preheat oven to 325°F.

Soak ½ cup poppyseed in 1 cup water for 2½ hours.

Sift into large mix master bowl:

2 cups cake flour (*\* I prefer to use 1 cup cake flour, and 1 cup regular white flour.*)

3 tsp baking powder

1½ cups white sugar

1 tsp salt

Make a well in the middle of the flour mixture and add:

½ cup salad oil

8 unbeaten egg yolks (*\* I use large eggs at room temperature.*)

(reserve egg whites for later)

poppyseed with water

1 teaspoon almond flavour

1 teaspoon vanilla

¼ teaspoon soda

Beat well. (*\* I beat this in the mix master on high until the mixture appears almost marshmallowy, anywhere from 5 to 10 minutes. I don't think this mixture can be over beaten; however, I think under beating leads to an inferior product.*)

In a separate, large, glass bowl, beat the 8 egg whites until stiff. Add ½ teaspoon cream of tartar. Continue beating until very stiff. (*\* This process is very important. I beat the whites with an electric hand mixer, because I like to feel the tension in the egg whites as I beat them. They need to be beat long enough so that, when you cut into them with a knife, the egg whites split. I can feel the tension in the beaters when the egg whites get to this point of stiffness. However, over beating will make the egg whites dry and the cake will not turn out as well.*)

*In my opinion, the beating of the egg whites to the right consistency is most important to a light chiffon cake.)*

Then slowly and gently pour small amounts of batter over the egg whites. I never measure, but I don't want to put too much batter on the egg whites at one time. I basically pour batter to almost cover the surface of the whites each time. If your batter and egg whites were well-beaten, the batter will probably sit on top of the egg whites. Then gently fold the batter into the egg whites with a spatula. (*\* This process is very important because you want to fold the batter gently so as not to remove the air from the beaten egg whites. In my experience, if the batter is too thin, it will sink into the whites and the final product will not be as light. That's why the texture of the batter should be marshmallowy.*)

After all the batter is incorporated into the egg whites, pour the mixture gently into an ungreased tube pan. Bake at 325°F for 50 minutes. Then increase to 350° for 15 minutes. (*\* There are usually cracks on top of the cake. I touch the cracks to make sure that they are dry. Then I am sure the cake is ready.*) Take it out of the oven, invert the pan and let cool. (*\* Because I use 8 egg whites, this cake is usually very high and grows well above the pan. I have to invert it onto a turned over glass.*)

To remove the cake from the pan, slide a thin, long knife along the inside edge of the pan and the inside circle. Push it out of the pan and release the cake from the bottom by sliding a knife along the bottom.

I like to use a pistachio pudding frosting on the cake:

One large box pistachio instant pudding

2 packages dream whip

2 1/2 cups cold milk

Beat together until mixture is very thick. Spread on the cake.

This cake is a family favourite. It is soft, airy and light. I hope you try it and like it as much as we do.



# *Haivky* and Other Easter Traditions



*Haivky* are ritual songs sung in spring and around the Easter season. Once an ancient pagan custom, like so many of our other beloved traditions (like *pysanky* writing) they became Christianized with the acceptance of Christianity in Ukraine.

In pre-Christian times, the coming of spring was greatly anticipated. Long ago, one way people celebrated spring was to pay homage to particular ancient gods and idols by singing pre-Christian *haivky*. Flowers, *rushnyky*, and *pysanky* were placed next to these idols.

The traditions of spring fun and the songs of *haivky* were passed down through the generations. In pre-Christian *haivky*, many songs touched on the life cycle of gardening: sowing and planting along with growth and harvest. In Christian traditions, *haivky* reflect the joy of spring and the Resurrection of Christ.

**Easter**, which is called *Paska*, is a celebration of Christ's Resurrection and His victory over death. Spring and new life are also signs of victory over the desolate days of winter. Just like the faithful do today, our Christian ancestors attend church services. Long ago, the Christian

faithful used to go to church during which the Holy Shroud was carried out. Parishioners would walk around the church carrying *khорuhvy* (religious banners) and sing. As the sun rose, the church choir began to sing "Khrystos Voskres! Christ is Risen!" Three bells rang, announcing that it was time to bring the *paska* baskets for blessing. Traditionally, *babka*, cheese, butter, homemade sausages, eggs, *pysanky*, horseradish, salt, and *paska* decorated with *periwinkle* were placed in the basket. After the blessing of the Easter basket, the family headed home to enjoy it. As family members gathered at the table and sat solemnly, the blessed egg was cut into as many pieces as there were people at the table, and the egg was consumed. Then the rest of the contents of the basket was hungrily devoured.

After the Easter meal, in the afternoon, the youth gathered for some fun. Young people gathered near the church to play games, sing *haivky*, and dance. Some games they enjoyed playing were "tsokane" (beating eggs) where the one who managed to break the opponent's egg took it for himself. Competitive bachelor games like "dovha loza" ("long vine"), "kashy varyty" ("cook the porridge"),

among many others demonstrated their strength and prowess. Girls liked to dance and sing songs like: “mak” (“poppy”), “kryvyj tanets” (“crooked dance”), “shum” (“noise”), and “verbova doshchechka” (“willow plank”). Girls were judged based on how they could transform everyone’s spirits by their artistic abilities through song and dance. During the performance of the “Arrival of Spring,” they pretended to pave the way for spring with their hands, singing “Verbovaya doshchechka.” They greeted it with music and took this opportunity to flirt with the bachelors.

Today, throughout Ukraine, especially in the west, there is a growing interest in these spring songs. *Haivky* are part of this revival of traditional Ukrainian religious folk culture.

Here is one example of a *haivka*:

## Великодня пісня

Ой на горі жито, жито  
 Ой на горі жито, жито,  
 На долині овес,  
 На долині овес.  
 Як задзвонять в усі дзвони,  
 Скажуть: “Христос воскрес!”  
 Скажуть: “Христос воскрес!”  
 Як задзвонять в усі дзвони.  
 Чути аж на гору,  
 Чути аж на гору,  
 Збирайтеся, люди добрі,  
 До Божого дому,  
 До Божого дому,  
 Збирайтеся, люди добрі.  
 Слушайте науки,  
 Слушайте науки,  
 Бо Йсус Христос да й на хресті  
 Терпів за нас муки,  
 Терпів за нас муки.  
 Ми не годні відпросити,  
 Ані відмолити,  
 Терпів за нас муки.  
 Лиш мусимо щонеділі  
 До церкви ходити,  
 До церкви ходити.

Special thank-you to Nastasia Marusyk, who shared her information.

Source: <http://www.chasipodii.net/article/8173/?vsid=fc5ad465d33eab109de6107>

## 2022 Taste of Canada Hall of Fame Honour

In Toronto on November 7, 2022, cookbook author Savella Stechishin, well known for her untiring work sharing and preserving the Ukrainian heritage, was inducted into the Taste of Canada Hall of Fame. She was inducted for the cookbook *Traditional Ukrainian Cookery*. First printed in



1957, it has since been reprinted 18 times. Written in the posted article from [www.tastecanada.org/hall-of-fame](http://www.tastecanada.org/hall-of-fame), “We are especially pleased to honour our Savella Stechishin in 2022, when Canada and Ukrainian-Canadians stand in solidarity with Ukraine, as it fights Russian aggression.” The Hall of Fame is sponsored by the Culinary Historians of Canada. Such an award shows us that Ukrainian cookery is a major part of Canada’s cooking scene. Hopefully we now realize that the UCWLC “Save the Cookbook Project” is, more than ever, important to support. The project is nowhere complete; many branches have yet to respond.



Joyce Sirski-Howell



**Edmonton Eparchy** ♦  
**ЕДМОНТОНСЬКА ЕПАРХІЯ**

**THE UCWLC EDMONTON EPARCHY MUSEUM'S 70TH ANNIVERSARY EXHIBIT**

Edmonton Eparchy's UCWLC Museum celebrated its 70th Anniversary October 2-6, 2022. The event also honoured the 130th Anniversary of Ukrainian immigration to Canada and took place at St. Josaphat Ukrainian Catholic Cathedral in Edmonton. The celebration was an exhibit showcasing 70 years of collecting, documenting, and preserving a multitude of items representing many aspects of Ukrainian material culture. The theme for this well-planned exhibit

was "That Old Sheepskin Coat - Toi Staryy Kozhukh."

An interesting program provided background on the museum and its vast collection. The variety of items, well-displayed, represented only about 20% of the museum's entire collection. These included articles of men's and women's clothing, headwear, khustky, poyasy, an array of rushnyky, pillows, leather goods, and accessories of all kinds. Examples of Ukrainian embroidery stitches were beautifully displayed as framed art with informative descriptions. A stunningly beautiful kylym originating from the Shklanka Family of Saskatchewan was also displayed.

Chair of the Eparchial Museum Committee Joyce Chronik-Rudiak opened the program. First

introduced was Bishop David Motiuk, Eparch of Edmonton and Apostolic Administrator of the Eparchy of New Westminster. In a portion of his prayer he said: "Loving Lord, You are the author of all creation and all beauty as we celebrate the 70th anniversary of the museum of the UCWLC Eparchy of Edmonton and 130 years of Ukrainian immigration and settlement in Canada... Bless the museum that it may record not only the past, but help our peoples to understand our identity and purpose in life, and in faith, as You have given. Thereby making the museum a living museum, whereby our children and grandchildren and all may be proud of our spiritual and historical patrimony, so that we, in turn, may bless You and Your people for generations to come..." ►

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As explained by Chronik-Rudiak, the exhibit theme, “That Old Sheepskin Coat,” came from a song of the same name recorded by the Ukrainian Male Chorus of Edmonton. The song was inspired by a photo of an authentic kozhukh taken by Gordon Gordey who is an accomplished personality in Edmonton’s arts community and internationally. He worked with the Shumka Dancers for 42 years including 10 years as artistic director. Gordey is an 8-year board member and currently First Vice President of the Ukrainian Canadian Foundation of Taras Shevchenko. He recently spearheaded the Shevchenko Foundation’s grant and scholarship programs to support displaced Ukrainian newcomers. Among them are young aspiring musicians, dancers, artists, and creative culture makers. Gordey looks to them to challenge the diaspora to embrace the birth of a new dynamic cultural expression inspired by our ancestral homeland, Ukraine.

Gordey was a very engaging and entertaining keynote speaker. He noted the translation, “That Old Sheepskin Coat,” may be correct but “everyone who has even a slight knowledge of our Ukrainian language knows that the translation

doesn’t embody what ‘Staryy Kozhukh’ means to every one of us.” He explained that “It’s not all positive. For others, Sir Clifford Sifton’s statement: *‘I think a stalwart peasant in a sheepskin coat, born on the soil, whose forefathers have been farmers for ten generations, with a stout wife and a half-dozen children, is good quality.’* The settling of Canada brings accounts of discrimination and the subsequent perseverance of Ukrainian immigrants to fight for and build an identity as Canada’s nation builders.”

Gordey further said, “There is an irony that in the late 1960s sheepskin coats were part of the height of ‘hippy culture.’ To prove it, here is my wife Cathie’s ‘hippy sheepskin’ coat from 1969 bought at Henry Singer’s. If you were ‘with it,’ you wore a sheepskin coat on the streets of London, Rome, and Edmonton.”

Gordey shared the interesting back story of the song *Toi Staryy Kozhukh*. The Edmonton Ukrainian Centennial Male Chorus collaborated with composer Willi Zwozdesky to write the choral and piano arrangements to the music written by the late Gene Zwozdesky with the lyrics penned in Ukrainian by the late Anna Zwozdesky and later translated into English by Gene. The

song was performed for the 100th anniversary of Ukrainian settlement and then recorded in 1992.

Guests watched a stirring music video of *Toi Staryy Kozhukh* performed by the Edmonton Men’s Choir, depicting authentic photos of early immigrants to Canada showing their lives, their work, and culture. Also on display was the inspirational photograph of a staryy kozhukh taken by Gordey. For historical authenticity, the photo was taken on the site of a 1930s community livery stable in Spedden, Alberta, built by Gordey’s relatives, and the instruments are also his family heirlooms.

Gordey shared that “At the Shevchenko Foundation we have recently re-written our grant programs for Collections Management and Exhibitions. Our support statement reads:

The Collections Management and Acquisitions Sector provides support to organizations and institutions with permanent collections such as archival repositories, museums, libraries and art galleries to collect, study and preserve material and intellectual capital of Ukrainian Canadian cultural heritage, including history, ethnology, folk art, fine art and archives.

The Exhibits and Related Programs Sector of the Heritage Pillar provides project support to groups, organizations and institutions for the creation of public exhibitions of museum and archival collections related to the history of Ukrainians in Canada.

The enormous contributions of the museum’s long-time volunteers and curators were acknowledged. Joyce Chronik-Rudiak, expressed gratitude to long-time museum curator Nadia Cyncar, who has been a dynamic and

## Me on the first day of Lent vs me on the second day:



indomitable force throughout the museum's history, and to long-time museum committee chair Evelyn Cook, who has been a calm and steadfast leader. Current committee members were acknowledged and introduced. They included Luba Baziuk, Jeanette Bayduza, Nadia Cyncar, Jean Kowal, Lana Kukhar, Mary Ann Phillips, Iris Semeniuk, Helen Sirman, Joyce Sirski-Howell, Oksana Tarnawska, Helen Tymoczko and Maxine Zakordonski.

Joyce Sirski-Howell presented a brief history of the museum. Following was a delightful mini ethnographic study about the kozhukh by Lana Kukhar, Curator's Assistant. She highlighted interesting traditions, ritual functions, and folk beliefs involving the kozhukh. References to it are found in folk songs and sayings, especially in lullabies, where the kozhukh symbolizes comfort and peace for a child.

A children's colouring book created to honour the 130th anniversary of Ukrainian immigration to Canada was launched during the exhibit. The illustrator is Viktoriia Bondarenko, who fled Ukraine in April 2022 and currently resides in Edmonton. The colouring book was co-authored by Radomir Bilash and Joyce Chronik-Rudiak, with added editorial assistance by Barb Olynyk, Joyanne Rudiak-Longhurst, Rena Hanchuk and Yaroslav Kitynsky. The publication was funded, in part, by the Shevchenko Foundation, Ukrainian Canadian Veteran's Fund.

Lovely background piano music performed by talented pianist, conductor and musician Irena Tarnawska added to the happy and relaxed atmosphere at the exhibit.

Lidia M. Wasylyn  
Eparchial UCWLC Constitution Chair

## 180 AMULETS FOR THE UKRAINIAN MILITARY

Adapting an idea that originated with ACUA (Alberta Council for the Ukrainian Arts), multi-generational ladies from St. Nicholas Ukrainian Catholic Parish in Edmonton embroidered 180 amulets for the Ukrainian military to wear under their uniforms in an effort to help keep them safe as they fight the Russian invasion of their homeland.

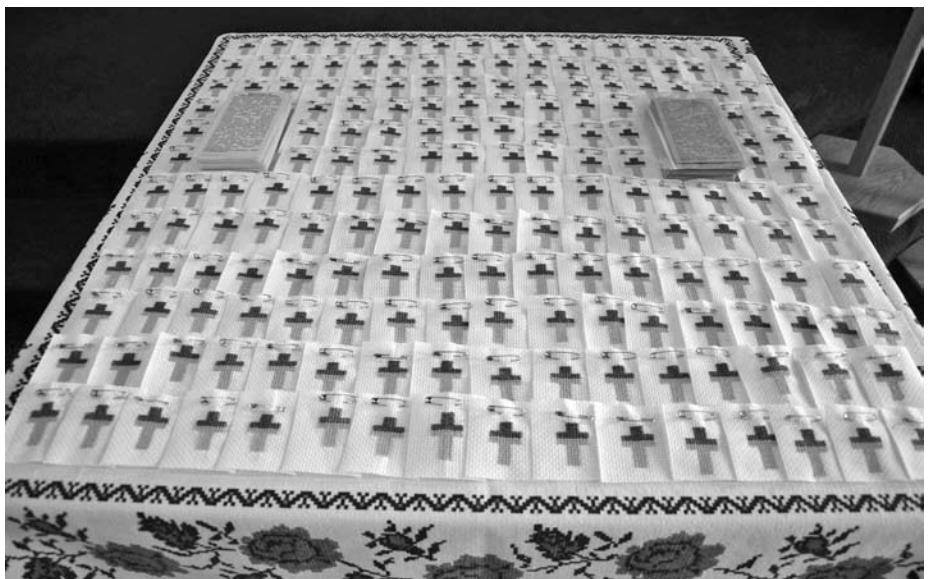
One of the embroiderers, a

St. Nicholas UCWLC member, Emmeline Hlushak, embroidered 60 of the amulets while watching Pope Francis' visit to Edmonton on TV. A young, recent Ukrainian newcomer to Canada, Sofia Yakymovych, also participated in the project.

On Sunday, August 21, Fr. Julian Bilyj, the parish priest, blessed the amulets and said a prayer that he provided, which is to be included with each amulet. The amulets will be sent to Ukraine to be distributed to Ukrainian military. It is also

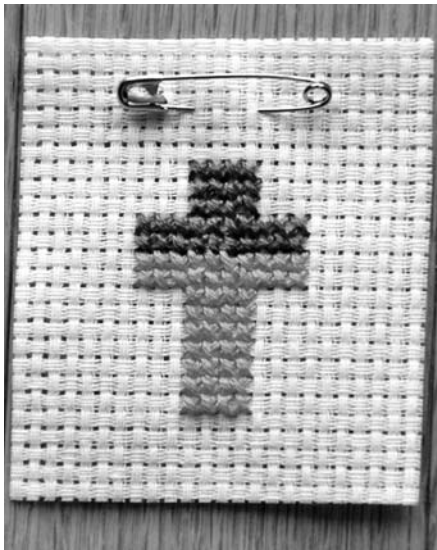


**Left side:** front - Emmeline Hlushak; middle - Barb Olynyk, Sofia Yakymovych; back - Bernadette Mandrusiak. **Middle:** Father Julian Bilyj. **Right side:** Joyce Chronik-Rudiak, Joyanne Rudiak, Ruth Laskey, Hannah Sahaidak, Lesia Levytsky. Embroiderers not in photo: Inessa McIntyre, Vera Oszust, Brittany Ward.



planned as an activity for delegates to make at the upcoming UCWLC Eparchial Convention.

This project was organized by the St. Nicholas UCWLC Cultural Committee (Christina Csernyanski and Joyce Chronik-Rudiak)



Submitted by Joyce Chronik-Rudiak  
St. Nicholas UCWLC

## Saskatoon Eparchy Саскатунська Єпархія

### 38TH EPARCHIAL CONVENTION (EPARCHY OF SASKATOON)

October 14-16, 2022  
St. Basil's Church/Hall, Regina

Thursday evening, October 14, 2022, opened with a branch president meeting led by Eparchial President Patrice Detz, HLM. Early Saturday morning, a Divine Liturgy and a panakhyda for deceased UCWLC and UCBC members were held at St. Basil's Church with Bishop Peter Stasiuk, CSsR. The Very Rev. Ivan Nahachewsky, Fr. Vasyl Tymishak, and Fr. Warren Dungen were co-celebrants.

The official opening ceremony of the convention followed with MC Elizabeth Zahayko inviting ten UCWLC and four UCBC branch presidents to carry their branch flags, and three members to carry Canadian, Saskatchewan, and Ukrainian flags for the "Procession of Flags" ceremony. Official greetings were given by UCWLC National President Marlene Bodnar; UCBC National Representative Glen Tymiak; UCWLC Eparchial President Patrice Detz, HLM; UCBC Eparchial President Mark Woitas; the Very Rev. Ivan Nahachewsky, Chancellor; and a message was read from CWL Provincial President Connie Crichton.

The organizations carried their own meetings in separate rooms focussing on the theme of the convention "Christ Has No Body Now but Yours." But they gathered for special messages and presentations by guest speakers.

Sister Sophia, SSJ, gave a spiritual message on the theme to commence the UCWLC meeting in the

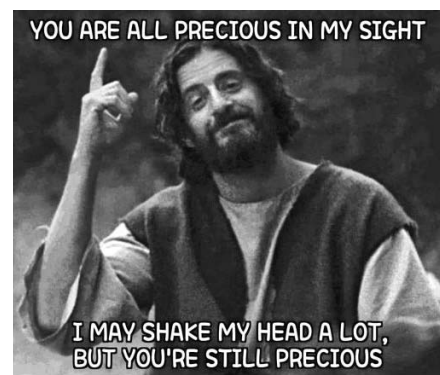
morning, and Bishop Peter Stasiuk, CSsR, spoke in the afternoon on the theme and how we could all—as Ukrainian women and men—use our theme to attract all church members to join our organizations. (Both of their messages can be found in this issue #80.)

At the conclusion of the meeting, the Past President pin, flowers, and gift certificates were presented to out-going president Patrice Detz, HLM, who thanked everyone on her past executive and standing committees for the unprecedented past three years due to COVID-19.

President pin and flowers were presented to our in-coming president, Doreen Rathgeber, who then gave her goals for her term to the new executive, the standing committees, and UCWLC members. The new eparchial executive will now be moved to Yorkton, Saskatchewan, for the 2023-2024 term.

MC for the Saturday evening banquet and program was Josie Vantour, HLM. Guest speaker was the Very Rev. Ivan Nahachewsky who continued with our theme. Raffle and silent auction prizes were given out to conclude the evening. Sunday morning Divine Liturgy and brunch brought our 38th Eparchial Convention to a close.

Submitted by Elizabeth Zahayko,  
St. Mary's UCWLC, Yorkton



## Summary of Bishop Peter Stasiuk's CSsR Speech at 38th Eparchial Convention held in Eparchy of Saskatoon from Oct 14 – 15, 2022 in Regina, SK

Thank you for this opportunity to speak to you at this 38th Eparchial Convention. I have always had a great love and respect for the Women's League. I wonder just how many Ukrainian Catholic parishes exist today simply because the League keeps them spiritually and financially viable. I was happy to accept your invitation to be here with you, to share some thoughts with you and especially to say, "Thank you, in the name of the clergy, for your many years of service to our church."

Times have changed. We are changing. Those who were able to recognize the challenges that arose and continue to arise, survive, and continue to support parishes and eparchies. We have learned that within the context of the living Church, new challenges will come around constantly. We must be in prayer and in the presence of the Holy Spirit. We are called to listen to what God is telling us today.

That is exactly what this Convention is all about. It is a time to pray, to listen, to consider, to discuss and to act in the moment. Where is the Holy Spirit leading us? We believe that God is on our side. We trust that God wants us to serve the Church and to bring those for whom we are responsible to salvation.

It seems to me, that is exactly in this spirit that those who organized this Convention asked me to speak on—the theme of "Christ has no Body now, but yours." This is a quote from St. Teresa of Avila, who lived over 500 years ago. I considered the topic for a long time and with your understanding have decided to modify your theme slightly, to words which were spoken by Jesus, in Matthew 14:16, "you give them something to eat."

All women who are members of

the parish are already members of the Women's League simply by belonging to the parish. The only problem is that we have not yet figured out how to get all of them to pay their membership fees! Today, I am going to reflect with you on Jesus in the Word of God, as well as what our Ukrainian Catholic Church, in its official teaching, says about the kind of church we should be or are expected to be. We are reflecting on this so that those who are already in our church with the exact same wishes and hopes and desires as we have would be motivated enough to become newly paid member of the UCWLC. It is a deeply spiritual thing. Jesus wants us to become active members of His Church and to bring the Kingdom of God and salvation to those with whom we associate. "Christ has no hands but ours" and "you give them something to eat"! This is our responsibility.

In my opinion, the problems that we are experiencing today, and are hoping for solutions to, are declining membership—lack of new membership, and disinterest in the organization by the young and newly arrived members to our parishes and even our children. As well, there may be administrative difficulties, or let's call them political problems. But, in fact, they are spiritual problems. These problems will only be solved if we listen to the Word of God and to the Church which has been given to us by the Holy Spirit. We know nothing will happen if we just keep on doing what we have been doing until now. Those invited will not come to what they may have already rejected. Your organization must become relevant, honest, active, creative, and engaging. There will have to be a social consciousness about the needs, hopes, hurts and pains

of the modern women. To be relevant, I believe that the League will have to appeal to the single woman with children, the divorced, the separated, the disconnected with the Church and those distant from the sacraments. To be honest, it means to be ourselves and to let our love for God, love for our nation, our culture, our earth, and our commitment to our Organization be a witness. This honesty must be so infectious, that they will want to be around us and thus join us and work with us.

Our Patriarch Sviatoslav, from his latest letter from the Synod of our Ukrainian Bishops, lists five characteristics which we need if we are to nurture the Ukrainian Catholic Church. Let us apply this to our League.

1. We must be close to our people, to our sisters in the Lord.
2. The Synod says that we must listen to those who need to be heard.
3. We must be a group which heals pain and wounds.
4. We must be a community which prays for and works toward peace and justice.
5. We must be an organization that gives hope.

We cannot forget that when we are giving someone something to eat, this food must include the Bread of Life. What I am saying is that by bringing members to the League, we are as well bringing them to the Church which, at the same time, is bringing them back to the sacraments (mysteries). And this is the biggest gift or grace that we can give and encourage others to give and receive, as well.

"Christ has no Body now, but yours."  
"You give them something to eat."

Thank you.

Most Rev. Peter Stasiuk, CSsR

## UCWLC ARCHEPARCHY OF WINNIPEG 40TH CONVENTION, OCTOBER 22, 2022

Our first convention in 3 years,  
an historic event

**Theme: “What is God asking of us?”**

In speaking to this theme, His Grace, Most Reverend Archbishop Lawrence Huculak, inspired us with his own personal story of how, while he resisted becoming a priest or going to Rome to study theology and the Ukrainian language, God had it in His plans that he should follow the recommendations of his mentors. A farm boy in Vernon, BC, he rose to the position of Archbishop of Ukrainian Catholics in Canada. In retrospect, he marvels

at what God had asked of him.

His Grace left us with three recommendations:

- ❖ Seek not your own will, but the will of God
- ❖ Listen and reflect, asking the Holy Spirit to guide you
- ❖ Practise renunciation, giving up things in life to make room for the things that God wants us to do

His Grace asked us to discuss what would we do if the UCWLC were disbanded. How would we continue, under what mandate, what name, etc.? What would you include in this organization?

Many points of view were presented; many branch issues were discussed, like inviting members of closed branches to the nearest operating branch, involvement of the Pastor in branch affairs.

One resolution was adopted,

### Highlights:

- ❖ Convention was one day only, finished one hour earlier than planned
- ❖ Presidents stood at their flag positions for rollcall and prayer
- ❖ Roses for deceased members in the Branches in the Archeparchy in the last three years, made a beautiful bouquet
- ❖ Sr. Zemliak read the “In Memoriam” prayer

intending to encourage branches to promote family activities involving and mentoring newcomers from Ukraine who are recent arrivals in our faith community.





- ❖ His Grace celebrated a moleben to the Blessed Mary, Mother of God
- ❖ Plaques were presented, 13 in all, to branches in existence for 60, 70, and 75 years, in appreciation for their years of dedicated service
- ❖ Fifty-three delegates attended. Seven of these were from the rural branches, subsidized (for the first time) by the UCWLC Archeparchy for expenses incurred to attend the convention

We gathered together; we exchanged ideas; we are hopeful for the future.

Submitted by Natalia Radowitz

## UCWLC CHURCH OF ASSUMPTION, PORTAGE LA PRAIRIE, MB

From the time of inception, the women's group has been instrumental in providing funds for the upkeep of the church. In the early years, fundraising was carried out in a limited fashion due to a lack of our own parish hall. Some endeavours were bazaars, teas, box socials, concerts, and raffles for handiwork. These sufficed in maintaining the church obligations and paying the priest's salary. In 1944 the invitation was accepted to become a branch of the UCWLC. The first President was Anna Bandura.

The second church under the direction of architect Rev. Philip Ruh was constructed as well as a parish hall. Assisting the Parish Council meet the debts incurred in the buildings, fundraising began in earnest. Along with former activities, fowl suppers were introduced,

which involved the priest and parishioners soliciting chickens from farm members. Catering for banquets and weddings also became possible.

With the addition of many young, capable families that arrived following the Second World War, UCWLC membership increased considerably. With more willing hands, activities flourished. A new hall and an updated kitchen saw the start of bingo, perogy making, and bake sales. Substantial amounts were contributed to the building of the new hall (1967) and third and present church (1982).

Through the years, the UCWLC has supported to uphold Ukrainian traditions, assist with religious and cultural activities with Ukrainian language classes, run catechism classes, Christmas carol from door-to-door, prepare and serve Sviata Vecheria at the nursing home, and deliver Easter baskets



to the shut-ins. Not only did the parish benefit from the highly active organization, but donations were made to the Portage Hospital to a palliative care room and dialysis unit; St. Vladimir's College Minor Seminary in Roblin; Immaculate Heart of Mary School in Winnipeg; Lesia Ukrainka, Toronto; and missionary work in Brazil. The UCWLC also packed clothing and medicines to orphanages in Lviv, Ukraine, as well as take part in many other worthwhile projects.

In 1991 we celebrated 100 years of Ukrainian settlement in Canada, and hosted our first UCWLC Regional Convention. In 1994, we celebrated our UCWLC's 50th anniversary. A tribute was made to two charter members, Doris Pollock and Helen

Kushner. The branch published a cookbook to commemorate the 50th anniversary and dedicated it

to the founding UCWLC members. In 2006 the UCWLC, along with the parish, celebrated the 100th



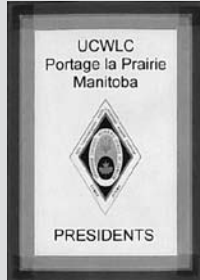
UCWLC Members 2022. **Back row:** Gloria Bryan, Zennia Semchyshyn, Carol Bereza, Margaret Peech. **Front:** Margaret Ethier (Secretary), Anna Pollock (Vice/Past President), Fr. Yaroslav Strukhlyak (Parish Priest/Spiritual Advisor), Genevieve Morris (President), Sylvia Henderson (Treasurer). Missing: Lasha Thurst



ANNA BANDURA  
1945-1946



EVA LEBYDYNKI  
1947-1948



ANASTASIA BEREZA  
1949-1950



CHRYSTYNA MANDRUSIAK  
1951



DORIS POLLOCK  
1952-55, 58-59, 66-87



MARIA NAHERNY  
1956-57, 1960-61



LILLIAN KISH  
1962-1964



MARY KOHUT  
1965



HELEN URBANOVICH  
1988-1990



ANNA POLLOCK  
1990-95, 2001-2008



ROSE DZIKOWSKI  
1996-1997



SOPHIE OSTOWICH  
1998-2000, 2004-2007



GENEVIEVE MORRIS  
2008-2022

anniversary of our parish and UCWLC members. Mary Kohut and Effie Strilec compiled a commemorative book which received the Historical Society's MHS Organization Award. In 2010 we celebrated 65 years for our UCWLC branch and honoured our last charter member, Helen Kushner. We received the National plaque then, and again this year, for our 75th anniversary. Margaret Ethier, one of our members, served as president of the Winnipeg Archeparchial Executive. A highlight for our branch and parish was to host activities and a banquet for the Ukrainian Catholic Synod of Bishops held in Portage la Prairie in 2012. One memorable moment was when the bishops gathered for a prayer service at the location of the former gaol where Bishop Nykyta Budka ministered to a Ukrainian man before he was hanged.

In 2016, our branch, parish, and the Ukrainians in the community celebrated the 125th anniversary of Ukrainian settlement in Canada, and the 25th year of independence of Ukraine with the mayor signing a declaration in City Hall.

This September 2022, we notified Most Rev. Lawrence Huculak OSBM, and Orysia Hull, Archeparchial President of Winnipeg, of our intent to dissolve our UCWLC branch due to members' health, age, and ability, of which Metropolitan Lawrence replied thanking us for our years of dedicated time carrying out the goals of the Organization and support to the parish and beyond. We have had a long and satisfying history of our UCWLC branch and it is with some sadness that we enter into the archives. May the Blessed Mother and our Patroness "Always Protect Us."

Submitted by Genevieve Morris

## Dauphin Couple Celebrates *Platinum Anniversary*

Following the Liturgy on Sunday, September 18, 2022, at the Dauphin Ukrainian Greek Catholic Church of the Resurrection, the Very Reverend Father Oleg Bodnarski performed a special blessing ceremony for William and Mary (nee Bilash) Zaporzan on the occasion of their 70th wedding anniversary. They were married on September 17, 1952, in Ethelbert, Manitoba. Following the blessing, the couple was treated to warm applause and the singing of *Многая Літа*.

Mary, a UCWLC member of 40 years, was a full-time homemaker who volunteered her time for church and community. She was involved with Canada's National Ukrainian Festival, church committees and choir, and initiated the project of establishing the Icon of the Blessed Virgin at the grotto on the church grounds. When the children became more independent, Mary finally had time to have a career of her own when she was offered employment at a local dental office and trained as a dental assistant. In retirement she was the caregiver to both her elderly mother and mother-in-law.

William (Bill) was manager of Manco Dairies until retirement, and a 24-year member of the Ukrainian Catholic Brotherhood. He served on City Council for many years and was on the Board of Directors for St. Paul's Nursing



William and Mary Zaporzan with Very Rev. Father Oleg Bodnarski, Dauphin, Manitoba

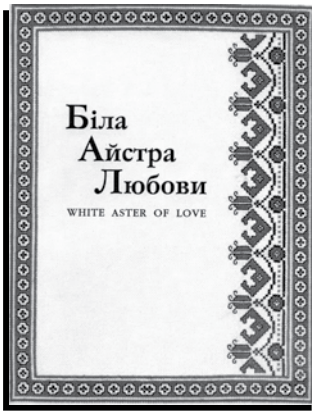


Home, Selo Ukraina in its formative years, CNUF (serving a term as president), Parish Council, and church choir. He was often called upon to emcee events in church and the community.

Bill and Mary raised five children and are now the proud grandparents of six grandchildren and four great-grandchildren.

Our Dauphin League members wish Bill and Mary many more happy and healthy years to enjoy in their well-deserved retirement.

Mary Procyshyn UCWLC Publicity  
Dauphin branch



# 30th Anniversary of *White Aster of Love*

SO THAT HISTORY DOES NOT REPEAT ITSELF, it is worth recalling Iryna Senyk (1926-2009), the heroine of the Ukrainian people in the struggle for the freedom of Ukraine.

We cannot allow Ukraine to roll back to the times when the communist authorities arrested conscientious people and imprisoned and/or sent them to deportation camps. Now in 2023, maniacal Putin wants to conquer Ukraine and return it to its yoke. We know from history how this looks, and it must be stopped.

As a political dissident, Iryna Senyk endured 34 years in prisons and exile. Incredible suffering, hunger and humiliation could not break Iryna's indomitable spirit, which is dramatically revealed in her poetry of that time and since 1991 in independent Ukraine. Iryna was also very fond of folk art and embroidered original miniatures using fish bone needles and threads from her kerchief. She gifted them to her cellmates.

Christine Bolubash, a UCWLC member, met Iryna in Lviv in the summer of 1989. Pani Senyk presented her with a folder of poems and original fashion sketches decorated with her designs. Christine smuggled this gift with her to Canada at great personal risk. She proposed to her St. Demetrius branch of UCWLC, Toronto, to publish a book, *White Aster of Love*, that combines the political dissident's fashion sketches with embroidery and lyrical poems. Christine Borsuk translated 76 poems into English.

This project was interesting because it was published to honour pioneer women on the centenary of the settlement of Ukrainians in Canada (1891-1991). The St. Demetrius UCWLC book committee decided to turn the sketches into fashionable clothes.

"Tribute to Iryna," a travelling presentation of photos of ladies in embroidered dresses interspersed between an audio recording of poem readings, was shown in numerous Canadian cities and in Detroit. The audiences were better able to appreciate the values and talents of Iryna Senyk. Out of 5,000 published books, the St. Demetrius UCWLC branch sent 1,000 books to Ukraine for distribution to schools and



Iryna and Christine Bolubash at the premiere

local libraries. This was timely as Ukraine just became an independent nation.

Janice Dineen, a columnist for the Toronto Star, highlighted Iryna Senyk's philosophy of life in this way: "Material things do not matter. What I valued early in my life, I value now: my country, my religion, my family, and my art."

**For the full article please visit: <https://rypandesigns.blogspot.com/2022/09/30th-anniversary-of-white-aster-of-love.html>.**

Submitted by Maria Rypan

# The Last of the Keepers

Submitted by Debbie Hayward

It is the moment that every family will face, in time.

The day when the oldest surviving member of one generation passes away, taking a treasure of family information with them. In the busy time of saying goodbye to this family member, the reality does not strike until much later, when a question of family history arises. “Let’s ask ----, she’ll know!” And then we realize that the last of the “keepers” is... gone.

At our wedding, all my aunts and uncles were alive. What a joy to have them all there to share our day! But life happens. In the following years, one by one, the aunts and uncles died. Suddenly, everybody in the family “moved forward,” and that generational train now had new conductors, new “keepers,” made up of older cousins.

When one of my beloved cousins passed away in October 2022, we lost a much-loved and valuable source of family history. My cousin was the daughter of my Mom’s oldest sister and my Mom was the youngest in the family. And I was her youngest child. So though my cousin and I were first cousins, she was much older, and had priceless memories and knowledge of a generation beyond me. She knew or had heard of so many family members and their connections—connections that went beyond her side of the family and into the network of spouses and their families.

She invited us for lunch one day, just a few short weeks before she died. As always, her invitation of “Come, we’ll have something to eat!” turned out to be a full meal of roast chicken, mashed potatoes, gravy, veggies, and pie for dessert. As we savoured her delicious cooking, we asked questions. Our cousin could always fill in the genealogy gaps we asked about. She knew all the answers, right down to why there were discrepancies in some family names, and why some family members had their “formal” names and more widely-used nicknames.

And now our dear, much-loved cousin is gone, taking with her a vast library of family knowledge. The circle of life is always turning, and we know that those who keep family knowledge now will eventually leave us. This is why it’s important to glean and store the kernels of knowledge they have, adding them to the precious storehouse of family information that already exists.

It is worth the effort. When there is a family gathering, take time to ask your family’s “keeper” questions about the family. Write down any bits of information they may have about your relatives; ask any questions you can to help fill in missing gaps of your family tree.

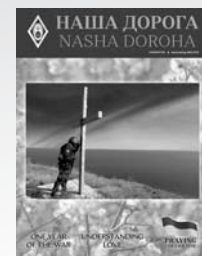
Take the time and go one step beyond birth, marriage and death dates. Write down interesting stories and reminiscences. Ask for copies of favourite family recipes and find out the stories behind each one. Find out what events were important to the family and why.

Take photos, and make sure you write down the names of everyone in the photos! These great family opportunities don’t come around that often!

Keep up with the information. Talk to the keeper or keepers in your family: the oldest aunts, uncles and cousins. Genealogy is an on-going process.

The gift of family history is precious. Find out what you can from these older relatives, and realize and appreciate the priceless gift they hold. The stories and the memories *can* live on, moving gently down through the generations, to new “keepers” who remember the latest family history. If you are a “keeper,” you are a special gift. Pass it on.

Vichnaya pamyat, Lillian. Thank you for sharing. We love you.



Did you buy a gift subscription or two of NASHA DOROHA for your favourite people? For their birthday or anniversary? Please see page 35.

Чи Ви передплатили журнал НАША ДОРОГА (або два) у подарунок на Уродини чи Річницю Вашим найдорожчим? Див. стор. 35.

Well done, good and faithful servant.  
You have been faithful over a little;  
I will set you over much.  
Enter into the joy of your master.

— Matthew 25:21

Сказав же йому його пан:  
Гаразд, рабе добрий і вірний!  
Ти в малому був вірний,  
над великим поставлю тебе,  
увійди до радощів пана свого!

Від Матвія 25:21

✠ **Pauline Dyrkacz, HLM**  
1927-2023



It is with great sorrow that we announce the passing of Pauline Dyrkacz, HLM, on January 13, 2023. Left to cherish her memory and to celebrate a life well-lived are her beloved daughters Andrea, Marianne, and Donna, and their spouses. She delighted in six grandchildren and five great-grandchildren. She was predeceased by her beloved husband of 34 years, Mikolaj, in 1991.

Pauline was a gifted and dedicated educator. Her teaching career was based primarily with the Winnipeg School Division, where she touched the lives and hearts of many children and their families.

Pauline was also a devoted wife and mother. Her commendable plan for family-living included time for prayer, stories, games, and recreation. It was important to Pauline that she created a home filled with love.

Pauline loved choral singing, and over the years she added

her lilting soprano voice to the rich blend of several church and community choirs. A generous and caring person, Pauline was an involved parishioner at Sts. Peter and Paul Ukrainian Catholic Church in Winnipeg and an active member of several organizations in the wider community, where she held various responsible positions. Her dedicated service as parish catechist and Ukrainian language teacher proves how important her culture and faith were to her.

She was a long-term member of the UCWLC of Sts. Peter and Paul Branch. She served various roles: Secretary, Spiritual Development Chair, Cultural Education Chair, and Branch President. On the Archeparchial level, she served in various positions as well as President (1993-1997), and held various positions on the National Executive over a long period of time. She was a delegate and/or presenter to conferences both in Canada and abroad. She became a member of St. Anne Ukrainian Catholic Church in 2001. She spent many hours praying for the members of the St. Anne UCWLC. She was honoured to receive Honorary Life Membership of her beloved UCWLC.

In all her endeavours, Pauline worked with humility, compassion and generosity for the needs of humanity in the wider

community and beyond. "In recognition of her many years of Church, Organizations, and Community, and for her exemplary family life," Pauline was the recipient of several awards:

- ♦ Holy Family Home Plaque, 1989
- ♦ Catholic Foundation of Manitoba, Caritas Award, 1997
- ♦ World Federation of Ukrainian Women's Organizations, WFUWO, Certificate of Merit, 2002
- ♦ Awarded the title of the Ukrainian Catholic Women's League of Canada - UCWLC Honorary Life Member, HLM Plaque, presented by the National Congress, 2007, "in grateful recognition of her outstanding contribution in the development of the [UCWLC] organization"

Pauline lives on in the young minds she inspired; in the projects she helped to initiate; in the lives she nurtured and guided; and, in the hearts that love her still... Your presence will be with us always.

*Так бо Бог полюбив світ, що дав Сина Свого Однородженого, щоб кожен, хто вірує в Нього, не згинув, але мав життя вічне.  
Івана 3:16*

Vichnaya pamyat! Eternal Memory!

Submitted by Donna Klassen

† **Jean Saranchuk, HLM**  
1922-2022



It is with sadness that St. George's Cathedral UCWLC announces the peaceful passing of Jean Saranchuk (Mudry) on Sunday, September 3, 2022, at the beautiful age of 100. Jean had a wonderful and busy life as a teacher, community leader, volunteer, and lifelong member of the Ukrainian Catholic Women's League of Canada (UCWLC).

To celebrate and rejoice in her life are her daughters Donna (Leonard), Jaqui, and Janice (Bob); her seven grandchildren, thirteen great-grandchildren, and their spouses; her sister-in-law Evalyn; cousins, nieces and nephews, and Godchildren. She was predeceased by her loving husband Fred, her beloved son Dennis, her parents, and her brothers.

Jean spent her final years at St. Joseph's Nursing Home, where she was lovingly cared for by the exceptional nursing staff and Sisters, true angels of mercy.

Jean was born on February 11, 1922, in the Watrous District. She completed high school by correspondence, received a Teaching Certificate from the Saskatoon Teachers' College, and credit classes from the University of Saskatchewan. She taught in Ituna, Broadacres, Alvena, and Cudworth. As a dedicated teacher and active community member,

she took part in many after-school, social and community projects. Jean joined the UCWLC in 1950, while in Cudworth.

Jean married Fred Saranchuk and they had four children. They moved the family to Saskatoon in 1952. Jean joined the Cathedral Branch of the UCWLC and continued as a substitute teacher while raising her young family. During the second Diocesan Conference, Jean became more interested in the organizational life of the UCWLC. Later, she presented reports on behalf of the Cathedral Parish UCWLC and acted as the Provincial Correspondence Secretary. In 1955 she worked with others to establish the Museum of Ukrainian Culture, becoming one of its founding members.

As a UCWLC member, Jean helped establish scholarships for students of Ukrainian studies; visited the sick; took part in parish varenyky and holubtsi work bees; taught Ukrainian language courses for youths and adults at St. George's Youth Centre; organized and demonstrated contemporary crafts, traditional pysanka writing, and embroidery.

She enjoyed fundraising for Sheptytsky Institute and St. George's Senior Citizens residence. She served as Chair of the Board of Directors of the seniors' organization for 16 years. Jean was elected as Second Vice President of the provincial UCWLC at the 11th Diocesan Convention in 1961; the Eparchial Press Convenor in 1966; and Eparchial President in 1971. She was recognized for her contributions with an Honorary Life Membership at the 1995 National UCWLC conference in Edmonton.

Although she was not yet a

senior, Jean spearheaded the formation of the Ukrainian Senior Social Club. The facility became reality in 1980. Jean attended club events and is listed as one of its Founding Members. In 2012, Jean was recognized for her volunteerism in the community and was awarded with a Community Recognition Award from the Ukrainian Canadian Congress - Saskatchewan Provincial Council.

Jean gave much to her family, sharing her love of Ukrainian culture and traditions, and her great love for God, passing this down to her children. The funeral service was held on Saturday, September 24, 2022, at St. George's Ukrainian Catholic Cathedral. The Honour Guard was made up of members of the UCWLC, St. George's Cathedral Branch.

Submitted by Marlene Bodnar  
President, St. George's  
Cathedral Branch

† **Ann Obarianyuk**  
1924-2022



It is with great sadness that we announce the peaceful passing of Ann Obarianyuk on Thursday, November 3, 2022, with her loving family by her side.

Ann was born on February 5, 1924, on the Dusyk family farm outside Montmartre, SK, and attended Greenville School. ►

She completed her high school education by correspondence. Starting in 1946, Ann and her sister, Marcia, owned and operated the Royal Inn in Montmartre for many years. The profitable café was a huge accomplishment for the two women given the circumstances of that time. Ann's soup and apple pie always received the biggest compliments. Ann worked for a time in Toronto at the Canadian Bank of Commerce. Later Ann requested a transfer from Toronto to Regina, and she was granted it by her employer.

Ann and Alex were married on May 8, 1954. In 1961 they moved the family to Wilcox, where they owned and operated a hotel, restaurant, and beer parlour for one year. After that year, they moved back to Regina and took up residence at their acreage just outside Regina. This property was a great source of pride for them both. After 70 years, the house that they built is still hosting family functions.

Ann was extremely proud of her hard work and successes. She worked at The Bay in Regina, from their grand opening day until she retired 22 years later. Because of her exemplary work at The Bay, they made the necessary formal arrangements for Ann to be able to delay her retirement past the mandatory retirement age of 65. Ann was a hard worker in everything she did and took pride in all that she accomplished. She was an excellent cook and was well known for her fabulous food. Ann and Alex had endless gatherings with family and friends where she cooked for many people who enjoyed her wonderful Ukrainian cuisine. She even cooked the meal to feed over 100 people at their 50th wedding anniversary celebration. Ann kept the tradition of hosting Easter and Christmas for her family

throughout the years. Ann and Alex also had many regular gatherings with family and friends, playing cards. The Grey Cup party was an annual event at their house for decades and is still celebrated with the family to this day.

Ann also enjoyed gardening and working in Darius and Michelle's commercial greenhouse. She spent many hours helping with transplanting and watering. Her contribution to the greenhouse business was invaluable and greatly appreciated. She was a member of the Ukrainian Catholic Women's League for over 50 years and enjoyed the time she spent with the Senior Citizens club at the Manor.

Ann was devoted to God, her family, and the Church. The family takes great comfort and strength in knowing she is resting peacefully in His arms after her lifelong devotion to Him. She was predeceased by her husband, Alex, in 2004; parents John and Eva (nee Bula) Dusyky; 5 brothers, 4 sisters. She is survived by her children Darius (Michelle); Lavina; and Arlene (Les); 9 grandchildren, 12 great-grandchildren, numerous nieces and nephews.

Prayers and funeral service were held at St. Basil's Ukrainian Catholic Church, Regina.

Vichnaya Pamyat!

Submitted by Olga Kiryluk  
St. Basil's UCWLC



Let us remember those who have departed in our prayers. Send announcements and tributes to *Nasha Doroha*.

† **Olga Rakochy**  
1933-2022



Olga Rakochy was born August 24, 1933, to John and Pearl Woloshyn (nee Caruk). She was the sixth child and lived on the farm in the Amsterdam District, helping with numerous chores around the farm. Her early years were a typical prairie farm childhood: tending garden, taking care of the animals, and attending Gogal School in that area,

In 1950 she was united in marriage to Ed Rakochy at the Ukrainian Catholic Church in Canora. In 1955 they built the house on their farm six miles north of Canora and lived there for many years. They were blessed with two children, Tom and Nettie.

She stayed on the family farm until 2010, which was quite a feat considering her husband Ed had passed away in 1993. She moved to Canora, where she did plenty of baking, cooking, and gardening. Olga was an avid gardener and was never afraid of getting her hands dirty in the soil. She was also proud of her culture and kept traditions of making paskas, babkas, cabbage rolls, varenyky and pysanky.

She stayed active in the church and was a member of the UCWLC for 48 years. During that time, she served on the Gateway Lodge Committee and Hospital Visitation Committee, was a group leader, and helped out with perogy making, bake sales and many events at the hall. Olga was involved with



Antoniwka Church when she lived on the farm and then later with St. Peter & Paul Church in Canora.

She entered into eternal rest at the Canora Hospital at the age of 88 years on May 18, 2022. She had a simple, wholesome, fulfilling life filled with the love of her family and God.

Vichnaya Pamyat!

Submitted by Audrey Hrycak

† **Olga Rock**  
1928-2022



Olga was born on March 25, 1928, and she lived most of her life in the Canora area with her husband, Ted. She passed away peacefully in Canora Hospital on January 23, 2022.

Some of her former occupations were nurse's aide, restaurant owner, florist, a loving mother to five sons, and proud baba. She spent many years donating her time and knowledge of making perogies at the Ukrainian Catholic Church in Canora. Olga was a UCWLC member for 28 years. During those years, she did hospital visitations, worked on the social committee, and was a group leader and bingo leader. Olga could be seen helping in the hall for many events. The UCWLC celebrated her 90th birthday in 2018 with cake and a social gathering.

She loved her garden and would often be in the garden when she wasn't busy pickling and canning the harvest. Olga was very positive and looked on the bright side of life, even when she was dealt with sadness.

She will be dearly missed by all who knew and loved her.

Vichnaya Pamyat!

Submitted by Audrey Hrycak

† **Mary Tymosko**  
1931-2022



Mary Tymosko was born Mary Helen Witenko on September 3, 1931, in the little town of Thorold, ON.

Of course, making thousands of perogies to establish St. Demetrius the Great Martyr Ukrainian Byzantine Church on LaRose Avenue, Etobicoke, was one of her first memories of our women working together.

As a young woman of 30 years of age, she was one of the 13 founding members of St. Demetrius Women's League with their first meeting being on May 10, 1961. Not satisfied that the women should be just a "church ladies' group" she strongly supported Rose Milko's motion to join the Ukrainian Catholic Women's League of Canada at the June 8, 1971, General Meeting.

From the beginning, Mary took a very active part in the League, starting as telephone convenor and continuing as secretary, then member of the Membership Committee, the Hospital Committee, Nominating Committee, occasional contributor to the branch newsletter, as well as working the Church Bingo. She became fundraiser, served two years as Vice President, was Social Convenor, and

organized the World Day of Prayer for four years at St. Demetrius. Ever energetic, she and her husband, Michael, packed St. Nicholas parcels for Ukraine, Brazil, and youth shelters in Toronto. Before it was being done by others, Mary and Michael opened their home to help a refugee family begin a new life in Canada, and they also sponsored another family financially. Wherever and whenever help was needed by anyone, Mary did her best to support.

In conversation while filming her as one of the Memorable Women of UCWLC, she told me very humbly that her favourite thing about the branch was "being part of the team... doing whatever had to be done for whatever program was being done." Her happiest moment was being the special guest speaker at St. Demetrius UCWLC 50th Anniversary celebration, where she gave an entertaining speech which she titled "Come with Me, Down Memory Lane."

When asked what she would say to the women of the UCWLC, her answer was, "I am proud for the privilege of sharing my talents to make a difference."

She will be fondly remembered by friends as always bringing a positive light and a cheerful smile. Mary can be summed up by these words:

"I am only one, but I am one. I cannot do everything, but I can do something.

"What I can do, I ought to do. And what I ought to do, by the Grace of God, I will do."

Mary finally ended her career with the UCWLC as she had begun it, as a telephone committee member. Regretfully she passed away at home on August 24, 2022, age 91.

Vichnaya pamyat!

Nadya Stasyna, Archivist  
St. Demetrius the Great Martyr  
UCWLC

# Rebirth

From the other side  
A steel bolted door  
I do not want to hide  
After the tears  
I follow the soft golden hand  
It leads me back to you

Once we caught butterflies you poked  
I holler  
I want to grab you by the collar;  
“So what about the duck  
Family in the creek?”  
You saw their fragility  
And to you they then did speak  
Those secrets that we whisper in each  
Other’s ears  
To cast a spell on the burning soil  
Rip up the earth  
Crawl into our little darkened shelter  
Under a candlelight  
And give birth.

So freeze the portrait there  
The door, we never built a door  
Safe together can we sit?  
All red-eyed, bleary, crying on the floor  
With his large wings around me like arms  
I confess there is no luncheon date  
I kiss you once  
Twice again  
Third time running  
Through the Big Gate.

**Circa 1990**

Lara Klymasz lives in Winnipeg and attends Holy Family Ukrainian Catholic Church.

Her mother, Shirley Klymasz, was past president of the UCWLC at St. John the Baptist Ukrainian Catholic Shrine in Ottawa, ON.



## **Text in the photo:**

Я буду чекати

Я буду чекати і в день, і в ночі

Я буду чекати вічно, заради  
твого повернення

## **In English:**

I will wait

I will wait both day and night

I will wait forever, for your return

## МОЛИТВА ЗА УКРАЇНУ

Господи Боже наш, Ти Бог Єдиний на небесах і на землі, Ти володієш усіма царствами й народами. В руках Твоїх міцність і сила, й ніхто опиратися Тобі не може. Ти сидиш на херувимах і Тебе безперестанно оспівують серафими, тож що може проти Тебе людина? Приклони, Господи, вухо Твоє й почув; стоглянь очима Твоїми й побач злі наміри ворогів наших. Віримо, що Ти один Милостивий і Сильний, і можеш позбавити нас від рук їхніх. Ти зберіг раба Твого Давида від руки сильного, вкотре показавши, що сила Твоя в немочі звершується, і прийняв журбу серця Езекії, подавши йому продовження років життя. Подай же мир і спокій

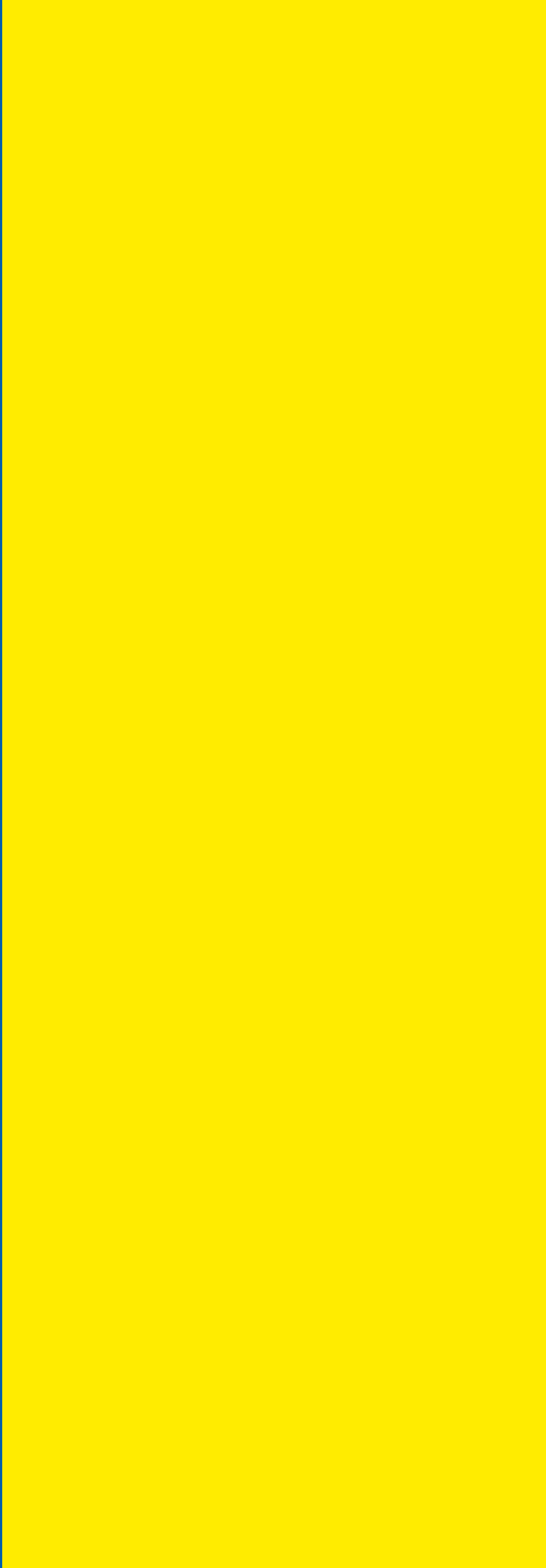
боголюбивому народові нашому, й не віддай нам за гріхи наші. Бо пам'ятаємо слова Спасителя нашого, Єдинородного Сина Твого й Господа нашого Ісуса Христа: «Всі, хто взяв меч, від меча загинуть». Тож не на зброю нашу, а лише на Тебе надію покладаємо, силу Твою віддаючи. Ти твориш чудеса, від Тебе перемога й поразка. Даруй Україні нашій мир глибокий і непорушний, від війни та нашествия супротивників оберігаючи, й усе благе на користь душевну й тілесну подаючи. Бо Ти є Бог милості, Цар миру й Спаситель душ наших, і тобі славу возсилаємо, Отцю, і Сину, і Святому Духу, нині й повсякчас, і на віки віків. Амінь.

## PRAYER FOR UKRAINE

O Lord our God, You are the Only God in heaven and on earth. You have dominion over all kingdoms and nations. Strength and power are in Your hands, and no one can resist You. You rest upon the cherubim and the seraphim who constantly praise You, so what can man do against you? Incline Your ear, O Lord, and hear; behold with Your eyes the evil intentions of our enemies. We believe that You alone are Merciful and Strong, and that You can deliver us from their hands. You saved Your servant David from the hand of the strong, showing, once again, that Your strength is in the weak, and accepted the sorrow of Hezekiah's heart, granting him more years of life. Give peace and tranquility to our God-loving people, and

recompense us not for our sins. For we remember the words of our Saviour, Your Only Begotten Son, and our Lord Jesus Christ: "All who take the sword, shall perish by the sword." Therefore, we do not rely on our weapons, but only on You, knowing Your power. You work miracles, and from You comes victory and defeat. Grant our Ukraine a deep and inviolable peace, protecting her from war and invasion of enemies, and giving her all that is good for the benefit of soul and body. For You are the God of mercy, the King of Peace, and the Saviour of our souls, and we offer unto You glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto the ages of ages. Amen.

*Source: Ukrainian Orthodox Church of Canada*



← TEAR HERE

TEAR HERE →