



# НАША ДОРОГА NASHA DOROHA

PM40007760 ♦ весна/spring 1(51)/2014

*Христос  
Воскрес!*

CHRIST  
IS RISEN!

**10-Year Milestone:  
Bishop Chmilar**

**Honouring  
Mother Mary**

**A Passion  
for Pysanky**



Peaceful Meadows, oil on canvas, 30" x 10" 2014

## Maria Antoniv

### ABOUT the ARTIST

Maria Antoniv was born in Ukraine and spent much of her childhood in the picturesque surroundings of her town of Buchach. Her fondness for nature became the catalyst for her art. Her parents encouraged her artistic temperament and following high school, she attended Art College in the Chernivtsi region, followed by Carpathian National University as a visual arts teacher. Although Maria took pride in her teaching successes, her heart always belonged to the art of outdoor painting.

After moving to Canada, Maria graduated from the Academy of Design and Merchandise, Toronto, and pursued an animation career. Having worked on films such as *Gladiator* and *Babe: Pig in the City*, she decided to devote more time to her passion for painting. Maria's love of the outdoors naturally propelled her to painting flora. She found that capturing true colour, value, atmosphere and the mood of a subject was best done on location or through direct observation. She has also discovered the importance of her studio time in union with her outdoor experiences and enjoys the challenges of both. Her love for painting has broadened her subject matter to include not only still life and nature landscapes, but also figurative and portrait works.

Maria has been featured in numerous art publications and is an active member of Ukrainian Association of Visual Artists of Canada as well as a member of the Associates of the Canadian Society of Painters in Water Colour. She has been exhibiting in group shows since 2005. Portraits and other paintings created in watercolours, acrylic and oil, are in private collections in USA, Great Britain, Australia, Canada and Ukraine.

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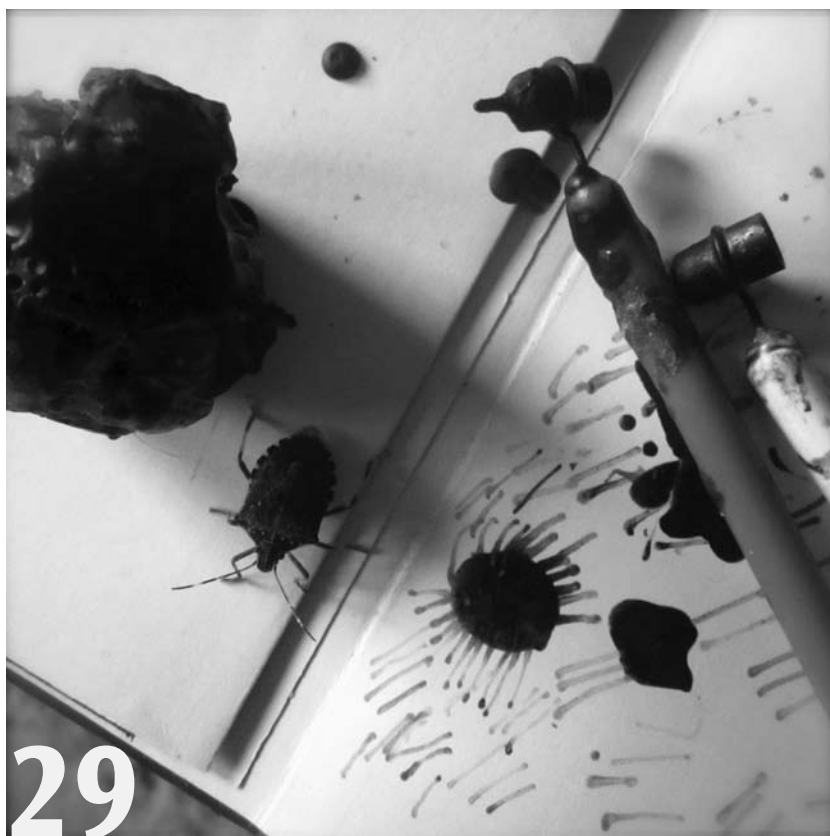
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## From the Editor ◇ Від редактора

*“The seeker embarks on a journey to find what he wants and discovers, along the way, what he needs.”*

– Wally Lamb, *The Hour I First Believed*

With spring on our doorsteps, it's hard not to think of renewal and discovery. My children and I have started seeds for our garden and every day we check on them with great enthusiasm. The anticipation of what will be and the discovery of what comes up each day gives us great satisfaction. We look forward to the renewal spring brings to our backyard and we hope for a bountiful garden. I cherish the thought of the time we will spend together... for me, that is the real bounty.

This issue of *Nasha Doroha* is about discovery. Throughout our pages I hope you will discover stories and inspirations about our faith, our culture, and our community. As we try to keep up with news of Ukraine as she journeys to discover a new identity – culturally, politically, and economically, ND introduces a new column from Oksana Bashuk Hepburn, *Let's Talk About It – Поговоримо*, where she will bring us news on Ukraine and challenge us to learn more about Ukraine's current events and discover ways we can support and get involved.

Easter brings paska and pysanky. Discover some of our most talented pysanka writers from across the country as they share with us reflections on what the art of pysanky means to them. Be inspired by the stories of three incredible women in our profiles department; celebrate the 200th Anniversary of Taras Shevchenko; devote your prayers to Mother Mary in May; and learn of all of the events and people that make our community what it is.

Your stories, like the seeds in a garden, allow us to discover the bounty of a community. I look forward to hearing from you.

Happy Reading! Христос Воскрес!

Andrea



НАША  
ДОРОГА  
XLIV – 1(51)/2014  
NASHA  
DOROHA

Квартальний журнал  
Ліги Українських Католицьких Жінок Канади

Quarterly publication of the  
Ukrainian Catholic Women's League of Canada

La Journal de la Ligue des Femmes  
Catholiques Ukrainiennes du Canada

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**RETURN UNDELIVERABLE CANADIAN ADDRESSES TO**

NASHA DOROHA  
387 BETTS AVE  
YORKTON SK S3N 1N3  
ISBN 1-894022-75-0

**PRINTWEST**

Printed by PrintWest Communications  
1111 8th Avenue, Regina, SK S4R 1E1  
Phone: 306-525-2304 Fax: 306-757-2439

Верхня обкладинка, в середині задньої  
обкладинки та задня обкладинка

Фото: Каруся Підсальна

Front cover, inside back cover and back cover

Photo: Karen Pidskalny

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

*It seems as though current events occur at light speed, especially as we look at the events unfolding in Ukraine. This new column from Oksana Bashuk Hepburn will bring to light some of the events and challenges that are occurring in Ukraine and start a conversation with you, our readers, about your questions and concerns and ways you, too, can get involved to support Ukraine as she struggles for freedom and democracy.*

## Let's Talk About It – Поговоримо!

When I write about Ukraine these days, many articles are dated by print time.

Since November, we've seen the magnificent Maidan Revolution. It was a victory for dignity, less corruption, European integration and new elections. We've mourned the more than hundred heroes of Nebesna Sotnya killed by Russian snipers on the instructions of Russia's evil President Vladimir Putin. We've held demonstrations in support. Ex-prime minister Yulia Tymoshenko is free; Viktor Yanukovich and his fellow crooks appear on Interpol's most wanted list. Some have been arrested. Maidan's protests have had an impact on Ukraine and the world for years to come. Who would have thought that last fall?

But there is bad – no, horrible news. Crimea was stolen from under Ukraine's nose. Russia's claim of "historic rights" is a sick joke: Great Britain does not claim "historic rights" to Canada or the United States! As for "defending Russian speakers," watch out Alaska, London, New York, and Toronto.

Canadians of Russian heritage have yet to declare support for Canada's government, which upholds Ukraine's sovereignty. Their silence supports Mr. Putin. They even had a pro-Putin demonstration in Toronto recently. True, only some twenty showed up, but there are hundreds of thousands in the West – Canada, too – where they hide their money and send their kids to our best

schools. Just check out the private Toronto and Oakville, Ontario schools.

What is the Ukrainian community there doing about this? Do we want crooks living among us? Do we support Vladimir Putin's crimes with our Canadian dollars?

Here's a list of companies you can boycott.

1. **Lukoil:** There are only a few gas stations in Canada, but you might boycott Citi gas stations, too. Its owner, Venezuela's government, supported Russia's annexation of Crimea in the United Nations.

2. **Stolychnaja Vodka:** When dining out, ask whether they serve Russian vodka? If so, ask to speak to the manager and explain that you won't have it because it supports a dictator and if the restaurant wants your business it should serve another brand.

3. **Baltica beer:** Now owned by Carlsberg, but manufactured in Russia. Have a Molson instead. But tell the manager what you're doing.

4. **Shoppers Drug Mart:** Recently, it started selling Russian cosmetics, Kalinka Beauty! Speak to the manager. Ask to remove the product or you'll go to another drugstore. If you don't like his answer, leave your purchases behind.

Lida Wasylyn from Edmonton wrote Shoppers a note: **Please remove these products from your stores. Do not assist the Russian regime in its crimes.**



MYRON PARZEI

If half of our UCWLC members take the steps above, it will have an impact. Tell your family and friends to do the same. Have our rep in the CWC pass a resolution to do the same. Get going! The Russian army is on the border; Putin's thugs are attacking our priests and our church. We are only helpless if we don't act.

5. **Russia Today:** Mr. Putin's propaganda TV channel. Its main purpose is disinformation. The best way to deal with it (writing or phoning won't do any good because when you're upset they know their messages are being viewed): just turn it off.

And do this: Ask the UCC to launch a complaint against Russia Today with the Canadian Broadcasting Standards Commission. They are responsible for keeping "hate" and false propaganda out of Canada's airwaves.\*

6. Collaborating with the enemy: The link is a frightening example of Russia's aims and dangerous propaganda: [http://www.echo.msk.ru/blog/babkin\\_k/1274442-echo](http://www.echo.msk.ru/blog/babkin_k/1274442-echo).

Constantin Bobkin is the owner of a Russian agricultural equipment company in Winnipeg. Formerly, it

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\* The Euromaidan website is a great resource for up-to-date information and links to news contacts, form letters, petitions, and other ways that you can get involved. Visit [www.euromaidanCanada.ca](http://www.euromaidanCanada.ca).

belonged to Buhler Industries Inc. He has business ties to Vladimir Putin. Bobkin's political party organized a pro-Russia in Ukraine rally in Moscow.

There are other pro-Russia business people. Chris Westdahl, Canada's former ambassador to Ukraine and Russia, writes frequent supportive commentary in *The Globe and Mail*. He has mining interests with Russia.

It gets worse. Canada and the US slapped individual sanctions on some Russian criminals denying them travel and freezing bank accounts and business interests. On the other hand many Western businesses operate in Russia and don't want our government to introduce economic sanctions because "business would suffer." So far it has worked. Our job as good democrats and friends of Ukraine is to convince our government to introduce stiff sanctions, like those against Iran. Until we do, big companies – Siemens, Adidas, Hewlett-Packard, western banks – will continue to make money for Russia. And Russia's army – some 60,000 – will remain on Ukraine's border.

And, by the way, Russia has 8,500 nuclear weapons – 800 more than the United States. *Ne dobre!*

Mr. Putin is not only trying to take over Ukraine and neuter the West with military and economic tactics. He uses religion, too. For 2014, the Russian Orthodox Church published a calendar dedicated to Stalin.



Oksana Bashuk Hepburn, former editor of ND, is an opinion writer. Her column will appear regularly in ND.

## A prayer sent from a friend in Lviv to the Ukrainian community in this time of upheaval.

Дякую за підтримку і за співчуття!

Я цю молитву знаю – це молитва Андрія Шептицького, у нас її по церквах вкінці служби Божої по неділях всюди читають!

Надіємось на краще, нам треба витримати! Бог допоможе!

Слава Україні!

Героям слава!

Андрій Шептицький

## Спеціальна молитва в дні напруженої ситуації в країні

Любий наш Боже, Найсолодший Ісусе Христе, не дай злим силам, котрі нас так мучать опанувати нашою країною. Благаємо Тебе, не допусти, щоб розпалилась громадянська війна, щоб убивали брат брата, батько сина. Не допусти, щоб у нашій країні панували цинізм і жорстокість. Господи наш Любий, не допускай вторгнення з боку будь-якої іншої держави. Благає Тебе, Наймиліший Боже, народ щирий і побожний, щоб Ти відігнав злі сили і зняв напруження у громадян нашої країни, щоб вони керувались розумом, а не емоціями, щоб кожен зміг зробити правильний вибір, бо від цього залежить майбутнє нашої України та відношення світу до неї. Любий наш Боже, хай у нашій країні вічно панує любов, доброта, щирість, побожність. Не допусти, Боже, щоб тут панували фальш і лицемірство. У всьому хай виконується Твоя Свята воля, а не наша. Амінь.

## До історії лемківського села Вислік Великий Спомини з Лемківщини

Наше село називалося Вислік Великий. Воно ділилося на дві частини – Вислік Нижній і Вислік Горішний. В селі були дві греко-католицькі церкви. Вислік Нижній записаний в історії визвольних змагань України, в часі першої світової війни 1918 р. Тоді парохом церкви був о. Пантелеймон Шпилька, і під його провідом Вислік з околицею проголосили свою самостійність, яка довго не правила. По трьох тижнях проголошення прийшло польське військо і організатори були змушені втікати за границю на Словаччину. У Вислоці не було польських родин. Жидів були три родини, що мали свої харчові крамниці. Село Вислік Великий до другої світової війни

нараховував 2 809 осіб. Тягнулось це село приблизно 12 кілометрів. Село було засноване у давніх часах. Хати будовані по обох боках ріки Вислік, яка впадала в ріку Сян. Селом управляли два Війти із Секретарями. Останнім Війтом за окупації Німеччини був обраний Василь Сопінка.

По другій світовій війні, село Вислік Нижній пережив страхіття від польських військ, котрі напали на село 24 січня 1946 року. Запалили 33 хати і замордували 5 невинних людей. Нас заперли в хаті і запалили. Нам вдалося вийти живими, але коли батько пробував гасити вогонь, то його застрілили. Всього наше [майно] згоріло, худоба, вівці. Коні [вони] забрали зі собою. Вся

## In April the Act of placing Ukraine under the Intercession of the Blessed Mother will be renewed

In continuing the service of my great predecessors on the Kyiv-Halych Altar, I desire once again, in communion with our whole Church in Ukraine and in settlements, to renew the Act of consecrating the Ukrainian people under the mighty Intercession of the Blessed Mother.

The Father and Head of the Ukrainian Greco-Catholic Church, His Beatitude Sviatoslav (Shevchuk) wrote about this in his Pastoral Letter to the Faithful and Clergy On the occasion of the Renewal of the Act of Consecration of Ukraine to the Protection of the Most Holy Mother of God.

The Act of the placing of Ukraine under the Protection of the Mother of God will take place on Sunday, 6 April 2014 in all the churches of our Church in Ukraine and throughout the World. His Beatitude Sviatoslav will lead from the Patriarchal Cathedral in Kyiv; all Bishops will lead this Consecration from their Cathedral churches; and priests within their parish churches following each Divine Liturgy.

The 6th of April is not a casual choice, since April 5th this year is "Akathistos Saturday" (*the day during*

*Lent when Mary is honoured*) and on April 7th according to our Byzantine rite (on *the Julian Calendar – widely used in the Ukrainian Church*) we will *celebrate* the Feast of the Annunciation to the Blessed Virgin Mary."

His Beatitude reminds us that back in his day, the pious Prince Yaroslav the Wise (1019-1054) dedicated the people of Kyivan-Rus' to the Protection of the Most Holy Virgin Mary. This dedication was renewed at Zarvanytsja in 1995 by Myroslav-Ivan Cardinal Lubachivsky, of blessed memory.

The UGCC Primate is calling for this act of renewing the Consecration to the Protection of the Theotokos because of the great tribulation that all the people and our entire country are experiencing at this time due to the occupation of part of our land – a situation that fills our hearts with anxiety for the future, uncertainty and fear. The letter states, "taking into consideration these new historical circumstances, I want to direct your spiritual eyes toward the Mother of God and in response to her loving and caring presence in our lives – to place all of us in her motherly care."

"By this Act we solemnly recognize God's watchfulness over us, we express our love toward the Mother of God, our readiness to fulfil all that her Son and our Lord Jesus commands us; and our desire to serve God and our nation only in the light of God's law. May this prayer to the Most Holy Mother of God be a concrete demonstration of our desire to implement this Consecration in our lives. We will observe this consecration personally and communally, petitioning our Lord for His blessing upon our long-suffering nation

through the intercession of the Theotokos," states the Pastoral Letter.

His Beatitude Sviatoslav reminds the Faithful that the Most Holy Mother of God is near us especially at the Liturgy, "she joins us in the unending praise of the Most High, while at the same time, as a loving mother she continuously intercedes for us before the Lord."

The Head of the Church asks that everyone prepare themselves for this solemn event – by approaching the Sacraments of Confession and the Eucharist and by performing acts of charity and penance.

The Primate of the UGCC wrote, "I invite and call upon all Bishops, Priests, Monks and Nuns and Faithful of our Church to persevere in trust and prayer to Mary, the Mother of God, so that, always kept under her protection, and after the struggles and accomplishments of the Great Fast, we would arrive at the radiant Resurrection of our Lord Jesus Christ to be witnesses to and participants in the renewal of our dear homeland!"

His Beatitude Sviatoslav noted in his commentary to the UGCC Information Department that, "we proposed to our brothers of the Orthodox Churches of Ukraine to also perform such acts of consecration, since at the time when Prince Yaroslav the Wise initiated them – the Kyivan Church was undivided. Thus, we hope that they will also carry out such liturgical ceremonies."

His petition is that – through the intercession of the Mother of God – our people would receive the blessing of the omnipotent God – Father, Son and Holy Spirit.

Information Department of the UGCC

наша господарка згоріла. На другий день поховали п'ятеро людей, в однім гробі 5 домовин.

Зиму ми перебули у сусідки, єї хата лишилася на боці. Навесні знову напали на село. Ми втекли в ліс, і лісом вночі через границю на Словаки до села Габури, там нам добрі люди помогли дістатися на роботу на чехи [до Чехії], у Желатовіце. Мого брата 16-літнього зловили на границі, і засудили його на 8 років до польської в'язниці, а як підняв недопаленого папіроса, то ще дістав два роки більше. Тепер ми з родиною живемо у Канаді, м. Едмонтон. А дякуємо Господу Богові, і Пречистій діві Марії, що нас охороняла від всякого зла.

Анна Лучканич Кікціо. 15 квітня 2013 р.  
Членка Марійської Дружини (ЛУКЖК)  
при церкві св. Юрія Переможця в  
Едмонтоні, Альберта.

# Ministers of the Sacraments, Servant-Leaders of God's People

Holy Spirit Seminary is the Major Seminary of the Ukrainian Catholic Church in Canada. Its primary purpose is the preparation of candidates for ordained priesthood.



This preparation for eparchial ministerial leadership embraces and promotes spiritual formation, theological education and field training. The Seminary pursues its calling to form candidates as responsible and apostolic persons for the service of the Church and world by fostering: faithful love for Jesus Christ, his Church and all people; commitment to hand on faithfully the tradition, teachings, and history of the Church; commitment to the exploration of the mysteries of faith through sustained scriptural and theological inquiry; and, communal life through faith, prayer, and wisdom.

The need for a seminary in Canada had long been discussed by the Ukrainian Catholic bishops of Canada. Before the establishment of Holy Spirit Seminary, candidates attended various Roman Catholic seminaries in Canada including Saint Paul University Seminary (Ottawa), Saint Basil's College (Toronto), Saint Augustine's Seminary (Toronto), Saint Peter's Seminary (Toronto), and Saint Joseph's Seminary (Edmonton), while others attended Saint Josaphat's Seminary and Saint Sofia College in Rome. Whereas the Basilian and Redemptorist Orders had their own scholasticates, there was no place of preparation for eparchial priests.

Holy Spirit Seminary was established in Ottawa, Ontario in 1980. The former Basilian scholasticate at 520 Queen Elizabeth Driveway served as its first location. Very Rev. Joseph Andrijishyn was appointed Rector and in September 1981 the Seminary began receiving its first students. Seminarians studied philosophy at Ottawa University and theology at Saint Paul University. By 1983 the Seminary building became too small to accommodate all

“ As the only individual to have lived in all three houses the seminary has owned, I can honestly say that the name Holy Spirit is very appropriate for the Seminary. I can honestly say the Holy Spirit was present in the fraternity, prayer and friendship in each of the residences, and was the key that guided me through my formation to the priesthood. – Fr. Terry Cherwick

the students and an additional house at 72 Craig Street was purchased. When the Basilian Fathers made it known that they intended to sell the scholasticate building, the Seminary was relocated to its present location at 1030 Baseline Road, a former Augustinian Monastery.

In 1993, with his appointment as Moderator of the Patriarchal Tribunal in Lviv, Ukraine, Rev. Joseph Andrijishyn was succeeded as Rector by Rev. Andrew Wach of the Archeparchy of Winnipeg (1993-1996). He was, in turn, succeeded by Rev. David Motiuk of the Eparchy of Edmonton (1996-2001), Very Rev. Ken Nowakowski of the Eparchy of Saskatoon (2001-2007) and Rev. Andrei Kachur of the Eparchy of Saskatoon (2007-2009). The current Rector is Rev. Michael Winn of the Archeparchy of Winnipeg and the Spiritual Director is Rev. Andrij Onuferko of the Eparchy of Toronto.

Photo: Holy Spirit Seminary staff and students, spring 2013

The program of priestly formation is guided by the official documents of the Catholic Church, particularly by the Second Vatican Council's Decree on Priestly Formation, the Basic Norms for Priestly Formation of the Congregation for Catholic Education, the Program of Priestly Formation of the Ukrainian Greek Catholic Church, the Program of Priestly Formation of the Canadian Conference of Catholic Bishops, as well as the pertinent norms of the Code of Canons of the Eastern Churches and the various guidelines of the ecclesiastical authorities of the Ukrainian Catholic Church in Canada.

A priest is a man called and empowered to image Christ as Head and Shepherd. The candidates for priesthood at Holy Spirit Seminary are prepared for this



Top: Meeting with professionals who assist seminarians in preparing for future ministry. Above: The seminarians build the Ice Cross for the outdoor Great Blessing of Water for the Feast of Theophany celebrated annually at St. Onuphrius Ukrainian Catholic Church in the Museum of Civilization.

“ Life in community can be challenging, but it teaches self-discipline, self-control and love for the people one lives with. These are important skills for life in the parish, and I am grateful for them. – *past Seminarian*

“ Seminary life isn't just about praying a lot or learning how to be a priest. Its focus is always on the building up of a relationship with Christ and His church, to become the servant of servants, always ready to help and guide everyone and anyone who requires your help and support. Seminary life with aspiring servants who love Christ and His church is but a glimpse of the prosperous future our church has in Canada. – *present Seminarian*

vocation to be ministers of God's Word, ministers of the Sacraments, and servant-leaders of God's people.

The formation program is a six-year course of study encompassing academics, field education, communal life, and spiritual formation. Any introduction to what Holy Spirit Seminary is and seeks to be for its students is best undertaken by considering the seminary as, at one and the same time, a house of prayer; a house of study, and a house of community living. Theology courses are followed at the Metropolitan Andrey Sheptytsky Institute of Eastern Christian Studies at Saint Paul University in Ottawa. In-house training classes on liturgy, preaching, pastoral counselling, and language along with annual pastoral placements in ministry settings assist candidates in preparing for future ministry.

Since the erection of Holy Spirit Seminary in 1981, well over 100 candidates have received all or part of their priestly formation in Ottawa; more than 60 have been ordained to the priesthood and now serve in various parishes across Canada.

The formation of candidates for the priesthood belongs to the whole Church, to you and to me.

Please consider making a donation or leaving a bequest in your will to Holy Spirit Seminary.

For more information, please contact Marijka Onuferko at Holy Spirit Seminary, 1030 Baseline Road, Ottawa, ON K2C 0A6, 613-727-1255, hssottawa@gmail.com.

# Top 10 things most people don't know about Pope Francis

By Carol Glatz

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VATICAN CITY (CNS) – When Cardinal Jean-Louis Tauran walked onto the central balcony of St. Peter's Basilica, telling the crowds in Latin: "I announce to you a great joy. We have a pope!" not many people recognized the name of then-Cardinal Jorge Bergoglio of Buenos Aires, Argentina.

Now, just one year since his March 13, 2013, election, there are still many things most people do not know about the 265th successor of Peter.

Here is a list of 10 things people should know about Pope Francis. He:

**1** Has a way with birds: Pope Francis expertly handled a white dove and a green parrot during different general audiences in St. Peter's Square. According to the pope's sister, Maria Elena Bergoglio, the future pope had a parrot when he was in the seminary. And because he loved to play jokes, she said, "I wouldn't put it past him that he taught the little beast a swear word or two instead of how to pray."

**2** Has colourful work experience on his resume: In addition to having worked sweeping floors in a factory and running tests in a chemical laboratory as a teenager, the pope also used to work as a bouncer. Later, when he was no longer kicking troublemakers out of clubs, he taught high school literature and psychology, which, he said, helped him discover the secret to bringing people back... to church.

**3** Was a Jesuit Oskar Schindler: When then-Father Bergoglio was head of the Jesuit province in Argentina, he ran a clandestine network that sheltered or shuttled to safety people whose lives were in danger during the nation's murderous military-backed dictatorship.

According to witnesses, the future pope never let on to anyone what he was doing, and those who were helping him find rides or temporary housing for "guests" never realized they had been part of his secret strategy until years later.

**4** Is a homebody with missionary zeal: Even though he has travelled extensively, the future pope considers himself "a homebody" who easily gets homesick. However, he wanted to join the Society of Jesus because of its image as being "on the frontlines" for the church and its work in mission lands.

He wanted to serve as a missionary in Japan, but he said his superiors wouldn't let him because they were concerned about his past health problems.

**5** Has an achy back: When the pope was 21, the upper half of his right lung was removed after cysts caused a severe lung infection. While that episode never caused him further health problems, he said his current complaint is sciatica.

The worst thing to happen in his first month as pope was "an attack of sciatica," he said. "I was sitting in an armchair to do

interviews and it hurt. Sciatica is very painful, very painful! I don't wish it on anyone!"

**6** Was the strongest contender behind then-Cardinal Joseph Ratzinger in the 2005 conclave. If the Argentine had been elected pontiff then, he would have chosen the name John after Blessed John XXIII and taken his inspiration from "the Good Pope," according to Italian Cardinal Francesco Marchisano.

However, during the 2013 conclave, Brazilian Cardinal Claudio Hummes told the newly elected pope, "Don't forget the poor," and that, the pope said, is when it struck him to take the name of St. Francis of Assisi, "the man of poverty, the man of peace, the man who loves and protects creation."

**7** Starts his day at 4:30 a.m. "I pray the breviary every morning. I like to pray with the psalms. Then, later, I celebrate Mass. I pray the rosary," he has said. His workday includes reading letters, cards, documents and reports as well as meeting cardinals, bishops, priests and laypeople. He eats lunch between noon and 1 p.m., then rests for about 30 minutes before returning to work.

But his favourite part of the day is eucharistic adoration in the evening, when he often falls asleep in prayer. "Between 7 and 8 o'clock, I stay in front of the Blessed Sacrament for an hour in adoration. But I pray mentally even when I am

waiting at the dentist or at other times of the day,” he said.

**8** Can juggle a lot of plates: Jesuit Father Juan Carlos Scannone, the pope’s friend and former professor of Greek and literature, said the pope is “a one-man band” who can juggle many different tasks at the same time.

“Once I saw him writing an article on the typewriter, then go do his laundry, then received someone who needed spiritual guidance. Spiritual work, a technician and a manual labourer all at the same time and with the same high quality,” the priest said.

**9** Travels light: When he boarded the papal plane for Brazil last July, people were stunned the pope was carting around his own carry-on bag. What’s inside? “It wasn’t the key for the atom bomb,” he told journalists. “There was a razor, a breviary, an appointment book, a book to read, I brought one about St. Therese, to whom I have a devotion. I have always taken a bag with me when traveling – it’s normal.”

**10** Had his “Hog” help the homeless: Pope Francis briefly owned what became the most expensive 21st-century Harley-Davidson motorbike in the world. Though he prefers walking and cheaper car models, Harley-Davidson gave him a brand new Dyna Super Glide in June that the pope autographed and put up for auction, raising a hefty \$326,000 for a Rome soup kitchen and homeless shelter.

## 10-ліття єпископського служіння Владика Кир Стефана Хміляра Єпископа Торонтонського і Східньої Канади



*“Я Твій” (Пс. 119:94) “Чини зі мою, що Тобі до впадоби. Я Твій!”,  
“Іду вчинити Твою волю” (Єв. 10:9)*

*Господи і Боже, Пресвята Владичице, Богородице, моя небесна Заступнице і Покровителько! Під Твій покров я віддаю самого себе, моє священство і єпископство, до якого мене кличе Твій Син, наш Господь Бог і Спаситель, щоб я завжди міг сповняти Його волю Небесного Отця.*

Ювілят Владика Кир Стефан Хміляр був вибраний на єпископа Торонтонської єпархії Синодом Єпископів Української Греко-Католицької Церкви в липні 2001 р. на місце Єпископа-емерита Корнелія Пасічного. Отримав благословення Святішого Отця Івана Павла II та проголошений Єпископом 3 травня 2003 р. Архиєрейська хіротонія відбулася 23 липня 2003 р. у Соборі Успення Пресвятої Богородиці в м. Мисисага (Онтаріо).

30 листопада у гарний сніжний вечір почали з’їжджати авта в Скарборо, до церкви святих Апостолів Петра і Павла, в котрій па-

рохом є о. Протоієрей Петро Двірник. Велика кількість священослужителів, представників різних громадських організацій, а також вірних зібралося з різних парафій розлогої Єпархії Торонта і Східньої Канади – в тому числі Монреалю, Отави, Скарборо, Торонта, Мисисаги, Брентфорду, Бремington, Оуквілу, Кіченеру, Гамільтону, Кембридж, Сент-Кетеринс, Ніягари, Лондону, Віндзор та ін.

У супроводі Лицарів Колюмба разом із священослужителями Преосвященого Владика Кир Стефана Хміляра ввели в храм, а Владика благословляв вірних Архиєрейським Благословенням.

Почалося святкування з Молебнем подяки. Перед відправою о. парох Петро Двірник привітав Владика Кир Стефана Хмільяра. Молебень відправлявся із гарним співом, яким провадили о. мітрат Роман Ґаладза і Олег Бих, на два розпіви мирян і духовенства.

Після прочитання Євангелія, дуже змістовну і духовно глибоку проповідь виголосив гість-священик з України о. Барщевський, котрий напротязі кількох місяців працював над докторатом у Канаді. Отець Барщевський привітав Владика Ювілята такими словами:

«Преосвященніший Владико Ювілянте, Святий Дух упродовж століть, тихим віанням, але й непохитністю правди, настановляв і продовжує становити єпископів у Божій Церкві (див. Ді 20, 28), для того, щоб кожен єпископ був батьком, Главою, Пастирем, Пророком, Учителем, Первосвященником – тобто, Літургом, Нареченим своєї Єпархії, своєї помісної Церкви, свого святого Божого народу – Нареченої Христа. Єпископ є, отже, образом-іконою нашого Первосвященника Господа Ісуса Христа, і цей образ Христа-священника вони повинні вирізьбити зокрема в їхніх священниках і дияконах, а відтак у кожному віруючому усього Божого люду.

Церква залежить від її єпископів. Так вже писав і навчав великий свяченомученик св. Ігнатій Антіохійський: «ubi episcopus, ibi ecclesia» (там де єпископ, там і церква). Так навчає і св. Кипріянін Картагенський, який писав: «Episcopus in Ecclesia, Ecclesia in Episcopo» (Єпископ у Церкві і Церква в Єпископі). Так продовжує навчати і Другий Ватиканський Собор, який проголошує, що в Єпископі «проявляється Церква» (SC 41). І наш Катехизм



«Христос – наша Пасха» (491) продовжує це навчання такими словами: «Без них [єпископів] не можна говорити про Церкву».

Саме єпископська хіротонія – якої десяту річницю преосвященнішого Владика Стефана сьогодні відзначаємо – є основним джерелом нашого Катехизму, а зрештою і нашого богослов'я, на окреслення ролі і значення єпископського служіння у Церкві. [...] Преосвященніший Владико, ми сьогодні зібралися, щоби спільною молитвою і спільною трапезою відсвяткувати разом з Вами десятиліття Вашої єпископської хіротонії – згадати той день, коли Ви не тільки стали єпископом, але й коли ця єпархія отримала свого батька, пастиря, учителя, первосвященника, лікаря і захисника. Ми принесли, як Божий люд, Божий виноградник, свої плоди – а точніше, те, що апостол Павло називає плодом Духа, а саме: любов, радість, мир, довготерпіння, лагідність, доброту, вірність, тихість, здержливість (Гал. 5:22–23). А Вас просимо прийняти їх, вибрати

з-поміж них найкращі і принести їх, як добрий виноградар, нашому Господу і Спасителю.

А для Вас, звертаємо до Бога слова виголосу з Божественної Літургії, щоб «у мирі, цілі, чесні, здорові, довголітньо і правильно навчали Слово Божої істини».

По закінченні Молебня о. Петро Двірник подякував усім, ще раз привітав Владика Стефана і запросив усіх до знімки та на святочний бенкет. Владика Кир Стефан подякував і уділив Ахирейське Благословення. У гарній, святочно прибраній залі зібралося ще більше мирян і священослужителів, бо деякі доїжджали здалека, не дивлячись на сніжну ледяну погоду, щоб вшанувати нашого дорогого ювілята, Владика Кир Стефана Хмільяра.

При дверях зустріли нашого ювілята з короваєм і квітами Голова ЛУКЖК при церкві свв. Ап. Петра і Павла, п. Ірина Набережна, а також подружжя Дінова.

І знову наші Лицарі Колумба супроводжували ювілята, Преосвященного Кир Стефана Хмільяра і

гостей головного столу. Головний стіл: п. Рева і п-і Оксана Рева, п. Стефан Андрусин, добр. Оля Паньків, о. мітрат Роман Паньків, о. Петро Двірник, ювілят Кир Стефан Хміляр, представник Коптійської Церкви, представник Православної Церкви о. Володимир Феськів, Канцлер о. мітрат Богдан Білинський, добр. Корнилія Білинська, Генеральний Вікарій о. Боніфатій Мальований та о. протоігумен Гавриїл Габер ЧСВВ з Вініпегу. Привітали всіх присутніх ведучі бенкету, молоде подружжя Ерна і Чад Дінова.

Гарною несподіванкою для ювілята було привітання танцювальної групи "Барвінок" (директор і художній хореограф п. Федір Даниляк), яка цього року відзначає своє 45-ліття – під патронатом Собору Успення Пресвятої Богородиці у Мисисага, аджеж Владика Стефан перед висвяченням на єпископа був парохом цього собору. Бенкет і святочна програма розпочалися чудово і вміло приготовленим танцем зі свічками, під назвою "Молитва". Після танцю ведучі запросили Ювілята до молитви і Благословення вечері.

Після величавого і смачного обіду продовжили мистецьку програму. Танцювальна група "Барвінок" ще раз виступила, а також діти, котрі грали на фортепіяні. Ще одною несподіванкою був спів нашого канадійського Анатолія Солов'яненка, давнього приятеля Владики, Віктора Шавеля з Гамільтону, котрий піснею "Владико Неба і Землі" (з опери Семена Гулак-Артемівського *Запорожець за Дунаєм*), покорив і підняв настрій всіх присутніх, а особливо ювілята. Оплески не втихали – довго не даючи співакові

повернутися до столу.

Почалися привіти. Першими вітали Владика нововибрана Голова Єпархіяльної ЛУКЖК Анна Мартинів, далі представник КУК п. Стефан Андрусів, Голова КУК п. Оксана Рева, Провінційна настоятелька Сестер Службениць Патріція Лейсі СНДМ, добр. Тая Чолій, СУМ у Сент-Кетеринс і провідник їхнього "Відпінчм з Христом", Голова ЛУКЖК у Сент-Кетеринс Наталя Конит і настоятель церкви Святої Анни у Скарборо о. Володимир Феськів, а також представник Православної Церкви, котрий подарував ікону від Владики Андрія (Пешко) і прочитав побажання.



Головне привітальне слово висловив Канцлер Торонтонської Єпархії, о. мітрат Богдан Білинський:

"Ваше Преосвященство, Владика Кир Стефане, десять років тому у липні, багато з нас були присутні у Соборі Успення Пресвятої Богородиці у Мисисага, де Ви були хіротонізовані на Єпископа нашої Єпархії. Ми були свідками, як Ви охоче прийняли облачення – символ Вашої ролі головного пастиря нашої Єпархіяльної пастви, та захисника і зберігача нашої української католицької віри.

З того часу, неможливо підрахувати, скільки разів ми бачили Вас перед вірними, з трикірієм та

дикірієм в руках, і чули, як Ви мовили цю сердечну молитву:

"Господи, Господи, поглянь з неба, подивись і відвідай виноградник, який насадила правиця Твоя".

Як апостол Павло, в ім'я Господа Нашого Ісуса Христа Ви відвідали парафії по цілій нашій Єпархії, яка простягається від Атлантичного океану до кордону Манітоби, відправляли Божественні Літургії, проповідуючи Слово Боже. Заохочували наших пресвітерів, зустрічалися з вірними, хвалили їхні зусилля, співпереживали проблеми, з якими вони боролися.

Ви охоче виконуєте ролю "духовного батька пастви": з любов'ю, вірністю, молитовною старанністю, і я думаю, з великою радістю."

Була також велика кількість побажань, котрих перечислили ведучі. Опісля, о. парох Петро Двірник, разом з о. мітратом Романом Паньківим, парохом Собору Успення Пресвятої Богородиці у Мисисага, і за старанням о. Володимира Кривоногого, пароха церкви

Пресвятої Євхаристії, вручили Владичі Кир Стефанові грамоти від Святійшого Отця Франциска, Папи Римського та від Блаженнішого Патріярха УГКЦ Святослава.

На закінчення бенкету, ведучі запросили ювілята Кир Стефана Хміляра до подячного слова і молитви.

Владика Кир Стефан висловив подяку всім присутнім і звернувся до всіх парохіян з Торонтонської Єпархії, які прибули на це свято, пригадавши, як десять років назад отримав повідомлення від ватиканського представника-нунціо про номінацію його на Єпископа Торонтонського і Східної Канади... це було для нього великою

несподіванкою, в той час Владика був у храмі, бо робітники ремонтували підлогу у вівтарі. Згадавши про це, Владика також розповів, що кілька хвилин тривала мовчанка. На другий день, знову зателефонував нунцію і спитав Владика, як йому спалося, і які в нього були душевні враження і почуття. Владика відповів, що довго молився і роздумував, бо в такій ситуації навіть не можна сказати найближчим – навіть матері – ані порадитися ні з ким. Владика прийняв з покорю це призначення.

Хоча ті десять років пройшли дуже скоро – вони дали можливість краще пізнати Бога, священників Єпархії і вірних.

Далі подякував насамперед духовенству, особливо про добру співпрацю, сказав, що вони немов воїни Христа, які захищають інтереси Церкви і вірних. Владика наголосив на тому, що найкраща ласка, подяка і скарб в Єпископському житті – це нагода висвятити нових священників, дияконів та іподияконів, як слід продовження духовного життя для Бога і вірних Христовій церкві. Далі він подякував Сестрам Службеницям, Лицарям Колумба і всім, хто приготував цей вечір-бенкет, парохів о. Петрові Двірнику і його родині, всім громадським і припарафіяльним організаціям, а зокрема гостям, які прибули здалека. Уділив усім своє Архирейське Благословення і подяку.

Наш ювілят стільки має пошани і християнської любові до духовенства і вірних, що під час ювілею він підійшов майже до кожного стола і привітався та дякував їм за їхню присутність.

По закінченні, велика черга священослужителів і вірних підходили до Владика з особистими вітаннями і бажаннями Божих Ласк на даліше служіння.



Можливо вперше в історії нашої Церкви стався такий збіг обставин, що в сам день хіротонії Преосвященного Владика Кир Стефана упокоївся в Бога бл. пам. Владика Кир Ізидор Борецький, а це сталося саме 23 липня 2003 року Божого.

На завершення свого допису хочу сказати, що з Владикою Ювілятом співпрацюю на протязі 13-ти років. Три роки я був помічником Владика, коли ювілят був парохом Собору Успення Пресвятої Богородиці у Мисисага. Я мав велику можливість більше пізнати духовне священниче життя і історію Канади, також навчитися багато про цю чудову країну, яка дала нам Українцям тут добре і щасливе життя. Пройшло десять років Вашого Єпископського служіння, особливо в цей час, коли ми живемо в занепалому світі, де панує гріх, ненависть і злоба. Але Господь Бог Вас полюбив і покликав служити Богові і народові у Його Христовому Винограднику – а це Ваша безнастанна праця,

християнська любов, приклад для інших, Ваша молитва – яка є вічністю і спасінням людських душ. Допомогаєте бідним і сиротам, бо є свідомі їхньої присутності. Ваша поміч необмежена, завжди готові допомогти в Україні, Бразилії, Італії і по інших країнах, а також у Канаді, де потребують допомоги. Важним є те, що Ювілят пізнав чотири генерації цієї Країни, зумів пізнати їхнє життя і душі. У всіх своїх проповідях і побажаннях завжди підкреслює любов до Батьківщини України і підтримку матеріальну та духовну всіх Українців по світі суцях. В даний час завжди готовий допомогти Українцям “Четвертої Хвилі”, духовенству і мирянам.

За ці роки десятиліття Ви були і є провідником, як для духовенства, так і для громади. Тож і на даліше, щоб Ваша та доброта і щирість була поміччю для всього повіреного Вам люду з Вашими молитвами, що вірно служите Христу і Божому народові!

Як колись Христос послав Своїх апостолів проповідувати Євангеліє, так і десять років назад послав Вас Преосвящений Владико Стефане: “Іди і навчай, проповідуй і освячуй... Хто слухає тебе, слухає Мене... І ось я з тобою по всі дні...” Щоб Ісус Христос і Пречиста Діва Благословили Ваше життя, кожне Боже слово, кожний почин і своїм небесним світлом освітлювали Ваші думки – це наші побажання, а наші молитви шлемо до Господа, щоб дарив Вас многими ласками, милостями і щедротами. Щастя Вам Боже, у Вашому Архирейському житті і служінні на Многая і Благая Літа Владико! Аксиос, Аксиос, Аксиос!

о. мітртат Роман Паньків  
парох Собору Успення Пресвятої Богородиці – Декан Торontonський



## Rev. Fr. Julian Bilyj's Reflections on Theme: “Let Us Give Thanks” (& four sub themes)

- Commemoration of 1,025 years since St. Volodymyr brought Christianity to Ukraine
- 122 years since Ukrainians first came to Canada (and 100+ years since Bishop Budka's arrival to Canada)
- No matter what the reasons, e.g., religious persecution, economic hardships, political instability, war, etc., the four waves of Ukrainian immigration (or refugees) came/fled to Canada – enduring many sacrifices, but with the hope of a better life – for themselves and also for future generations (20-year anniversary of the Ukrainians from Bosnia to Canada)
- Thankfulness for living in Canada – which has provided all of us with many “gifts,” e.g., freedom of worship, stable democracy, appealing environment, advanced economy, etc.

Saint Volodymyr was a pagan in his early life. He was a great conqueror who had many wives and erected many pagan statues in the lands that he ruled over. Upon finding out that other faiths existed beyond his own paganism, he decided to send his envoys out into the world to find out what was true faith on earth. The Chronicle of Nestor relates that Volodymyr sent envoys to the neighbouring countries for information concerning their religions. His envoys met with Muslims, but felt that there was no joy among them, and that their faith was very mechanical. The envoys also met with Jews, but were still unimpressed. Everything changed, however, when the envoys arrived in Constantinople. Upon attending the Divine Liturgy in Hagia Sophia,

the envoys said, “We no longer knew whether we were in heaven or on earth.” Volodymyr's envoys reminded him also that his grandmother Olga had embraced that faith. Volodymyr was baptized and had chosen as his baptismal name Vasyl/Basil.

St. Volodymyr changed completely after his baptism. Volodymyr urged all his subjects to become Christians, established churches and monasteries not only in Kyiv, but in Pereiaslav, Chernihiv, Volodymyr in Volyn' and many other cities. Volodymyr gave up his warlike career and devoted himself principally to the government of his people; he established schools, introduced ecclesiastical courts and became known for his zeal in spreading the Christian faith.

His Beatitude Patriarch Sviatoslav addresses the faithful in his Pastoral Letter on the Occasion of the 1025th Anniversary of the Baptism of Rus'-Ukraine with these words:

“Історія Русі-України вчить нас, що саме український народ є тим новим Христовим людом, який зродився у хрещальних водах Дніпра. Це про нас молився в день Хрещення киян, час Нового Сотворення цього народу, князь Володимир, кажучи: «Христе-Боже, що сотворив небо і землю! Споглянь на нових людей цих і дай їм, Господи, пізнати Тебе, істинного Бога, як пізнали Тебе християнські країни. Утверди в них правильну й непохитну віру і мені поможи, Господи, проти диявола, щоб переміг я хитрощі його, надіючись на Тебе і Твою силу».

Як Богоявленню на Йордані передувало Різдво Божого Сина і Його приховане життя в Назареті, так і Богоявленню на Дніпрі передувала кількасотлітня історія прищеплення християнства та його непомітного, але впевненого зростання на нашій землі. Першими сіячами Слова Божого були святий Андрій Первозванний, Христовий апостол, і святий Климент, Папа Римський. Засіяне ними плекали святі рівноапостольні Кирило і Methodій, просвітителі слов'ян. Отже, величний акт 988 року не започаткував, а увінчав наш

шлях назустріч Христові. Київ став центром нашої Церкви, як колись Єрусалим – центром Церкви апостолів, тож не випадково християнство на наших землях названо «київським». Наш народ і його держава є спадкоємцями християнської цивілізації Київської Русі-України, що була свого часу однією з найбільш могутніх і культурних країн Європи.

Хрещення стало «весною нашого народу», сповнюючи національний організм духом воскреслого Тіла Христового. Наші предки, немов зі сну, прокинулися з неволі рабів гріха до свободи дітей Божих (пор. Рим. 8, 21). Будучи охрещеними «в ім'я Отця, і Сина, і Святого Духа», вони стали «одним Божим народом на київських горах», об'єднаним в єдиній, святій, соборній і апостольській Церкві. Тому наша Церква-мучениця є прямою спадкоємицею Церкви Володимирового Хрещення, що зуміла протягом історії зберегти спадок неподіленого християнства першого тисячоліття та була, є і завжди буде душею нашого народу.»

We are thankful for living in Canada, the country that has provided all of us with many “gifts,” e.g., freedom of worship, stable democracy, appealing environment, advanced economy, etc.

No matter what the reasons, e.g., religious persecution, economic hardships, political instability, war, etc., the four waves of Ukrainian immigration came/fled to Canada enduring many sacrifices with the hope of a better life for themselves and also for the future generations. This year my family and I and all the Ukrainians from Bosnia celebrate the 20th anniversary since we have arrived to this beautiful country of Canada, that we all call home now.

At this point I would like to quote/paraphrase our beloved Bishop David Motiuk – who, in his

greeting on the occasion of his Beatitude Basileios Cardinal Cleemis, Major Archbishop's – Catholicos Syro-Malankar Catholic Church – visit to Edmonton on September 2nd, said these words that perfectly fit our theme of immigration of our people to Canada:

“We are reminded of the prophesy recorded in the Book of Ruth regarding the virginal birth of Jesus Christ, the Son of God: “And you, Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for from you shall come a ruler who is to shepherd my people Israel” (Ruth 1:2; Matthew 2:6).”

Today, we might put it this way:

“And you, Edmonton, in the land of Canada, are by no means least among the Ukrainian Catholics; for from you came and shall come good and holy people, who will grow in life, in faith and in spiritual understanding, and that you might hear the call to evangelize among your families, friends and neighbours in your newfound land, so that all may come to know the love of God.”

Indeed, while we might see the scattering of our peoples from Ukraine, and the like as divisive among families and a known way of life, God might use this migration as a means of a new evangelization, where a holy people deeply rooted in the Gospel find themselves in new lands with new opportunities to share their faith with strangers and thus transform the world into the Kingdom of God.

I believe that it was the 20th century theologian Hans Urs von Balthasar who described holiness as a quality by which one would disappear into the Mission of the Church. This insight strikes me as the right one when we reflect on

Blessed Nykyta Budka, first bishop of the Ukrainian Greek Catholics in Canada. Saints do not set about their mission with a publicity strategy in mind. Some saints do become famous, but no saint is looking for celebrity status. Saints will accept our gratitude and even our praise, but they will never keep these for themselves. They give all that to Christ. It is one of the ways that they decrease as the Lord increases.

“If disappearing into the mission of the Church is the great sign of a saint, it is then likely that most of the saints have passed through this world to the next unnoticed. Their anonymity is testimony to their sanctity. Though unknown in this world, they shine brighter than the stars in the world that is to come. And like the nameless stars in this world, that have for ages provided a sense of direction, or even a glimmer of hope, their light abides and guides us still.” (Fr. Steve Grunow)

I am grateful for Blessed Nykyta Budka – we are grateful for Blessed Nykyta Budka – and for all those blessed martyrs/saints who, being so caught up in the love for Christ, have set aside any other goal than to accomplish that mission through which they would disappear into the Church. You were so successful in your mission that I never even knew that you and what you did was so great and important, but it truly made all the difference. My prayer and hope is – our prayer and hope is – that we will know you in heaven, but until then, please accept our profound gratitude and appreciation.

Слава Ісусу Христу!

Fr. Julian Bilyj  
Parish Priest/St. Nicholas, Edmonton

# 25th Anniversary of the Ordination of Fr. Don Bodnar to Priesthood

Saturday, October 26, 2013, Sts. Volodymyr & Olha, Ukrainian Catholic Church, Smoky Lake, AB

Very Rev. Fr. Don Bodnar, on the special occasion of his 25th Anniversary of Ordination to Priesthood, celebrated Divine Liturgy with Bishop David Motiuk and Very Rev. Fr. Stephen Wojcichowsky (Chancellor/Vicar General/Edmonton Eparchy), along with clergy from neighbouring parishes and Edmonton and area. The beautiful voices of "Axios" Men's Choir from Edmonton singing the Divine Liturgy was truly a "gift" and the many priests in attendance saying prayers in unison and taking parts in singing different parts of the Liturgy was spiritually uplifting.

Over 260 guests were served a delicious banquet. Special guests in attendance were Fr. Don's mother Kay Ferguson, his brother Nicholas, godmother Mrs. Florence Mandrusak, and Fr. Roman Lahola, longtime friend from Montreal.

Master of Ceremonies for the memorable event was Roman Brytan, FM Radio host from Edmonton. Roman noted that Fr. Bodnar, in his 25 years of priesthood, served at 3,284 liturgies, 82 weddings, 315 baptisms, and 337 funerals plus at numerous services at hospitals and continuing care places. He has travelled 860,000 km through all kinds of weather to get to his parishes. From 1985-1997 Fr. Don served as Deacon in Athabasca, AB. He was ordained as a priest in Ukraine in 1988 and returned to serve in Athabasca. From 1997-2008 he served as parish priest at Exaltation of Holy Cross in Edmonton. In 2008 he began serving in the Smoky Lake District. Although Fr. Bodnar was born in Canada, he is considered a "Ukrainian" as he was ordained in Ukraine.

Bishop David Motiuk explained how Fr. Bodnar had to be ordained



Very Rev. Fr. Don Bodnar holding his youngest grandchild... with his family, clergy.

as a priest in Ukraine as the Pope would not allow married priests to be ordained. There were orders to suspend all three priests that had been ordained in Ukraine. Bishop Greschuk, at that time, advised the Pope that if anyone was to be suspended it would be him as he sent the three deacons to be ordained to priesthood because he needed priests in Alberta. No one was suspended.

A highlight of the special occasion was a video of Fr. Bodnar as priest in different churches, weddings he performed, first communions, and of his family. Fr. Bodnar read a poem on the dedication and challenges of priesthood and expressed his gratitude to his late grandmother who paid for his studies in becoming a priest. He explained how he was called to ministry. When he was young he was involved in a serious farm accident which seriously damaged his liver and threatened his life. His mother prayed for his healing, vowing that her son would be committed to the priesthood. However, he grew up as a normal young man,

went to work in the private sector, married, and started a family. A time came when he began to feel an urge to do work with the church, helped out in various roles, and eventually was called to ministry.

Fr. Stephen Wojcichowsky brought greetings on behalf of the clergy of Alberta. Inter-parish President Steve Zarusky presented Fr. Bodnar with a gift certificate for a trip to the Holy Land. Other greetings were from longtime friend, Fr. Roman Lahola, and from representatives of other parishes and organizations. Plaques from Pope Francis, Patriarch Sviatoslav Shevchuk/Ukraine, Metropolitan Lawrence Huculak/Archeparchy of Winnipeg, and Bishop David Motiuk/Edmonton Eparchy were presented to Fr. Bodnar.

The memorable occasion concluded with prayer and singing of Mnohaya Lita.

Submitted by Pat Elaschuk  
Sts. Volodymyr & Olha  
UCWLC, Smoky Lake, AB

# Inspiring Women

Our community is filled with women who are kind, loving, and generous.

They work hard in our communities to help make a difference in the lives around them. They raise strong families. They serve their faith.

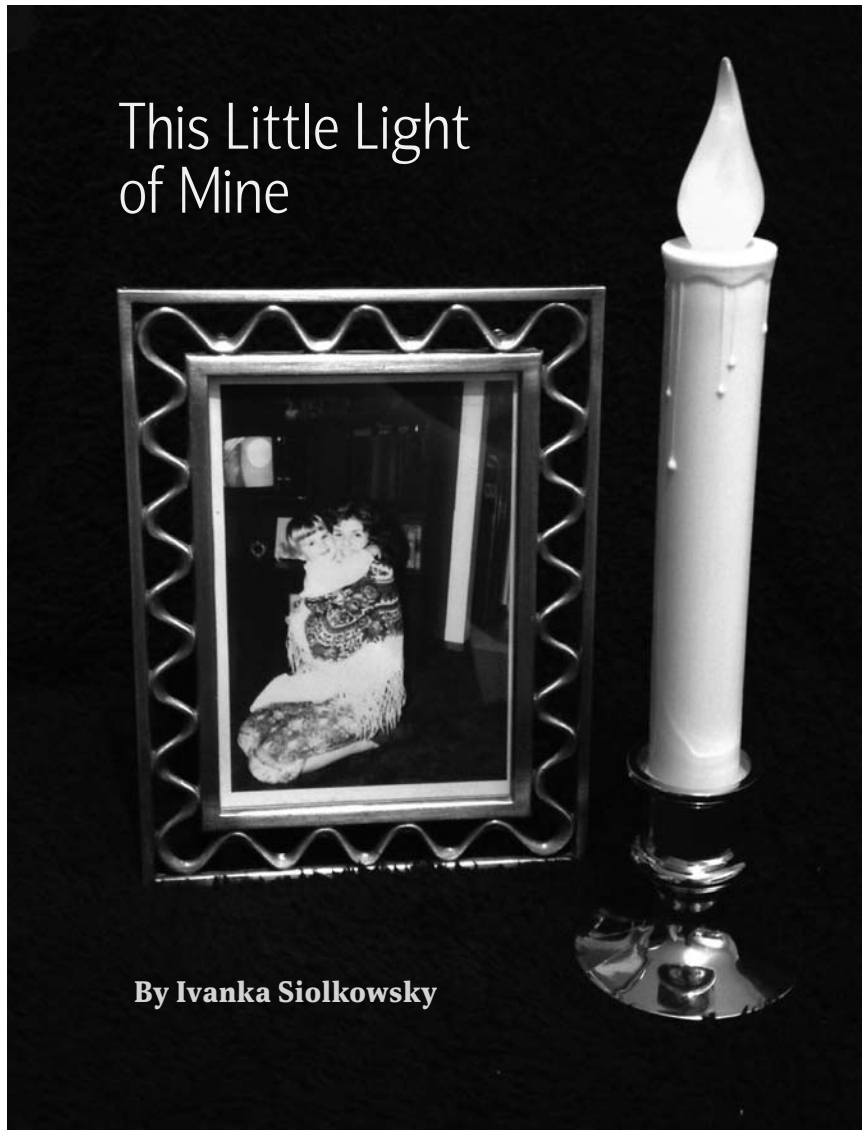
They support their communities. They create change in the world.

They love.

They teach.

They create.

They inspire.



ON JANUARY 2, 2014, my Mama, Mary Siolkowsky, lost her battle with breast cancer after a 10-year struggle. She passed at home with her family by her side, after three separate blessings from three different priests.

Needless to say we are a very religious family – Mama was a member of the Ukrainian Catholic Women’s League, and a very faithful woman. I wanted to share this story with you, because on the Sunday before Mama’s passing, I sat by her bedside and read her the entire issue of *Nasha Doroha*, front to back. You shared your stories with her over the past several years, so I felt it was time for her to share hers with you.



Ivanka Siolkowsky with her mother

Since her passing, Mama has been communicating with us through light. It began on Ukrainian Christmas Eve when we stood to pray at the table – the lights on the chandelier began to flicker continuously. Then at her funeral, the very large chandelier in the church began to twist from side to side. (I’ve never seen this thing move. It’s very heavy.) There were many more instances of lights moving, flickering, and shining (even without a power source). The most recent being at the Liturgy of her 40th Day prayers on February 11th, in Saskatoon (which is where I live). During the Євангелія, we held small, battery-operated candles. I turned them on myself and handed them out to the children in the church. After the Reading, the children turned off their candles and handed them back... all but

one. This one candle would not turn off. We tried everything – twisting, turning, removing the batteries. The candle wouldn’t budge. I held it for the rest of the service, knowing full well why it still shone so brightly. I shared the story with the congregation after the service, and it brought many a smile to the people’s faces.

It was neat that it lasted through the Liturgy, then through the night... then 24, 48, 72 hours, etc. (Batteries for these lights last no more than 24 hours – according to my research.) Several people have tried to turn it off to prove me wrong... no luck! It simply flickers like a real flame. I know that Mama is with me, and this is her way of showing it.

I love this way of communication with Mama, although I couldn’t help but wonder: “Why light?” Well, last night I came to an incredible realization: the night before Mama’s passing, the family was sitting in the room with her, at which point my nieces (ages 4 and 6) wanted to sing their *Baba* a song. Any guesses?

The song was “This little light of mine.” We sang it together in a most peaceful tone. I believe this is Mama’s way of letting us know that she heard us that night, and to let us know that Heaven is even more wonderful than any of



Mary Siolkowsky

us could have ever imagined. She is OK!

Wait! It gets better! Five days after the Saskatoon service, my family back home, in St. Catharines, Ontario held their 40th Day Liturgy. Before the service, my brothers called me over Skype from the church basement to say hello. At this point, the candle was still going. After a brief conversation, my brothers hung up, as the service was about to begin. When they hung up to go to the church, you won’t believe what happened! That’s right, the candle went out. It was time for her to go be with the rest of the family during this time. I know it sounds crazy, but I was not the only person to have witnessed this. My cousin and his wife were visiting me from Edmonton that weekend, and saw it with their very own eyes. There is no doubt in my mind that this was Mama giving us hugs in the best way that she knew how.

I have always been a devout Catholic, and always “believed” – or so I thought. I now truly know what it means to believe, and I would not trade this feeling for anything! Слава Ісусу Христу!

**Did you buy a gift  
subscription or two of  
NASHA DOROHA  
for your favourite people?  
For their birthday or  
anniversary?  
Please see page 55.**



## A 95-Year-Old Track Star

By **Michele Carter** mcskribbels@gmail.com

OLGA KOTELKO WAS RELIEVED when she saw the bright sun slide behind the cloud. The man at bat was a heavy hitter, and she expected his swing to be a fly ball so, with no sun in her eyes,

she was ready if the play came to her in right field. She punched the soft leather of her glove and waited. The loud crack of ball against bat told her it was a good one. Her voice inside her head said, “Wait for the descent. Wait for it.” She stepped back, arm in the air, expecting the smack of the ball to hit her mitt but, instead, heard “oomph” and felt a hard strike on her left shoulder. When she opened her eyes, she was face down in the grass. First thought: where’s the ball? Second thought: that’s gonna be a heck of a bruise.

Turned out, Olga wasn’t the only one going for the fly. The young and enthusiastic left fielder was racing toward it too, but he failed to call it. He was looking up, not at Olga, so he rammed into her with the force of a fastball. After that, Olga thought it best to let the younger players take over so, at 77 years of age, she decided to hang up her glove.

Olga had been playing baseball since her childhood on the family’s wheat farm in northeast Saskatchewan. Her parents came from the Province of Halychyna, Ukraine and had arrived in Canada in the early years of the twentieth century. They met onboard during the long voyage across the

Atlantic and were married in 1906. Olga’s ten siblings loved baseball and would play as soon as they had completed their chores of milking cows and stacking hay. Exercise and good health were natural by-products of growing up outdoors in all weather on the Canadian prairies.



Her love of sports carried over into adulthood. She became a teacher in 1941 and taught her students not only how to read and write, but also when to bunt, how to steal bases and how to guess the pitch. But, most importantly, she taught them how to be good sports, win or lose. When she retired 43 years later, she joined a softball team, and continued to play the game she loved, until that sunny day when she collided with the left fielder.

Not one to stay idle, Olga heard about track and field competitions for athletes over 35. “It’s never too late to get fit.” She joined the Canadian Masters Athletic Association and trained for several months in javelin, discus, shot put, and 100m and 200m races. In 1997, she took a flight to Tucson, Arizona and competed in her first international masters competition with the 75-79 age group. She entered the javelin event and threw 15 feet farther than the second place finisher. “It felt like an angel had picked up my javelin and carried it there.”

Her pitching arm had given her a great advantage, so much so that in her first event she broke the World and American records and won a gold medal. Keen to challenge herself, she added long jump, high jump, and hammer to her repertoire. Was the javelin event beginner’s luck? Apparently not.

The winning streak has continued to the present day. At 95, Olga travels around the world competing in “Masters” track and field competitions that have taken her to countries like Finland, Puerto Rico, United States, Canada, Brazil and more. She has broken 26 world records and won over 750 gold medals. To keep in

shape, she trains on the track at her neighbourhood high school and attends aquafit classes three times a week. "Wishing for something won't make it happen; you have to work for it."

Her achievements have not gone unnoticed. Recently, scientists have studied Olga to see if they could discover why she acts and feels like a woman in her fifties. Russell Heppell, Associate Professor in the Kinesiology and Phys Ed Department at McGill University has been conducting research on aging. His assessment of Olga is that she "has the capability of somebody close to 30 years her junior."

What are her secrets? Is she a genetic anomaly? Does her Catholic, Ukrainian upbringing play a role? Are her muscles and cardiovascular system unique? Is attitude a contributing factor? The results of the researchers' study are in a new book by Bruce Grierson called *What Makes Olga Run: The Mystery of the 90-Something Track Star and What She Can Teach Us About Living Longer, Happier Lives*. One crucial factor, according to Grierson, is Olga's attitude: "Olga thinks of herself as still growing." She continues to learn and progress because the science confirms we are capable of getting smarter and stronger as we age.

Good genetics play a part but so does a smart lifestyle that includes exercise and brain games. No matter our age, we can contribute to our well-being by following a few of Olga's tips. She suggests we try to create good habits. For instance, exercising 30 minutes a day increases our energy and improves our mood. "Treat your body like a friend, not a stranger, but don't overdo

it." In addition to the physical benefits of exercise, science has proven that the best way to keep your brain in good shape is to move your body: physical activity improves mental functioning. As Grierson points out, exercise "beats back cognitive decline as we age. Exercise grows the hippocampus, the brain region associated with making and consolidating memories." Other good habits include solving puzzles, learning a foreign language, or reading an interesting book.



Two years ago, during one of Olga's training sessions, a friend suggested she share her strategies and secrets for staying healthy. The result of those two years is her own book entitled *Olga: The O.K. Way to a Healthy, Happy Life*. In it, she offers simple activities we can do for immediate energy, such as inhaling a few deep breaths to send fresh oxygen to our muscles and brains; staying hydrated: drinking water for our skin and organs; getting more sleep and eating good food. Olga sleeps 8 hours a day and avoids processed food. She loves pyrogies, yogurt, pickled herring, sauerkraut, and borsch: "Ukrainians claim their borsch as the only genuine borsch in the world; it's the national soup of Ukraine."

Another good habit – participate in your community. Sharing time with others can be fun and may lead to new friendships. For instance, several times a year Olga volunteers with the Ukrainian Catholic Women's League of Canada to make 350-500 dozen pyrogies to fund projects in Canada and Ukraine. Those hours spent with her fellow cooks bring smiles and laughter into her life.

New research is proving that our attitudes about ourselves and about aging can also affect the aging process: just having the thought that we are younger than our chronological age can actually reduce the aging process. Olga agrees: "I choose to be a young-at-heart athlete rather than an old woman," and advocates a positive outlook: "Imagine good health and be grateful for the gift of each day." Another way she puts it is "better to smile than frown." "I believe that my optimistic spirit comes from my Christian faith. My parents set an amazing foundation for that faith."

Olga is determined, "God willing," to continue her athletic career and aim for new accomplishments. When her track and field days end, she plans to take piano lessons and learn how to work a computer. In the meantime, she remains as fit and energetic as ever.

If you would like to learn more about this extraordinary woman please visit her website [www.olgakotelko.com](http://www.olgakotelko.com).



Michele Carter is a writer and editor who lives in Vancouver.

# Remembering Mary Doliszny

By **Katrusia Doliszny**

## Lessons learned from my mother

One lesson learned from my mother was that you can do whatever you set your mind to.

My mother emigrated from Western Ukraine at the age of nine and settled in Kingston, Ontario. Though Kingston's Ukrainian-Canadian community was made up of a handful of families that worked hard to maintain their Ukrainian heritage and Ukrainian-Catholic faith, my mother did not really have the opportunity to engage in Ukrainian organizational life until she moved to St. Catharines in the mid-1950s. It was then that she became active in the UCWLC at the local level and began taking on leadership roles in her branch and eparchy. My mother always strove to do her best, so when she set her sights on national leadership, she sought out mentors to help her learn the ropes and advise her on difficult matters. When she was asked to take on the role of Treasurer General of the World Union of Catholic

Women's Organizations, she had some trepidation, but soon overcame it thanks to her passion for WUCWO's mission and her desire to help others. For seven years she attended board meetings and general assemblies, visiting countries and meeting women across the world. During this time, she also became an advocate for religious freedom and women's rights: My mother was as passionate about fighting for religious freedom for her sisters in then-Soviet Ukraine as she was about protesting female circumcision in Africa. From very humble beginnings as an immigrant in a town with a sparse Ukrainian population, my mother made remarkable contributions to the Ukrainian community at large.

## My mother's influence

The Ukrainian community was an integral part of my family's life: both my mother and father were community leaders and activists, and the three Doliszny children were never far from the action. The Ukrainian community was our extended family, as my parents embraced the entire Ukrainian community as one and did not discriminate by religious or political affiliation. My parents were also great ambassadors of the Ukrainian culture



and would share our rich history and culture with non-Ukrainians whenever the opportunity arose. We came of age at the height of the multiculturalism movement in Canada, which – paired with my parents' ceaseless devotion to and involvement in the Ukrainian community – ensured that we grew up as (and remain) proud Ukrainian-Canadians.

## Giving to my children

My children have grown up watching their parents give back to the community, and we have worked hard to instill in them the value of donating their time and energy to worthwhile causes. They have also directly benefited from the work of other volunteers throughout their lives – from coaches to camp counselors to scout leaders – ensuring that they fully appreciate the importance of volunteering and giving back to their communities. By the same token, my sister is a great proponent of becoming fully engaged and passionate about whatever cause you embrace, and her children have similarly embraced volunteerism and made it an essential part of their lives.

Employment opportunities



In Guadalajara, Mexico 1991 WUCWO General Assembly

have taken our family across the country and south of the border several times, but the constant in all these moves has been the Ukrainian community. This common bond has eased the trials and tribulations of a move, providing the familiar warmth of shared traditions and experiences in unfamiliar places. As a result of our family's frequent moves, my children appreciate the concept of community, be it based on ethnicity, religious affiliation, or common interests.

Growing up as first-generation Ukrainian-Canadians during the 1960s and 1970s,



Bohdan and Mary Doliszny

my brother, sister, and I were fully immersed in the Ukrainian-Canadian community; our schedules revolved around church services, Ridna Shkola (Ukrainian Saturday school), religion classes, Ukrainian dancing and Plast scouting. Our children were raised in different times, with a less intense Ukrainian upbringing, but their love of Ukrainian traditions and culture persists. They have a deep appreciation for the importance of Ukrainian traditions and family and are proud of their Ukrainian heritage.

## Св. п. Марія Долішна 1927–2007 рр.

Марія Долішна, з роду Вітик, народилася 7-го серпня 1927 р. в селі Корчмин, повіт Рава Руська, в Західній Україні (тоді під Польщею). До Канади приїхала з родиною в 1937 р. і



At the Equator in Kenya

замешкала в місті Кінгстон, Онтаріо. Після школи закінчила вищу освіту і здобула диплом ліцензованої медсестри (Registered Nurse). В 1950 р. одружилася з адвокатом Богданом Долішним. Родина замешкала в Сент-Кетеринс, Онтаріо, де п-во Долішні виховали своїх дітей Богданну, Катрусю та Григорія.

В 1957 р. включилася в ряди Ліги Українських Католицьких Жінок Канади (ЛУКЖК) при церкві Свв. Кирила і Методія в Сент-Кетеринс. Марія займала пост голови відділу 12 літ з перервами, а в міжчасі виконувала інші діловодства. В Епархіальній Раді ЛУКЖК займала пости: член контрольної комісії, член харитативної референтури, член Комітету Владик Провінції Онтаріо в справі статусу жінки, та член Комітету Статусу Жінки в Крайовій Управі ЛУКЖК, де була також референткою зв'язків. В роках 1980-1983 Марія Долішна була головою Крайової Управи ЛУКЖК. Займала також у той час пост Виховної

Референтки Світової Федерації Українських Жіночих Організацій (СФУЖО). Служила також членом ексекютиви благодійного товариства Св. Софії в Канаді. В 1979 році Марія Долішна відкрила крамницю «Українські Скарби». Тут не лише можна було купувати книжки, картки, малюнки, матеріяли на строї і т.п., але й можна було прийти подискутувати і розв'язати різні українські справи.

Крім праці в українських організаціях, Марія Долішна була шість років у дирекції міської громадської організації «YWCA» в Сент-Кетеринс і також була чотири роки членом жіночої управи Симфонічної Оркестри в Сент-Кетеринс. У своїй професійній галузі Марія була членом Спільки Ліцензованих Медсестер (Registered Nurses Association) і Товариства Університетських Жінок (University Women's Club).

З 1983 р. по 1988 р. була членом управи Світового Союзу Католицьких Жіночих Організацій (WUCWO – World Union of Catholic Women's Organizations), а з 1988 р. по 1995 р. була



Mary and Bohdan Doliszny meeting His Holiness Pope John Paul II

скарбником цієї світової організації (Treasurer General). Брала участь в чисельних світових конференціях по всіх сторонах світу – в Африці, Австралії, Мексиці, у багатьох країнах Європи, в Канаді та США. Коли пані Марія їздила на ці конференції, вона відважалася взяти на собі суми грошей навіть до 50 000 дол., щоби заплатити рахунки делегатам з бідних потребуючих країн. Як членкиня цієї світової організації, Марія Долішна використовувала всі можливості нав'язати зв'язки, і де тільки могла, інформувала делегаток про долю українського народу.

На всіх займаних постах Марія Долішна старалася про добро і розвиток українського церковного і громадського життя. Вона писала багато листів і виголошувала доповіді на різних темах в обороні і на добро Української Церкви чи народу. За довголітню визначну працю і заслуги для добра Святої Христової Церкви була

нагороджена медалею «Про Еклезію ет Понтіфіче» від Святішого Отця Папи Івана Павла II в 1989 р. За віддану працю для добра й розвитку українського суспільства в Канаді одержала від Централі Комітету Українців Канади Шевченківську медаль. Від провінції Онтаріо одержала грамоту «За Добровільну

Службу» (Volunteer Service Award).

25-го травня 2007 року відійшла у Божу Вічність світлої пам'яті Марія Долішна. За її добре серце, за приязнь і щирість тішилися пошаною і любов'ю всі, хто мав нагоду її пізнати. Вона залишила у глибокому смутку:

Чоловіка – Богдана  
Доні – Богданну з дітьми  
Маланкою і Томчиком  
– Катрусю з чоловіком  
д-р Стефаном Арчер і дітьми  
Єлисаветою, Богданом  
та Анею

Сина – Григорія з дружиною Джулі і синами Матейом та Луком

Хай всемогучий Бог поселиць душу покійної в Царстві Небеснім, а пам'ять про неї нехай буде вічною в наших серцях.

Вічна і Славна Їй Пам'ять!

Катруся Долішна Арчер  
Оля Ткачук



With UCWLC embroiderers

# Honouring *Mother Mary*

## Totally Devoted

By Lyrissa Sheptak, Edmonton, AB

I fall short. I fall short of expectation, of who I should be at this age in my life, of being the mother and wife I want to be, and I especially fall short in my prayer life. Don't get me wrong. I say the prayers that, as a Catholic, I'm expected to carry in my arsenal. But, I also "talk" with God where I pour my heart out in question, rage, or thanks and happiness – although I find that I am always on my guard of pushing God too far and conjuring up an extra 10 years in purgatory. I joke, but deep down I'm actually quite serious. What if I was taken today, would I make it to heaven? I am so far from perfection. But thanks to God's immense love for us He has things covered. Jesus gave us a "secret weapon" to lead us to holiness – He gave us his own mother.

Jesus loves us so intensely. But sometimes I wonder how or why He pays attention to an imperfect person like me when those on Malaysian flight 370, or those who don't have basic needs, take obvious priority. But in the same breath I am desperately thankful for his balancing act. To help us along Jesus gave us His mother, the communion of saints, and the angels to aid us in our prayers. They are our intercessors – God has a high regard for these holy people and celestial beings and He pays heed to the prayers that they set before Him. The most important and powerful of the heavenly help is Mother Mary.

Jesus loves, respects, and values her. And because He loves us, too, He *shares* Mother Mary with us. Jesus directs John on this just prior to dying on the cross:

"he saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, behold your son.' Then he said to the disciple, 'Behold your mother.'"

*John 19:26-27*

Mother Mary is our mother. And because Mother Mary adores her son and wants nothing more than for all people to willingly accept Him as their saviour, she does whatever she can to make smooth the path to Him. Does not a son listen to his mother? Does not a mother have a special way of convincing a child of doing things? Consider the wedding of Cana, was it not Mary who encouraged her son to perform his first miracle?

What is so great about Mother Mary? She is perfect and sinless. Truthfully, when I am constantly barraged by excellence, sometimes I feel like a failure. But in this case, her perfection entices me. She is a good mother whose perfection allows her to accept us "failures" for who we are – good, sinful, bruised, and distracted. If she loves us despite our drawbacks, then shouldn't we accept others for theirs – or even ourselves, for that matter?

The Bible doesn't disclose much about Mother Mary's life after Jesus's birth, but it does mention

certain instances that displayed her attributes. The Bible names a few occasions that left Mary pondering things in her heart – she was watchful and prayerful. She "thought" before she "reacted." Mother Mary was also humble and selfless. She was gentle and peaceful. She is patience, and love with no strings attached. She is also a "mother" – fierce and strong, nurturing and protective. I endeavour to be these things for my children; however, I am well aware that sometimes I fall short or am distracted by worldly things. But I can still strive to be holier. With the Blessed Mother's help, I can change.

But how? Regular devotion to her. You see, the graces that we need daily, the ones that aid us in our spiritual battles, flow through her. Mother Mary is the most powerful of all the intermediaries – our road to God is easier with her aid than without.

So with the Annunciation upon us, and May – one of the months when we honour Mother Mary, how about a challenge? I challenge myself, and you, to take up a more regular and decisive devotion to the Blessed Mother. Try interspersing prayer within daily routines. If you can't say an entire rosary, say a decade while doing a chore. Learn new prayers. Then, like she, watch and pray. No doubt I will still fall short, but at least the Blessed Mother will "have my back"... because I trust her.

# Tenderness Icon

By Marianna Savaryn

## About the Icon

The prototype for this icon is called Our Lady of Vladimir or Vyzhhorodska. Perhaps the most beautiful and famous of all icons, it dates back to the 12th century from Byzantium. As she was born human her undergarments bear the earthly greenish-blue colour and then when she became the Mother of God she was robed in heavenly colours of dark burgundy. An embroidered star decorates the headdress and the shoulders. This is symbolic of her perpetual virginity. The letters MP OY represent the Greek word Theotokos, meaning Mother of God. The halos around the Virgin and the Christ child represent infinity or eternal life. The Christ child displays a playful and tender affection, thus the name often given to this form is Tenderness icon. The facial features are elongated to suggest spiritual grandeur. The lips are thin and do not have much expression so as not to elicit emotion. St. Vladimir and his Grandmother St. Olha, both equal-to-the apostles, were responsible for organizing an envoy of men who on behalf of the people in Ukraine searched out their faith. After returning from their travels to Constantinople they replied that “they saw heaven on earth” in the icons they saw adorning the walls of the church Hagia Sophia. And so it was that in 988 Ukraine was christened. This miraculous icon came to Kyiv from Constantinople between 1120 and 1150, and then travelled to Vladimir in 1153. In 1161 it was taken to the Church of the Dormition of the Virgin, and in 1185 survived a raging church fire. It was lost in 1237 when the Tartars destroyed the town and has been repainted and restored many times. Today it is found at the Tret’jakov State Gallery.

Marianna Savaryn is an iconographer living in Hamilton, Ontario.



## *Blessing of the Rosary*

1. Sinners are forgiven.
2. Souls that thirst are refreshed.
3. Those who are fettered have their bonds broken.
4. Those who weep find happiness
5. Those who are tempted find peace.
6. The poor find help.
7. Religious are reformed.
8. Those who are ignorant are instructed.
9. The living learn to overcome pride.
10. The dead (the Holy Souls) have their pains eased by suffrages.

# The 15 Promises of Mary to Those Who Pray the Rosary:

- 1 Whoever shall faithfully serve Me by the recitation of the Rosary shall receive signal graces.
- 2 I promise My special protection and the greatest graces to all who shall recite the Rosary.
- 3 The Rosary shall be a powerful armor against Hell, it will destroy vice, decrease sin, and defeat heresies.
- 4 It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of men from the love of the world and its vanities, and will lift them to the desire of eternal things. Oh, that souls would sanctify themselves by this means.
- 5 The soul which recommends itself to Me by the recitation of the Rosary shall not perish.
- 6 Whoever shall recite the Rosary devoutly, applying himself to the consideration of its sacred mysteries, shall never be conquered by misfortune. God will not chastise him in His justice, he shall not perish an unprovided death; if he be just, he shall remain in the grace of God, and become worthy of eternal life.
- 7 Whoever shall have a true devotion for the Rosary shall not die without the Sacraments of the Church.
- 8 Those who are faithful in reciting the Rosary shall have during their life and at their death the light of God and the plenitude of his graces; at the moment of death they shall participate in the merits of saints in paradise.
- 9 I shall deliver from purgatory those, who have been devoted to the Rosary.
- 10 The faithful children of the Rosary shall merit a high degree of glory in Heaven.
- 11 You shall obtain all you ask of Me by the recitation of the Rosary.
- 12 All those who propagate the holy Rosary shall be aided by Me in their necessities.
- 13 I have obtained from My Divine Son, that all the advocates of the Rosary shall have for intercessors, the entire celestial court during their life and at the hour of death.
- 14 All who recite the Rosary are My sons and brothers of My only son Jesus Christ.
- 15 Devotion to My Rosary is a great sign of predestination.

If you are looking for an inspiring story, check out Immaculée Ilibagiza's book *Rosary: The Prayer that Saved My Life*. Immaculée believes that praying the Rosary saved her from being slaughtered during the 1994 Rwanda genocide. After receiving asylum in the USA, and now as a US citizen, she works to inspire others and share her message of hope and faith. Visit her website for more information. [www.immaculee.com](http://www.immaculee.com)

# A Lenten Meditation

*If Lent were...*

If we were knives, LENT would be a time to sharpen our cutting edges.

If we were cars, LENT would be a time for an oil change and a tune-up.

If we were swimming pools, LENT would be a time to filter the dirt out of the water.

If we were gardens, LENT would be a time to fertilize our soil and dig out our weeds.

If we were carpets, LENT would be a time to get power-cleaned.

If we were VCRs, LENT would be a time to clean our heads and adjust our tracking.

If we were computers, LENT would be a time to overhaul our disk drive.

If we were highways, LENT would be a time to repair our cracks and fill our potholes.

If we were TV sets, LENT would be a time to adjust our focus and fine-tuning.

If we were silverware, LENT would be a time to clean away our tarnish.

If we were batteries, LENT would be a time to get recharged.

If we were seeds, LENT would be a time to germinate and reach for the sun.

*But we are none of those things.*

We are people who sometimes do wrong things; we need to atone for them.

We are people who sometimes grow spiritually lazy; we need to get back into shape.

We are people who sometimes become selfish; we need to stretch out of our narrowness and begin giving again.

We are people who sometimes lose sight of our purpose on earth and the immense promise within us; we need to regain our vision.

And because we are also people who sometimes tend to put these things off, we need a special sort of official time to concentrate on doing them.

*So we have Lent!*

The Easter candy will taste sweeter, the Easter flowers will bloom more brightly, the Easter Sunday sun will shine more warmly if we are a better people... and all because of how we spend these next 40 days.

(Originally published in Liguorian, February 1988)

*Just a note:* Though the technology in this poem may be outdated, the message is still applicable for us today.

– courtesy of Joyce Chronik-Rudiak

Submitted by Rosemarie Nahnybida





CHRISTINE KOZAK

# *A Passion for Pysanky*

## Reflections on the Art of Writing Pysanky from Coast to Coast

The warm glow of a candle flame, the lingering scent of beeswax, the sound of spoons clinking against the sides of glass jars. Writing pysanky is a feast for the senses, and a delight to be shared as we prepare for Easter celebrations.

No two pysankas are alike – and each one is a reflection of the artistry and passion of the individual who created it. Writing pysanky is a tradition rooted in our ancestral beliefs and it continues to define and unite our Ukrainian community.

The pysanka holds great power in the world. Legend tells us that in a faraway land, there is a very large and evil monster chained to a cliff. This monster has servants who travel throughout the world taking stock of how many pysanky have been made for Easter. In the years that fewer eggs have been decorated, the monster's chains are loosened and more evil is unleashed in the world. If ever there are no pysanky made, the evil one would be released and he would destroy the world. But, in years that many pysanky are made, the monster's chains are held tight. In the years of bountiful pysanka-writing, the pysanka's power of love and goodness is felt throughout all nations, bringing peace and harmony to all.

Writing pysanky is an art that can capture your heart at any age, no matter where you are. Here are a few reflections of some very talented pysanka writers from across Canada:

## Pamela Shapka

Edmonton, AB

One of my favourite memories of pysanka-writing is the smell of the wax, which isn't as prevalent using an electric kistka. The smell takes me back.

I started writing pysanka probably when I was about 6 or 7 years old. My mom used to melt wax in a tuna tin over a very low flame. The wax was clear, so it was very hard to see it when it was "new." It became easier [to see] as the wax became older and darkened. We never sat. We stood by the stove and dipped the kistka into the melted tin of wax, similar to using a quill pen and having to dip for each line. The kistka did not have a funnel like the current ones do, just a tip that we dipped and brushed up against the side so it wouldn't "blob." I later read that the droplets that fell in error, were referred to as Mary's Tears, which somehow made all the mistakes okay.

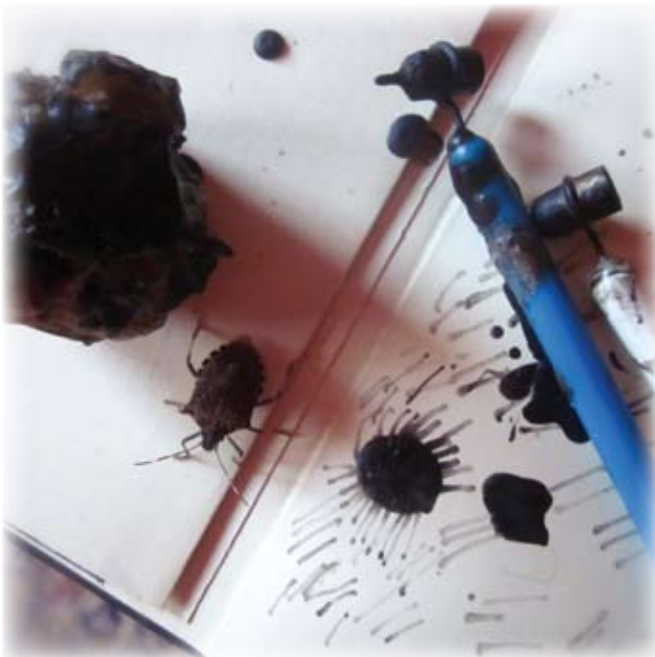
When I was about 15 years old, my mom saw a course offered through Continuing Education on writing pysanka, and suggested I take it. Eva Tomiuk was the instructor, and I was fascinated with the intricacy of her pysanka. I wanted to learn how to do that! Up until that point, my mom and I made fairly plain designs by comparison.

I enjoy the process of writing, and lose track of time because I'm so completely absorbed in the detail of the craft. Hours can be spent just looking at the different designs, and thinking how they would look using different colours, combining patterns from one egg to another. Deciding on a design can be difficult as there are so many to choose from and they're all so beautiful. My mom told me to always carefully consider the colours and symbols when

gifting an egg, that they be suitable to the recipient. I don't keep a collection or sell them at markets. I have primarily made them for family and friends, often with someone in mind when I choose design and colouring.



A few years ago I designed a music egg. Some would say this is not a traditional pysanka, but I did incorporate traditional patterns into the design. This pysanka was intended for me as it reflected the gift of music that my children give me each time they play.



## Olenka Kleban

Toronto, ON

I've been writing pysanky for as long as I can remember. Every year during Lent Mama would bring out the pysanka supplies and our kitchen table would become a pysanka workshop – dyes, kistky, candles, and beeswax from Dido's hive were all set out. My very first pysanky were "scribble eggs," as dubbed by Mama. I was very young, maybe 3 or 4 years old and despite being provided with tons of examples of perfectly stylized pysanky, I was not ready to make straight lines across the egg. Mama just encouraged me to write on the egg however I could coordinate it, experimenting with different ways to use the kistka, and learning how to use the dyes with the batik method. It's been years since then, and I can now draw pysanky with straight lines and curved lines, lines drawn with intention and lots of planning so that my desired design fits on

the egg. But when I feel like I'm working a little too tightly, I make a scribble egg to loosen up and bring back some youthful gesture back into the designs that I write.

Creating pysanky has meant different things to me at different times. Generally, I do feel a connection with my ancestors before me who wrote, and the future generations of my community when I write pysanky. But every year I have a new set of eyes for the practice, and its meaning is always being renewed. For example, this year I am really excited about making natural dyes for pysanky. I have been talking to other natural dye enthusiasts and am having a lot of fun foraging for various local, organic materials that I can use as dyes.

Writing pysanky for me is mostly an activity of solitude. I spend hours getting engrossed in the designs



and forgetting about the world outside, just focusing on the pysanka at hand. But at the same time, I always have someone in mind when I make a pysanka, so it's a social activity too, especially at the moment when I give the pysanka to the person that it was made for. Last year some of the kosa girls and I went on a road trip to visit Halyna Shepko's farm, Shawangunk Ridge Farm. We had spent a few days with Halyna and her family, going for

walks in the forest, meeting the farm animals, foraging for natural dye stuffs, and singing. During our stay I found some time to myself and drew a pysanka with traditional motifs representing life at the Shepko farm. Making this pysanka for Halyna and her family was really important to me because I couldn't find the words to express my gratitude for their hospitality and friendship.

## *Jail Kozun Bruckner*

Edmonton, AB

I grew up in Saskatchewan, moved to Ontario, and just a few months ago moved to the Edmonton area. Both of my parents were Ukrainian, and the families were from the Carpathian region.

I started writing pysanky when I was about 9 or 10 years old. My mother taught me. (Interestingly enough, none of my other siblings continued the tradition. Just me.) Writing pysanky means the world to me. It is a deep connection to my past and, more immediately, to my Mother who has now passed on.

I don't have a specific favourite pysanka moment... other than the smell of the beeswax as I work on the eggs.



## *Darlene Famulak*

Saskatoon, SK

I started writing pysanky about 40 years ago. My kids were just babies. No one in my family wrote pysanky. I was amazed by their beauty and wanted to learn how to write them. I decided I would make time

for myself, and I took a class at Mohyla.

Writing pysanky is a way for me to take time out from the busy world. The pysanky allow me to express my inner emotions, and the contemplative time I spend writing them allows me to relax and meditate on life and faith.

I enjoy writing all kinds of

pysanky, but most people ask me for pysanky with symbols of the cross. Some of my favourite memories come from teaching young children how to write pysanky at school. Sharing my knowledge and teaching them the meanings of the symbols and the technique was a great experience. The finished product was always a work of art!

## Kathy Shoenfelder-Verelli

Newmarket, ON

I was introduced to pysanky when I was 11 years old in Nipawin, SK with my Baba Annie Hrapchak. She wrote religiously every Easter and though she let me try my hand at writing, I mostly watched her make her beautifully, ease of hand and full detailed pysanky. Each of her eggs was like a brand new present as she'd melt the wax off her finished creation. Yet it was her spirited happiness that stood out for me the most. The glisten and spark in her eyes are still held softly in my mind. I officially started writing pysanky

in 2006 after a mother-daughter trip to Lanivtsi, Borshchiv, Ternopil, Ukraine where my ancestors are from. The Ukrainian spirit enveloped my soul at that time and has never left!

Writing pysanky means keeping this spirited and intricately designed art form and tradition alive. I also love that keeping pysanky alive in the world means warding off

evil. I am not proficient in the art of pysanky – still a novice – yet I do love to make them. I invite friends over to enjoy creating with me and have three boys



who all love making pysanky. It's what I imagine how our Ukrainian ancestors must have gathered, mothers and daughters and neighbours writing pysanky as part of their Easter preparations.

I believe my favourite pysanky moment will take place this April 1st, 2014. I started a "Pysanky for Ukraine" event as pysanky writers all over the world come together in a worldwide event, writing pysanky all day for peace, freedom and support for Ukraine and all those family members still there. Women and men from as far as Ukraine, Argentina, Germany as well as east to west in both the USA and Canada have all joined to be a part of this event. That day, while I create pysanky at my own kitchen table with my friends, knowing that others across the globe are also writing, is sure to be my favourite moment.

## Floria Olynyk

Half Moon Bay, BC

I have been doing pysanky since I was 11 and was taught by a woman at the Ukrainian Orthodox Church in Regina (my hometown). When I started pysanky, I thought this was a beautiful Ukrainian tradition to uphold. I continued to do so and have been doing pysanky for 60 years... more so after I retired from my dancing career with Kalyna Dancers of Toronto.

Creating pysanky means a lot – it is dear to my heart since I am of Ukrainian background and may it



never cease in the art world or tradition. My favourite pysanka moment was when my kids and grandkids learned to do eggs, too. Another



very special moment came when I was commissioned to do an ostrich egg with the Last Supper on it. That pysanka came alive for me.

## Chrystia Chudczak

Ottawa, ON

I started writing pysanky as a child growing up in Sudbury, Ontario. The UNO hall, which my paternal grandfather helped to found, held Ukrainian school classes and it was there I learned from a teenage girl named Zoryka. I was the first person in my family that I was aware of who learned how to make pysanky. Writing pysanky connects me to generations of artists whose passion, creativity and abilities honoured the culture and spirituality of Ukraine.

I'm lucky enough to have experienced unique moments through the pysanka. Several years ago, I was invited by the Embassy of Ukraine in Canada to teach the art of the pysanka to members of the diplomatic corps in Ottawa. It was surreal to stand on Ukrainian soil in Canada and teach an intrinsic Ukrainian cultural tradition and practice to diplomats from many different countries, but especially to diplomats at the Embassy of Ukraine. But probably the sweetest moment was in 2008 when my 77-year-old mother sat at my kitchen table with my young boys and made her very first pysanka with her grandchildren. She never thought she would make one in her life, but she did.



## Lorraine Souyn

Saskatoon, SK

I started writing pysanky at age 26. I did not grow up in the Ukrainian community, but I had seen some pysanky and was captivated by their beauty. I wanted to learn how to make them. I started writing pysanky with Elsie Stephaniuk, Alice Kindrachuk and Mary Kindrachuk. They encouraged me to continue. A lot of what I have learned has been through trial and error.

Every year I sit and write eggs. From ostrich to goose, chicken, quail, even as small as finch eggs!

Making pysanky brings me peace. Every egg I write is started with the intention of creating them for someone specific. There is a very special feeling I get from writing pysanky. It's addictive. And with every new pysanka, I learn something. There is a magic in the shells.

Every pysanka has its own story. The symbols hold specific meaning that is meant to be shared. That's what makes a pysanka a pysanka.

My favourite moment is when all of the colours turn out exactly how I wanted them to. Now that's magic.

## Luba Bilash

Edmonton, AB

I made my first pysanka at age 4. (Tamila, my daughter, did her first one at age 3!)

Writing pysanky was always a peaceful activity for me that I loved doing in the evenings into early morning, when everyone was out of the kitchen and/or asleep. For me it was/is a connection to the far past, a connection to the meaning of Life, a connection to my ancestors. I loved the various designs and the meaning behind them. The symbols are very important to me. Pysanky for me are talismans. What you write on a pysanka is not only a pretty design. A pysanka is a wish for something/somebody, be it love, healing, future, or good fortune.

The smell of hot beeswax is for me aromatherapy. It takes me into another world – a world of magic, of power, of beauty. It is so strong for me that I need to taste the smell. I chew on the wax as I write – always have.

I was taught to write pysanky the old way: a chunk of wax (which my Dido had in his garage when I was

little – the shape of the bottom of a pail), a candle, an egg washed in warm water and vinegar, dyes (packaged, although I have used natural dyes made from boiled onion skins, beets, berries, etc.), and a wooden copper-tipped kystka. No pencils, no elastics, no electric kystka.

I have taught pysanka-writing to my students in school – Ukrainian and non-Ukrainian. And only the way I was taught. No pencils. There are no “mistakes” when writing pysanky. “Blobs” are remade into new symbols that fit the original idea of the designs, or the idea is changed. I remember doing them with my aboriginal students (kindergarten). They always turned out beautifully! Perhaps it’s the ingrained connection to colour, symbols, creation – Mother Earth and Her power. If an egg broke, the children were just given another one with the understanding that that one just wasn’t meant to be.

I still have pysanky that my Babka made. They are very old – from my youth!

She would make them every Easter, as I would. We couldn’t see hers until Velykden’. We would be so excited when we’d go there after church – couldn’t wait to pick out a pysanka. She always made more than there were of us, so that we would have more of a choice. I loved that!

In Plast, yunatstvo always had their own Svyachene on Oblyvanny ponedilok. We would bring the food, the divchata vyvodyly hayilky with our pysanky in our hands. If there was a guy we liked, we would step out of line as we passed him, give him our pysanka and get back in line. If there was no one special, we would choose anyone and gift it to them. That was in Winnipeg.

After vecherya we would clean up the hall and wash the dishes. Then the fun began! The yunay would fill up balloons, glasses, whatever held water and chase the yunachky inside and outside, soaking us! It was so much fun! I don’t know whether or not anyone does this anymore. That was in the ’70s.

I remember writing pysanky at The Museum of Man and Nature in Winnipeg one summer in the ’70s. There was a plastova zustrich in NY at the end of the summer, and my parents didn’t have enough money to send both me and my brother, so I made them and sold them to make some money. I *did* go to the zustrich!



NATALIA KARHUT



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## Joan Brander

BC

I learned the tradition of pysanky as a very young child from my baba in the late 1950s. I remember with fondness the scent of melting beeswax on her big wood stove where she baked bread and the kitchen table where we worked.

Creating pysanky connects me to my heritage in a calm, peaceful ritual, while at the same time creating excitement as the magic of colour and design is revealed at the end of the process. The feel of the egg, the therapeutic repetition of pattern, the scent of melted beeswax, and the ambiance of candle light not only brings me to reflect on their significance and meaning, but also evokes a sense of pride in my Ukrainian ancestry. Writing pysanky gives me the most joy when I am sharing my knowledge with others.

Favourite moments that come to mind readily all involve my teaching pysanky to children – the time a little boy wrote me a note saying “this has been the best day of my life.” Another time when I had an indescribable connection with a small child (about 3 years old) who knew no English and who could not understand me, but when I guided her hand to write on an egg, her interest, attention, and expression needed no words. And the time a whole class erupted in spontaneous applause at seeing what was hiding beneath the beeswax. And there have been comical moments, too – when a little boy frantically cried out, “I don’t want my egg to vanish” when I was explaining that I would put some varnish on his pysanka to protect it!



## Christine Kozak

Montreal, QC

I have been making Ukrainian pysanky since the age of 13. So that means 35 years. I decided to learn how to make pysanky because I wanted to preserve my Ukrainian heritage. When I learned that pysanky all have a meaning and a story, I found it even more interesting to pursue and improve my decorating skills.

Offering a pysanka to someone at Easter, to wish them health, wealth, prosperity and good fortune is very symbolic and is an everlasting wish for the whole year.

My favourite pysanka moment is when I melt off the beeswax and the true colours and design appear! It's like uncovering a beautiful work of art!

## Erin Haugen

St. Paul, AB

I started writing at a young age – I can't really even remember – probably around 5 years old. My Baba and my Mother wrote pysanky every year for Easter and they taught me how. I can even remember my first egg. I think my Mother might still have it somewhere.

It's tradition. Growing up, I knew it was something important that we made time for each year. I have many memories of late nights working with my Mom. We rarely had music playing, and we would get so focused we would often write in silence... But we felt each other's presence and enjoyed just being together. Maybe because of that, I actually have a hard time now that I generally write by myself – I get lonely! Something about writing with someone else keeps me going. Writing pysanky is such a quiet and personal activity, just knowing someone else is there



really makes a difference for me. It's a strangely bonding experience.

Generally, my favourite pysanka moment would have to be taking the wax off! It's easy to forget what the finished product is going to look like when you're in the middle stages and there's nothing but black lines and dark colours. Taking off the wax is always so magical! And the smell – I love the smell of melting beeswax. I will forever associate that smell with writing pysanky. If you're asking about a specific moment, I will always remember one year when I was probably around 11 and I was working on a new poppy pattern. I was

feeling really great about it and I was noticing a big improvement in my lines from the previous year. Then I dropped it. Actually, I think it rolled off the table. I work on raw eggs, so there was no hope for it. I don't think I wrote again that night I was so disappointed. My Mom convinced me after a few days to start the same pattern again, so I did. And I dropped that one, too! I think I tried it one last time and broke it taking the wax off. A few years later I finally tried it again determined to actually complete it, which I did. To this day I know which pattern it was and always cringe (and laugh!) when I see it.

## Natalia Karhut

Winnipeg, MB

I started writing pysanky probably around the age of 8 while I was attending elementary school. Creating pysanky is a definite art. It means keeping up to date with the latest and not losing any of the culture I grew up with. Some people go to Yoga to relax and get away from reality. But writing pysanky is *my* yoga and my run away from the world for a couple hours.



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My greatest moment while writing pysanky is just the relaxation it brings. I love sitting down and coming up with the detail on the egg. The ending is also a fantastic moment because you see your masterpiece unfold while taking off the wax.

## PASKA

- |                      |                                |
|----------------------|--------------------------------|
| 6 cups milk          | 2 oranges (juice and rind)     |
| 6 cups water         | 1 lemon (juice and rind)       |
| ¼ pound fresh yeast  | ½ cup butter                   |
| 12 whole eggs        | ½ cup margarine                |
| 3 cups sugar         | ¼ cup oil                      |
| 3 tablespoons salt   | 1 tablespoon almond flavouring |
| 1 tablespoon vanilla | 2 packages vanilla sugar       |
|                      | 36–38 cups flour               |

1. Dissolve 2 teaspoons sugar in 1 cup lukewarm water. Sprinkle yeast on top and dust with flour. Let stand for 10 minutes.
2. Melt butter and margarine. Add oil and set aside.
3. Boil 5 cups of water.
4. Add the water to the 6 cups of milk.
5. Add yeast mixture to milk mixture and beat with wooden spoon adding flour until mixture is spongy. Let this rise for ½ to 1 hour. Mixture should be bubbly.
6. In a large mixing bowl, beat eggs for about 10 minutes, adding sugar a little at a time.
7. Continue beating, adding salt, vanilla, orange rind and juice, lemon rind and juice, almond flavouring and vanilla sugar until well blended.
8. Combine yeast mixture and egg mixture in a large mixing machine.
9. Mix well and gradually mix in flour, adding the melted butter mixture, a little at a time until enough flour is added to make a soft smooth dough.
10. Continue to knead dough in machine until a soft ball forms. (Dough should not stick to hands.)
11. Let rise in warm place until double in bulk.
12. Punch down and let rise again as before.

13. As dough is rising, take some dough and make decorations (braids, crosses, flowers, leaves...).
14. Grease baking tins.
15. Form dough into small balls, just enough to fill ⅓ of the container.
16. Let rise in warm place again, until dough reaches the top.
17. Brush areas where decorations are being placed with water, then place decorations.
18. Brush egg wash (beaten whole eggs) on top of decorated paska.



PHOTO CREDIT: ACUA. 2010 PASKA WORKSHOPS AT ST. GEORGE'S UKRAINIAN CATHOLIC CHURCH

19. Bake at 325 degree preheated oven for 15 minutes.
20. Turn heat down to 275 degrees and bake 35–40 minutes.
21. Remove paskas from oven. Let paskas rest in tin container for a few minutes.
22. Very gently, remove paska from container and cool completely.

St. Mary's UCWLC – St. George's Parish, Edmonton / Original recipe – Maria Slabyj

## BABKA

- |                     |                               |
|---------------------|-------------------------------|
| 4 cups sugar        | 29 cups flour (approximately) |
| 2 cups butter       | 20 egg yolks                  |
| 4 cups raisins      | 10 whole eggs                 |
| 7 cups milk         | 2 teaspoons salt              |
| 4 + 1 cups water    | 2 teaspoons vanilla           |
| ¼ pound fresh yeast | 2 oranges (juice and rind)    |
|                     | 1 lemon (juice and rind)      |

1. Dissolve 2 teaspoons sugar in 1 cup lukewarm water. Sprinkle yeast on top and dust with flour. Let stand for 10 minutes.
2. Melt butter, set aside.
3. Boil 4 cups of water.
4. Add the water to the 7 cups of milk.
5. Add yeast mixture to milk mixture and beat with wooden spoon adding flour until mixture is spongy. Let this rise for ½ to 1 hour. Mixture should be bubbly.
6. In a large mixing bowl, beat eggs and egg yolks for about 10 minutes, adding sugar a little at a time.
7. Continue beating, adding salt, vanilla, orange rind and juice, lemon rind and juice until well blended.

8. Combine yeast mixture and egg mixture in a large mixing machine.
9. Mix well and gradually mix in flour, adding the melted butter, a little at a time until enough flour is added to make a soft dough.
10. Mix in raisins.
11. Continue to knead dough in machine until a soft ball forms. (Dough should not stick to hands.)
12. Let rise in warm place until double in bulk.
13. Punch down and let rise again as before.
14. Grease tall tins.
15. Form dough into small balls, just enough to fill ⅓ of the container.
16. Let rise in warm place again, until dough reaches the top.
17. Brush egg wash (beaten whole eggs) on top of dough.
18. Bake at 325 degree preheated oven for 10–15 minutes.
19. Turn heat down to 250 degrees and bake 40–45 minutes.
20. Remove babkas from oven. Let babkas rest in tin container for a few minutes.
21. Very gently, remove babka from container and cool completely.

St. Mary's UCWLC – St. George's Parish, Edmonton



New Westminster Eparchy

## A MISSIONARY SPIRIT

By Susan Lazaruk

All Christians should be sharing the Good News of the Holy Gospel with others in the same way they would a known cure for cancer, participants heard at a Vibrant Parish session in Vancouver during Lent.

Missionaries are not only those who travel to developing countries or to remote areas of Canada, said Bishop Ken Nowakowski of the New Westminster Eparchy, which covers BC and Yukon.

“Jesus said go and baptize everyone in the name of the Father, Son and Holy Spirit,” Bishop Ken told the 50 parishioners from five churches in the Vancouver area and Vancouver Island.

“Sometimes we think in the Ukrainian Catholic Church it’s not our job.”

The session, held at the Protection of the Blessed Virgin Mary (St. Mary’s) Parish on March 16, was the second session to discuss the Vibrant Parish letter written by Major Archbishop Sviatoslav Shevchuk.

This session discussed leadership, unity and missionary spirit, three of the six objectives of the Vibrant Parish – “A place to Encounter the Living Christ,” written by the Archbishop. The other three, the Word of God, Holy Mysteries and Prayer and Serving One’s Neighbours, were topics of the earlier session.

Bishop Ken told the gathering that the Archbishop said, “Churches without a missionary spirit are doomed to die.”

Bishop said mission work is “not just up to priests and nuns. What about you? As a baptized member of this church, you’re obliged to evangelize. But it shouldn’t be an obligation.”

“If you have really good news, don’t you want to share it with others?” asked Bishop. “The more you share love with people, the more you feel love. If you had the cure for cancer that would save lives, would you keep it to yourself?”

church events so parishioners can work together as a group, drop church activities into the conversation with others, make the sign of the cross and say grace in public as well as at church and home, hang a Rosary from the rear-view mirror and wear a Crucifix.

Parishioners were encouraged to welcome to their parishes newcomers, especially those who weren’t Ukrainian.

A guest speaker, Christina



DOREEN KOSTYNIUK



SUSAN LAZARUK

Left: Bishop Ken Nowakowski of the New Westminster Eparchy speaking to participants at the Vibrant Parish session at St. Mary’s Parish in Vancouver. Right: Bishop Ken at Holy Eucharist Cathedral.

“What about us? We’re saving the good news for whom? For ourselves?”

He suggested inviting someone to attend Church or handing out prayer cards that say “Do you know God Loves You?” with each plate at a perogy supper.

Parishioners in their small discussion groups were asked to discuss how they could proclaim their faith with other parishioners and people outside the church and how the parish and eparchy could foster unity, prayer and social, charitable and missionary activities to help them become more vibrant.

Suggestions included engaging in group charity activities as a parish, holding and participating in

Hantel-Fraser, an expert in conflict resolution, spoke on leadership. She listed the 10 characteristics of a good leader, including self-awareness, listening skills, empathy and the ability to heal and grow, as well as the ability to conceptualize ideas, be a good steward, be persuasive, have foresight and be able to build community.

St. Mary’s Parish has a Vibrant Parish committee that meets monthly to discuss how to implement the goals suggested by Archbishop’s letter.

Susan Lazaruk is Nasha Doroha representative for the Protection of the Blessed Virgin Mary Parish in Vancouver and for the eparchy.

## EXPERIENCE OF A LIFETIME

By Susan Lazaruk

Tessie Rebello, who with her husband, Augustine, joined the Protection of the Blessed Virgin Mary (St. Mary's) Parish about two years ago, had many of the members at a recent UCWLC meeting moved to tears when she spoke of working with Blessed Mother Teresa years ago in India.

It was 1970 and Tessie had just finished college when she was introduced to the world's most famous nun, who then was running the Home for the Dying in Calcutta for the poorest of the poor. Tessie volunteered at the centre.

"I had to take a spoon and take the maggots from a man's wounds," recalled Tessie. "I don't know how I did it, but I did it. And every time I did those tasks, I got positive energy."

Tessie said there was a special presence about the tiny little Albanian nun in her white-with-blue-stripes habit.

"Whenever she visited, she would always talk and she would hold my hand and she would press it tightly," she recalled.

And Mother Teresa, who became Blessed when she was beatified in 2003 on her way to becoming a saint, shared a poem with Tessie, "The Mind Without Fear," which she has never forgotten.

"I carried it since that day and it held me in good sway, even until today," she said.

Not only was Tessie exposed to the spirituality of Blessed Teresa, but, "through her, I was able to meet many world leaders, like the Dalai Lama and (Blessed) Pope John Paul II."

Tessie said even though they worked with the dying and desperately poor, "I always had fun with her."

And, "If you talked to her, you would let go of your fears, you



Left: Tessie Rebello, member of Protection of the Blessed Virgin Mary (St. Mary's) Parish in Vancouver, speaking to the UCWLC meeting. Right: a photo of her treasured photo.

would become a better person," said Tessie. "She always taught us how to pray. She said, 'Just keep chanting prayers.'"

She said when she and Augustine cook together, they recite prayers.

"We go collect shrimp and when we peel them, we say prayers together. When you pray together, you don't get stressed," she said.

Mother Teresa, "She was never negative," recalled Tessie. And she had a tremendous trust in God.

"Just like Jesus Christ, she always spoke of the loaves and the fishes," recalled Tessie. "When there was no food. The nuns used to get stressed. They'd say, 'Mother, we don't have any food.' And she would say, don't be worried, before the sun sets, we will get the five loaves and two fishes.

"And always, someone would come and bring them the food they needed."

Tessie left the Missionaries for Charity when she got married and moved to Goa. Two years later, in 1982, she got involved with the Red Cross.

Soon after, Mother Teresa and her group came to Goa in southern India to open a home for the children who were deaf and had other problems.

Tessie and Augustine worked for the government.

"At Christmas, we used to get a lot of food and we used to go every

evening and I would go and spend an hour or two at the centre (for the sick and the dying)," where she would see Mother Teresa when she visited.

Tessie had had a number of photos taken of her, Augustine and her two young children with Mother Theresa – photos that she treasured.

But all but one of the photos were lost years ago (when her children took them to school for a poster project and they were accidentally thrown out).

Tessie carefully guards the one she has left of her, her daughter, Tahila, and Mother Teresa caressing her young son, Ayesaas.

She plans to enlarge the photo and give it to her son the day Mother Teresa, who died in 1997, becomes a saint.

The family later moved to Bangkok, where Tessie and Augustine worked as consultants for the United Nations, but there would be another connection with the Blessed Teresa.

"The day Mother Theresa was beatified (October 19, 2003), they informed us that Augustine and I received an international parenting award," said Tessie.

It was an award from the International Interreligious Federation for World Peace and the Family Federation of Vancouver.

The couple eventually moved to Canada, where they live and attend St. Mary's Parish.

## UKRAINIAN CATHOLIC EPARCHY OF NEW WESTMINSTER 2013 CHRISTMAS CANDLE INITIATIVE

The 2nd annual “Christmas Candle” or “Різдвяна свічка” campaign, set out by the Ukrainian Catholic Eparchy (Diocese) of New Westminster raised \$9,214 for disadvantaged, disabled and orphaned children in Ukraine. The appeal provided an opportunity to encourage the children and laity of the Ukrainian Greek Catholic Church of Canada and the United States Pacific Northwest to become more aware and connected with their cultural and spiritual homeland and take part in this global fundraising program, sponsored by Caritas Ukraine.

Caritas Ukraine is the official charitable organization of the Ukrainian Catholic Church and is endorsed by His Beatitude Sviatoslav Shevchuk.

The organization works throughout Ukraine to provide the basic necessities to the needy, disadvantaged, disabled and orphaned children.

The inaugural campaign in 2012 was limited to Vancouver’s Lower Mainland parishes and was successful in raising over \$2,500. Through media reports and word of mouth, interest in the Christmas Candle project grew and this year the Eparchy expanded its reach to all of the Ukrainian Catholic Parishes in British Columbia, including Vancouver, New Westminster, Surrey, Richmond, Kelowna, Vernon, Kamloops, Penticton, Grinrod, Prince George and Vancouver Island. In addition, with the cause of helping Ukrainian children transcending provincial and international borders, the project drew the interest of the Ukrainian Catholic parish in Seattle, WA, USA as well as several parishes in

the Canadian cities of Ottawa and Edmonton. The contribution by all the parishes and volunteers was enormous and played an integral role in this year’s success.

The Ukrainian Catholic Eparchy of New Westminster, Most Rev. Ken Nowakowski, Bishop of New Westminster, along with Eparchial Chancellor Fr. Yuriy Vyshnevskyy and the coordinator Dana Koren Lupynis want to thank all the volunteers and supporters for helping in the mission to provide assistance to the disadvantaged children in Ukraine, as well as supporting the enrichment of diakonia – charity/self giving.

For more information or if you or your parish would like to volunteer, take part or make a donation for the 2014 campaign, please contact the coordinator of this appeal, Dana Koren Lupynis at [nweparchy.christmascandle@gmail.com](mailto:nweparchy.christmascandle@gmail.com).



Dana Koren Lupynis, Eparchial Caritas project coordinator, along with the help of Susan Lazaruk, Jennifer Sawka and her two daughters Natalia and Emelia, led candle sales at Protection of the Blessed Virgin Mary Ukrainian Catholic Church in Vancouver.



Caritas President, Andriy Waskowycz’s visit with Bishop Ken Nowakowski, Eparchial Chancellor Fr. Yuriy Vyshnevskyy, Eparchial program coordinator Dana Koren Lupynis and Holy Eucharist Ukrainian Heritage School teachers.



Fr. Andrezj Wasylenko with his children sold and supported the appeal from his parishes: St. Josaphat’s Ukrainian Catholic Church in Vernon and Saints Peter and Paul Parish in Grinrod.



Fr. Andrii Chornenky with volunteer Darka Morin and her children Natalie, Matthew and Nathan at Exaltation of the Holy Cross Parish in Surrey.



Fr. Andriy Werbowy, along with Lydia Pfob, led the success of the Kelowna team from Dormition of the Mother of God Ukrainian Catholic Church and Penticton’s Holy Resurrection Parish’s team of volunteers in efforts to sell Caritas Candles.



Fr. Yuriy Vyshnevskyy’s team, Alfiya Kuziw with her children Daniel and Julia volunteering and leading the appeal at Holy Eucharist Cathedral in New Westminster.

## EDMONTON'S 36<sup>TH</sup> UCWLC EPARCHIAL CONVENTION ATTRACTS 80 DELEGATES & GUESTS

October 18-20, 2013, Chateau Louis Conference Centre, Edmonton

In our Ukrainian tradition, hospitality has always played a special role in our home lives. Memories of pioneers who came before us give us the renewed enthusiasm to pass on the gift of Christian hospitality to future generations. This year's UCC Convention theme "Meet the Stranger in Our Midst – the Ministry of Hospitality," and UCWLC theme "Serving the Lord with Welcoming Hands" ("Служити Господеві з Розпростертими Руками") – interwoven throughout the Convention's program – flowed from Eparchy of Edmonton's 25-Year Pastoral Plan – "Evangelization: a New Springtime" – the building of community through hospitality and ministry of welcome in our homes, parishes, and lay organizations by welcoming Christ into our midst.

The Convention opened with the Procession of Flags, a traditional welcome of bread and salt, followed by a Memorial Service, led by Rev. Fr. Janko Herbut, Eparchial UCWLC Spiritual Advisor, for deceased members. Along with the regular business and organizational matters, some highlights of the Convention were:

### Keynote speakers

**Jessalyn Lastiwka**, wife of Fr. Bohdan Nahachewsky, mother of three, teacher, spoke on "Welcoming the Stranger – Making Room for the Other." Relating her personal experiences of the need to create a sense of



New UCWLC Eparchial Executive and Committees

belonging, she focused on "The Welcome Home" (Ukrainian Catholic Redemptorist Mission, Winnipeg, MB), where she lived for 11 months in 1996. Reaching out to serve those who faced inner poverty and social issues, she herself felt served by the young adults who lived there.

**Most Rev. Bishop David Motiuk, Edmonton Eparchy**, in his presentation "Towards a Ministry of Welcome – Becoming a More Welcome Church," spoke how the Ukrainian Catholic Church in Alberta has embarked upon an exciting and courageous 25-year Pastoral Plan entitled "Evangelization: a New Springtime." Having come to know God (Word) and to love God (Eucharist) better, we are called to follow God through personal witness and service. One aspect of service, namely, is the action of building community through hospitality and a ministry of welcome.

### Other presenters of interest

**Barbara Riley** – Pastoral Care Coordinator at St. Michael's Long Term Care, Edmonton, involved at Branch and Eparchial levels of UCWLC, began by asking the question, "What have our hands done?" She reminded

that our hands need to be welcoming ones – to know, love, and serve God. UCWLC's spiritual mandate is to focus on aims of our Constitution such as performing works of mercy and doing charitable works.

**Dr. Andriy Nahachewsky**, Professor at University of Alberta, renowned for his research and publications on various Ukrainian cultural traditions and folklore, spoke on "Welcoming Traditions," highlighting the most classical sign of welcome in Ukrainian national tradition – that of greeting with bread and salt.

### Other highlights of the Convention

Several branch presidents reported on ways that their branches have dealt with "**the Big Ideas & How We Address Them**," a handout of ideas (compiled in 2012 at a Leadership & Succession Eparchial Session) dealing with issues such as eliminating negativity, recruiting new members, connecting with urban and rural branches, advertising ourselves, recognizing members and volunteers, knowing who we are, getting members involved in various activities, and working with children and youth.

**UCWLC Branch Years of Service Awards** on theme “Serving the Lord with Welcoming Hands” were presented to Branch Presidents (or their representatives) by UCWLC Eparchial President Evelyn Eveneshen. Virginia Sharek read poem “Unsung Heroes” that she had specially written for this occasion.

The successful Convention concluded with acceptance speech of newly elected President Joyce Chrunik-Rudiak, Installation of New Eparchial Executive, closing prayer, singing of “О Спомогай Нас”, and Recession of Flags.

Submitted by Rosemarie Nahnybida  
Nasha Doroha Representative/  
Edmonton Eparchy

## NEWLY ELECTED EPARCHIAL PRESIDENT

Joyce’s involvement with church organizations began when she realized a need for a youth organization in her then Parish of Sts. Vladimir and Olga in Two Hills, Alberta. In 1977, at the National Congress in Winnipeg, the Two Hills UCYC was awarded “The Most Active UCYC in Canada” trophy. At the same Congress, Joyce was elected National UCYC President for a three-year term.

Joyce is a member of the St. Nicholas Ukrainian Catholic Parish in Edmonton. Upon joining the parish, she sang in the church choir and now conducts it. In 2000, she organized and conducted a Children’s Choir which recorded, among other CDs, a Divine Liturgy CD set of two, one recorded in Ukrainian with then Bishop Lawrence of the Edmonton Eparchy and now Metropolitan of Canada and the other bilingually with the parish priest at that time, Father Myron Pyszcz. In 2012, the

St. Nicholas Ukrainian Children’s Choir, renamed as the St. Nicholas Ukrainian Youth Choir, recorded a DVD of Ukrainian Folk Songs entitled “Розвеселімся піснею/Bringing Joy Through Song.” As chairperson of the St. Nicholas Cultural Society, she and Eva Tomiuk, a longtime member of the parish and cultural “guru,” put out an instructional DVD entitled “Хліб наш насушний/Our Daily Bread” in which Eva demonstrates the making and baking of five sacramental and feast day breads.



Evelyn Eveneshen, Past UCWLC Eparchial President presents Mother of God of Pochaiv Icon to newly elected President Joyce Chrunik-Rudiak.

Joyce has been President of the St. Nicholas UCWLC Branch for the past five years. Prior to that – a secretary. Among various activities and events during the years, a highlight was in April of this year, when Joyce organized a major fundraiser for the “Home of Hope” in Ukraine. With the help of branch members, parishioners and guests from other UCWLC branches, the event raised \$4,080 for the home. The “Home of Hope” is a safe home for young girls who, at the age of 16, are required to leave orphanages. It also provides the girls with an opportunity to develop their faith, attain an education, secure a job, and become self-reliant, independent women. This

project is endorsed by the Eparchy of Edmonton. Donations can be forwarded to the Eparchy office.

At the Eparchial level, Joyce has been Vice-President for the past two years.

In 2012, Joyce received the Hetman Award for her involvement in the Ukrainian community. This award is presented by the Ukrainian Canadian Congress – Alberta Provincial Council.

A schoolteacher for 37 years, Joyce retired from teaching a year ago. For nine years, she was a classroom teacher, teacher librarian, and taught band, accordion and guitar in the County of Two Hills. For 28 years, Joyce taught grade one in the Ukrainian Bilingual Program in Sherwood Park.

Joyce has a husband, Don and two children, Joyanne and Damian. Joyanne graduated from the University of Alberta with an Honours Degree in Drama and is presently in Ireland, spending almost a year of work and travel in Europe. Damian completed a program of Comedy Writing and Performing from Humber College in Toronto and is presently completing his last semester in Radio Arts from NAIT in Edmonton. Both Joyanne and Damian were active members of Божі діти/God’s Children, Junior Youth and the Children’s and Youth Choirs. Joyanne was President of the Eparchial UCYC in 2012.

Joyce attributes her musical interests to her parents, Anne and Peter Chrunik, and her faith development and cultural interests largely to her mom.

Joyce believes that for a parish to be vibrant and alive, all members, from the young children to the most senior of seniors, need to be actively involved in parish life spiritually, culturally and socially. This is part of Joyce’s vision for all branches.

## ST. VLADIMIR (RED DEER) UCWLC BRANCH: REFLECTIONS ON 25 YEARS OF SERVICE

Our UCWLC branch was created to assist our fledgling parish become established. To celebrate our 25 years, we broke with tradition and treated ourselves to a delectable dinner with our personal chef. This milestone is a wonderful opportunity to reflect on what we have accomplished, whether indi-



**Blessing of the new Baptismal Font at St. Vladimir's Parish in Red Deer.**  
Oksana McIntyre (President), Glenda Stark (Secretary), Linda Znak (Treasurer),  
Josie Heighen (Membership), Father Julian Bilyj, Zonia Kulmatycki (Pastoral Care),  
Sylvia Lozynsky (VP, Archives), Diana Omilon (Spiritual, ND Rep.), Rose Jubinville.

vidually or as a group, as we have been involved in every aspect of our parish life and fulfilling our mission statement.

Over the years we have worked with children in catechesis, language, a multitude of workshops and organizing a program for the visit of St. Nicholas. Financially, we have supported our community via the Hospice, Pregnancy Care Centre and breakfast programs in schools. Our involvement with the CIDA World Youth Development Exchange for three years and the organization of Peter Shostak's "For Our Children" exhibit with the Red Deer Museum were memorable moments. We

also organized a series of lectures on Festal Icons which was open to the community.

We have given aid to Ukrainians in Brazil and adopted a child through Bridge of Hope, supported orphanages and now support the Home of Hope. For eight years we have welcomed hundreds of temporary workers from Ukraine with everything from clothing and household items to help with countless issues.

It is our parish that is the main focus of our service. Over the years we have donated many sets of altar cloths including an embroidered set, icons and furniture.

To commemorate our 25th Anniversary we arranged to have a decorative border painted around two side icons and commissioned a beautiful wooden Baptismal Font. All this has been possible through the dedication of our members who achieve the impossible by focusing on Who it is we serve.

Sylvia Lozynsky, Archives  
St. Vladimir (Red Deer) UCWLC Branch

## ST. VLADIMIR, EDMONTON GIVES THANKS

St. Vladimir UCWLC Fall Luncheon, with theme "Let Us Give Thanks" ("Благодарим Господа"), took place on Sunday, September 22, 2013. In commemoration of 1025 years since Christianity was brought to Ukraine by St. Volodymyr, the 122nd anniversary since Ukrainian immigration to Canada began, and over 100 years since Nykyta Budka became the first Ukrainian Catholic Bishop in Canada, it was a fitting time for St. Vladimir Ukrainian Catholic Parishioners and its UCWLC branch members to express thankfulness for being in Canada and having the freedom to worship and belong to organizations of their choice.

In existence since 1950, with members representative of all four waves of Ukrainian immigration, young and old – from various walks of life and places of origin, old timers and newcomers, united by a common faith – have blended to create a unique parish and UCWLC branch. Twenty years ago, an influx of newcomers, over 30 families, from war-torn Bosnia, and more recently some families from Ukraine, has increased membership and brought youthfulness and new ideas. Our Ukrainian ancestry, Ukrainian language, and Eastern rite faith brought us together. We "bonded" as we experienced changes together – happy and sad times – in our life's journey.

Guest speaker, Fr. Julian Bilyj, parish priest of St. Nicholas Ukrainian Catholic Church, Edmonton, spoke about the "gifts" that we, as Canadians, have been blessed with. Fr. Julian, as a teenager, with his parents and two siblings, arrived in Edmonton from Bosnia in 1993 and joined St. Vladimir Parish. Now twenty years later, he has completed his theological studies and has been a priest since November 30, 2003.

Despite challenges, abuses, erosion of values and morals, we are richly blessed. A recent study ranked Canada

as having the best reputation in the world and being the best country in which to live. No matter the circumstances – happy or sad, choice or chance – that brought St. Vladimir parishioners together – and not forgetting who we are and not taking anything for granted – it was an opportune time – autumnal equinox, a season of harvest – to thank God for our many blessings and for Canada, the land of our birth or our adopted homeland.

Submitted by Rosemarie Nahnybida  
St. Vladimir UCWLC

### ST. PAUL UCWLC, ST. PAUL, AB



A special visit was made to Josie Garswasiuk (R), receiving her 60-Year Pin from President Debbie Vachon (L) of Ukrainian Catholic Women's League of St. Paul, Alberta. *Mnohaya Lita!*



To all of the Representatives from the Ukrainian Catholic Women's League of St. Paul who received their anniversary pins: *Mnohaya Lita* – God Grant You Many, Happy Years!

### STS. VOLODYMYR & OLHA UCWLC, SMOKY LAKE, AB: THEN & NOW... & STILL GOING STRONG

On October 25, 1949, the St. Onuphrius UCWLC Branch was formed. The first president was Mary Kurylo, Nellie Michalchuk was the secretary, and the treasurer was Tekla Kulchisky. There were 16 members who met at members' homes for meetings and fellowship. For them the church and the UCWLC were both a spiritual and social experience. In 1964 St. Onuphrius Church was closed and a new church, Sts. Volodymyr & Olha, was built in the town of Smoky Lake, AB. This was an amalgamation of St. Onuphrius, St. Paraskevia, and the town of Smoky Lake members. This meant more members and a stronger UCWLC branch. The church building project meant more fundraising. Perogy suppers, silver dollar bingos, and bake sales were started. The UCWLC members organized picnics and had a church choir.

Today we continue to participate in church activities such as pastoral care at the Nursing Home, Auxiliary Hospital and the Bar-v-Nook Lodge. The members cater at funerals, donate to Stars, and our Branch will be hosting its 4th annual "Spring Fashion Gala" Fashion Show. We work at the gate admission for the annual Pumpkin Fair, assist with the parish garage sales, pancake breakfasts, and host the World Day of Prayer. There may be a few of us but we work hard.

In 2000 we had the opportunity to be the host parish, along with

the other district parishes, in the Ordination of Rev. Fr. Janko Herbut. This meant a lot of learning and work.

At present, our membership is at 11 members and we meet at least



Sts. Volodymyr & Olha UCWLC, Smoky Lake, AB  
decorating for Fr. Bodnar's Celebration. Steffie Kolodiazny,  
Irene Holowaychuk, Adele Wawrynychuk, Pat Elaszchuk,  
Stella Palichuk, and Carol Zarusky.

four times a year. We have our parish priest present and begin the meeting with a prayer. Our current executive (2013) consists of: Carol Zarusky (President), Irene Holowaychuk (Vice-President), Pat Elaszchuk (Secretary), and Joyce Kurylo (Treasurer).

As with any organization, our League depends on the volunteer assistance from all the members.

We are looking forward to the 50th Anniversary of our church in 2014 as well as the 100th Anniversary of our pioneer church – St. Onuphrius – in the Museum of Civilization in Ottawa on June 14, 2014. We have been advised that Metropolitan Lawrence Huculak and our Bishop David Motiuk will be present at this event. This is very special to us.

Submitted by Pat Elaszchuk  
Sts. Volodymyr & Olha  
UCWLC, Smoky Lake, AB

## EXCITING PROGRESS FOR "OUTREACH UKRAINE" PROJECT

The Saskatoon Eparchial UCWLC was honoured to help facilitate the wish of our Patriarch to see our Church in Eastern Ukraine become stronger through the establishment of a women's organization similar to our own. During his visit to Canada in September 2012 he saw and understood the important role that the UCWLC provides to our church, parishes, and members. Our Executive accepted his invitation for this daunting project and with his appointment of Dobrodiykas Tatiana Chudiyovych and Oksana Shepetyak as our liaisons in Ukraine, we embarked on "Outreach Ukraine."

Much thought was given to developing a strategic plan that would ensure all aspects of the project were considered. Our UCWLC invited the contacts to visit Saskatchewan during the time of the Twenty-Fourth National Congress in Saskatoon. Tatiana Chudiyovych made the journey. During her visit, she was able to see first-hand the organizational aspects of our League,



Interim Executive Committee (Ukraine) – Oksana Shepetyak, Tatiana Chudiyovych, Oksana Lukavenko, His Beatitude Sviatoslav Shevchuk. UCWLC Resource Team (Canada) – Jayne Paluck Eparchial President, Oristeen Kulyk Eparchial Spiritual Chairlady and Sister Theodosia SSJ, Eparchial Spiritual Advisor.

the benefits of a national women's organization and the areas of activity, issues, benefits and challenges. Post-Congress meetings (in Regina and Saskatoon) provided additional opportunities to learn and understand the situation in Ukraine, the challenges and needs of its faithful women, and gave both groups a better understanding of what would be needed for the next and future phases of the project.

Eparchial President Jayne Paluck, Spiritual Advisor Sister Theodosia and Spiritual Chairlady Oristeen Kulyk were chosen to be the resource team that would travel to Ukraine. Our resource team left Canada on October 28. Details for the forum and meetings with The Patriarch and the working group were organized for November 1 to 4 in Kyiv. Interest in this innovative idea appeared to be excellent as many of the Dobrodiykas who had been invited to attend travelled long distances to participate in this historic meeting. Each member

of our resource team addressed the group on a specific topic. President Jayne Paluck spoke on the "History, Evolution and Functions of the UCWLC in Canada." Oristeen Kulyk spoke on "The Social Aspect of Being a Member" which highlighted the support and benefits she has enjoyed as a League member. Sister Theodosia commented on the concerns that challenge the UCWLC in Canada. She also drew to their attention the aspects that *they* would need to discuss, resolve or decide on their own. These aspects would be crucial to the creation of an official organization which would be unique to their set of needs and experiences. We were pleased that a translator had been provided which made it very easy to understand the ideas expressed.

**At 18:55 on November 2 a historic vote was called for the creation of the first UCWL under the name "The League of Greek Catholic Women of Ukraine." The vote was unanimously accepted by the representatives there.**



His Beatitude addresses the representatives. He thanks the representatives for participating in the first organizational meeting and offers his blessing for its success.

An Interim Executive Committee of three ladies was elected:

Tatiana Chudiyovych – Committee Chair

Oksana Lukavenko – Secretary

Oksana Shepetyak – Treasurer

The first duty of the Committee was to forward the minutes to His Beatitude for approval and his official announcement.

During the next phase, the Interim Executive will:

- Review UCWLC Constitution to select those articles that will suit the needs of their potential members
- Establish a website to enhance communication between Dobrodiykas to provide support and an effective networking tool
- Establish a bank account for any donations that would come. The money in the account will be under the authorization of the Interim Committee
- Establish channels of aid to the women and their families who most need aid. The aid would also be under the control of the Interim Committee
- Maintain regular communication with the Canadian resource team.

It is hoped that these tasks will be completed so that the Interim Executive Committee can address the final tasks of Phase Four (2014):

- Complete planning details for the next meeting for their women
- Approve the first LGCWU constitution
- Conduct a democratic election of the first Executive at an inaugural convention/meeting
- Arrange for a Canadian presence at this historic meeting.

## MARKING THE PAST, PRESENT, AND FUTURE

St. Mary's UCWLC, Yorkton, SK, held their "Installation of Officers" and "Membership Dinner" on Sunday, February 2, 2014 with 65 people in attendance. Special guests included Fr. Raymond Lukie, CSsR, Fr. Methodius Kushko, CSsR and our spiritual director, Fr. Peter Pidskalny, CSsR. The installation at St. Mary's Church took place following the Divine Liturgy, then everyone proceeded over to the hall for a meal prepared by St. Mary's Cultural Centre.

A "Candle Light" ceremony was held to remember our deceased members and especially the seven who passed away in 2013: Rose Mysko, Julia Wlock, Annie Kyba, Victoria Hunko, Margaret Rudnitski, Hope Kreklewetz and Alice Hood. May God Grant Them Eternal Rest!

Our annual general meeting was presided over by Doreen Rathgeber. Program followed with MC Geraldine Koban. Service awards pins were given to: 40 years – Iris Smud; 25 years – Sandra German, 20 years – Elizabeth Zahayko and 10 years Mary Oleynik. Nineteen (19) perfect attendances Gift Certificate were given out as well as gift certificates to our Fall Fundraising Convenors.

A special presentation was given by our HLM Sonja Pawliw on her collection of paintings, mosaic art, knitting, and a demonstration on "how to make artwork out of old glassware."

"Anything broken or that you want to throw away can be turned into a piece of art!" she stated. Her Nation Builder Award and HLM Plaque were on display as well.

Presentation of past president pin, icon and flowers were presented to outgoing president Violet

Kluk with thanks from the organization for a job well done.

Incoming president Elizabeth Zahayko conducted the regular meeting. Coffee and dainties concluded the afternoon.

## Donations

August 16, 2013 to March 31, 2014

### Nasha Doroha Submissions

St. Athanasius UCWLC,  
Regina, SK. .... \$200

### Nasha Doroha Reserve Fund

UCWLC Vladimir's,  
Edmonton, AB ..... \$75  
UCWLC Edmonton  
Eparchial, AB ..... \$50  
Sts Peter & Paul UCWLC,  
Saskatoon, SK ..... \$75  
UCWLC Assumption of BVM,  
Moose Jaw, SK ..... \$30  
St. Mary's UCWLC, Yorkton, SK ... \$75  
Canora UCWLC, Canora, SK ..... \$75  
UCWLC Branch Dormition of  
BVM, Saskatoon, SK ..... \$50  
St. Athanasius UCWLC,  
Regina, SK. .... \$100

### Mary Dyma Scholarship Fund

St. Vladimir UCWLC,  
Edmonton, AB ..... \$50  
Assumption of the Blessed Virgin  
Mary UCWLC, Moose Jaw, SK . \$30  
St. Athanasius UCWLC,  
Regina, SK. .... \$100

### Vera Buczynsky Scholarship Fund

St. Vladimir UCWLC,  
Edmonton, AB ..... \$75  
St. Mary's UCWLC, Yorkton, SK .. \$100  
Assumption of the Blessed Virgin  
Mary UCWLC, Moose Jaw, SK . \$30  
St. Athanasius UCWLC,  
Regina, SK. .... \$100

### Emergency Relief Fund

St. Athanasius UCWLC,  
Regina, SK. .... \$100

*Thank you very much  
for your donations.*

Elizabeth Zahayko  
ND Financial Administrator

## LESYA SABADA, RECIPIENT OF THE MARY DYMA SCHOLARSHIP FOR 2013

Lesya is presently enrolled in a doctoral program at St. Paul University in Ottawa. Her doctoral work focuses on peacemaking and ecology from the unique and under-explored Eastern Catholic perspective. She holds a Master of Arts degree in Eastern Christian Studies, a Bachelor of Arts in Religious Studies Specialist and a Bachelor of Education in History and Religious Studies.

Lesya's experience as a teacher in the Ukrainian/English Bilingual Program at St. Goretti School in Saskatoon led her to explore further the history and spirituality of the Ukrainian Catholic Church and the opportunity to share Eastern Christian theological perspectives with others. She was a guest lecturer at the Lviv Theological Academy, Ukrainian Catholic University and also at the National Catholic Seminary and the Redemptorist Catholic Seminary in Bangkok, Thailand on a variety of topics related to Eastern Christian theology.

Lesya has been involved in many aspects of social justice and was able to share Eastern Christian perspectives on ecology, sustainable development and non-violence with clergy, faithful and scholars from around the world. Her presentation entitled "The Ecological Vision of the Eastern Church" at the International Conference on Ecological



CINDY MOLESKI

Theology and Environment Ethics in Crete was selected for publication and distributed to scholars throughout the world.

Lesya states, "I have always promoted Eastern Christianity and the Ukrainian Catholic Church in my work and travels. In time, I hope to have the privilege and opportunity to respond to this vocation more deeply and completely once the PhD is completed. The Eastern Church is such a gift to the world and has much to offer in the area of peacemaking within ourselves, in all our relationships and with all creation."

Lesya wishes to convey her gratitude to the UCWLC National Executive for awarding her the Mary Dyma Scholarship and extends best wishes and God's blessings for the exemplary work done by the Ukrainian Catholic Women's League of Canada.

Vicky Adams, Chair,  
Mary Dyma Scholarship Committee

## 65 YEARS OF SERVICE TO UCWLC ST. NICHOLAS, WINNIPEG

Olga Dutka and Jennie Nitchuk contributed much to the strength of UCWLC St. Nicholas while their health permitted them to participate actively. Both joined in 1945 and continued to provide dedicated service over all those years. Jennie was President in 1950-51 and belonged to the St. Nicholas Choir. Until becoming the responsibility of the St. Nicholas Men's Club in 1996, the canteen coffee and penny

Bingo held every Wednesday evening was run mainly by Olga and Jennie. Their hard work and care for the welfare of the UCWLC brought both women recognition with each milestone of their membership, especially when they were honoured with sixty-five years of service pins at a membership luncheon on November 6, 2011.

In their younger years, Olga crocheted prize-winning tablecloths and afghans while Jennie excelled in knitting garments, decorating pas-kas and baking dainties. Olga and Jennie maintained a close friendship outside of League activities until Olga passed away peacefully on August 24, 2012 at the age of 95.

Jennie has been legally blind for many years and currently resides at Holy Family Home in Winnipeg. Olga and Jennie were partners forever. Olga was hard of hearing and Jennie could not see; thus Olga acted as Jennie's eyes and Jennie as Olga's ears. They spent many a Sunday afternoon comparing news as they saw and heard it. With the passing of Olga, a long time friendship that began at St. Nicholas UCWLC has come to an end – until, of course, when they meet again in the afterlife.

June Dutka, St. Nicholas  
UCWLC, Winnipeg

**Deadline for submissions:  
Fall Issue**

•• НАША ДОРОГА ••  
**18.VII.2014**

**Річенець дописів  
на осінній номер**

## UCWLC ARCHDIOCESE OF WINNIPEG FURNISHES BEDROOMS AT THE HOME OF HOPE

It has been reported recently that there are over 200,000 homeless and orphaned children in Ukraine. While there are some services and

The UCWLC Winnipeg Archdiocese responded to this urgent need by sponsoring a fundraising breakfast January 25 to raise funds to furnish much needed bedrooms at the Home of Hope in Lviv, a safe house owned by the Eparchy of Edmonton and administered by the Sisters

a place where they can gain the necessary skills to become successful.

Although we received many donations, one outstanding donation which merits mention was from an individual who donated a substantial amount to buy a piano for the home so that it could bring some joy



assistance available to orphans under the age of 16, there is nothing in place to offer support to those who reach the age of 16 years and are expected to transition into adult, independent life. Often at that age they have not developed basic life skills and literally have no place to go. As a result, the system turns them into the most vulnerable group and exposes them to a life on the streets which makes them prime targets for human traffickers.

Since human trafficking has become a huge social problem in Ukraine and has reached a crisis, there is a dire need to help provide accommodation, education, life skills training and a safe environment in order to prevent young girls from falling prey to a life of sexual exploitation and slavery.

Servants of Mary Immaculate that offers shelter for young girls, an opportunity to develop life skills and prepares them for independent living.

The Ukrainian community, as well as the larger community, overwhelmingly supported this fundraising breakfast. Tickets were sold out and donations continue to come. It indeed would be heartwarming if we could not only furnish the bedrooms, but also provide good kitchen and laundry facilities, sewing machines and educational resources for the Home.

Sister Janice Soluk was guest speaker at the breakfast and her presentation, along with a PowerPoint presentation of the Home, expressed the needs required to make this home a place where the young girls can experience love and

for the girls through music. What a thoughtful gesture!

We were overwhelmed by the great support we received from all who attended the breakfast, from those who made donations towards the project, and from the financial assistance provided by the UCWLC branches. Our special gratitude is extended to the members of Holy Eucharist Parish under the guidance of Elsie Kozak, who prepared the breakfast, and to the fundraising committee, which helped organize and promote this event.

May God bless all of you for your generous spirit in helping to provide much needed assistance to the most vulnerable – our children.

Vicky Adams, Chair  
Charities and Social Development

## PICNIC OF OUR UCWLC BRANCH AT THE DORMITION OF THE MOTHER OF GOD CHURCH

Our parish of the Dormition of the Mother of God in Mississauga is blessed by a variety of parish organizations and groups, both for youth and general parishioners. Some are newly formed, others have existed in our parish since its beginnings.

The Ukrainian Catholic Women's League of Canada was one of the first organizations to be formed in the early days of our parish. Members of our branch of the UCWLC help out in many aspects of parish life.

A main objective of our organization is the fostering of spiritual development, both in ourselves and by spreading Christian morality to others.

Caring about and supporting our parish, members of our branch always help out at parish functions such as the annual "Yarmarok" bazaar, the "Spilna Kutia" common Christmastide supper, the Easter Bazaar and "Sviachene" luncheon, our annual parish "Praznyk" feast-day, the city's Carassauga Multicultural Festival (where we host a pavilion), Spring Tea, and others.

September 29th, a Sunday, was a beautiful fall day. At the invitation of Mrs. Stefania Kupiak, a longtime member of our Ukrainian Catholic Women's League of Canada branch at the Dormition of the Mother of God Church, UCWLC branch members came to her home among the fairytale beauty of a white pine farm. Here, in a lovely social gathering, we had a picnic. Mrs. Kupiak, as host, graciously greeted every attendee. Everyone present had an opportunity to revel in the beauty

of nature, the multicoloured leaves of fall, the lovingly cultured flower gardens, and even to see chickens and hear the crowing of a rooster. Needless to say, everyone enjoyed themselves immensely.

After a delicious meal of roast pig and various other goodies, we all sang the traditional "Mnohaya Lita" well-wishing hymn to our host, Mrs. Stefania Kupiak. Our sincere gratitude, Mrs. Kupiak, for the wonderful time we spent on your homestead!

May God Bless.

Dobr. Olga Pankiw  
UCWLC branch Spiritual coordinator

## ПІКНІК ВІДДІЛУ ЛУКЖК ПРИ НАШОМУ СОБОРІ УСПЕННЯ ПРЕСВЯТОЇ БОГОРОДИЦІ

Наша парафія, Собор Успення Пресвятої Богородиці у Миссисага, є Богом благословенна тим, що при нашій парафії існують різні парафіяльні організації та колективи, як молодечі, так і загально для всіх парафіян. Є новостворені, а також є такі, що існують від початку заснування нашої парафії.

Відділ Ліги Українських Католицьких Жінок Канади був одним із перших організацій, заснованих при утворенні нашої парафії. Членки відділу ЛУКЖК допомагають при різних парафіяльних заходах.

Незмінним головним завданням нашої організації є плекання духовного розвитку, як у собі самому, так і у інших, тобто, поширення християнської моралі.

Дбаючи про підтримку парафії, членки нашого відділу завжди помагають при таких парафіяльних

подіях: передріздвяний ярмарок, спільна кутя, передвеликодній базар, спільне свячене, парафіяльний празник, міський фестиваль різних культур світу «Карасага», весняний чайок та інші.

В неділю 29-го вересня випав чудовий осінній день. На запрошення довголітньої членкині нашого відділу ЛУКЖК пані Стефанії Куп'як ми, членки відділу Ліги Українських Католицьких Жінок Канади при нашому соборі Успення Пресвятої Богородиці у Миссисага, зібралися у неї вдома, на казковій фермі білих сосен. Тут, при приємній товариській зустрічі, ми мали пікнік. Пані Стефанія гостинно зустрічала кожную особу. Усі присутні мали нагоду полюбуватися чудовою природою, різнобарвним листям на деревах, з любов'ю виплеканими різноманітними квітами, та навіть побачити курей і почути кукурікання когута. В усіх був прекрасний настрій.



Після смачного обіду, а це була печена свинка та інші різні смакоти, усі присутні заспівали «Многая Літа» господині, пані Стефанії Куп'як.

Щиро дякуємо Вам, дорога пані Стефаніє, за приємно проведений час у Вашій господі.

Щастя Вам, Боже!

добродійка Оля Паньків  
Духовна референтка відділу ЛУКЖК



## 200 Years of Shevchenko

Taras Shevchenko is considered to be the most recognized Ukrainian poet in the world. During the 47 years of his relentless life, Shevchenko produced numerous poems and artworks, which are valued with the deep respect and honour by nations across the world. His most prominent work, *Zapovit (Testament)*, was translated into over 100 languages. A poet, painter, and humanist, Taras Shevchenko (1814-1861) remains one of the most outstanding figures of the Ukrainian art. Being a significant contributor to the development of modern Ukrainian language, he authored a number of internationally recognized masterpieces: *Haidamaky*, *Hamaliia*, *Nazar Stodolia*, *Zapovit*, etc. He played an important role in the development of Ukrainian language and contributed to the formation of Ukrainian national identity. UNESCO has declared 2014 a year to celebrate the 200th Anniversary of this great Ukrainian.

## Shevchenko's Strong Influence Remains

### A project by the Ukrainian Students at the University of Saskatchewan

To celebrate Taras Shevchenko's 200th birthday, we had a desire to honour his legacy. Because our Ukrainian heritage and culture is very important to us, we felt that it was necessary to demonstrate the impact that Shevchenko has had on Ukrainians both in the past and present. Further, with the current situation in Ukraine, we feel that his aspirations for a free, democratic Ukraine are exceptionally relevant today. Thus, by creating the film, "Taras Shevchenko: A Legendary Hero Through Modern Eyes," we interviewed Ukrainians from Saskatoon and abroad in order to discover the impact that Shevchenko has had on their lives. In doing so, we discovered a great deal about who he was, is, and continues to be in the eyes of Ukrainians.

The responses that we received when interviewing various Ukrainian community members were both surprising and enlightening. For instance, the

responses from the children at Bishop Filevich Ukrainian Bilingual School were unanticipated, as the children had an extraordinary understanding of Shevchenko's influence on the Ukrainian language and how his actions have affected them and their education in the twenty-first century. Without Shevchenko's drive for Ukrainian to be spoken in Ukraine, the language would not have flourished or gained the academic merit that it has today. Through the interviews, it was also evident how each participant felt tremendous gratitude towards Shevchenko for preserving Ukrainian culture. The responses demonstrated strong feelings of Ukrainian nationalism, not only with older generation Ukrainian Canadians, but with the younger generation as well. Thus, the video came to represent a sense of shared identity and unity among Ukrainians in the diaspora.

Further, through the interviews, we saw a common theme relating Shevchenko's struggle to that of the protestors in Ukraine during the Euromaidan. As a true believer in Ukrainian nationalism, Shevchenko's persistence was an inspiration for the protestors on the Maidan, as was seen in Serhiy Nigoyan's reciting of Shevchenko's poetry, which we included in our film. As Ukrainian Canadians removed from the struggle on the Maidan, it was astounding to see how influential Shevchenko's words were in empowering the Ukrainians who were fighting for the same freedoms that Shevchenko was fighting for when he was alive.

Creating this film meant a lot to us, because we felt that it was important to keep the memory of Shevchenko alive. We also hoped to convey in this film the fact that there are youth in the Ukrainian diaspora who are dedicated to preserving Ukrainian heritage

and culture, just as Shevchenko did. Through the making of this video, we came to realize how relevant Shevchenko is today, not just as a historical figure, but as a national hero who continues to be on the forefront of people's minds, especially in light of the current situation in Ukraine.

Watch the video at <https://www.youtube.com/watch?v=RwyLZUFVjDW>.

Carma Douglas is an English major studying at the University of Saskatchewan. Marnie Howlett is an International Studies major studying at the University of Saskatchewan. Maria Kowaluk is a Psychology major studying at the University of Saskatchewan.

## Уже 200 років

Там де калина хиталася з вітром,  
трава колихалася скрізь.  
Тарас Шевченко, наш милий,  
писав нам добрий заповіт.  
“Любіть, ви діти Україну,  
не загубіть коріння все своє,  
також любіть ви матір свою милу,  
не забувайте слово ви моє.”

Не бійтесь люди ви свободи,  
скажіть ви ворогам своїм.  
Шевченко мав таку уже нагоду,  
тепер черга і наша розказати всім.  
Пройшло вже 200 років,  
але пам'ятати будемо завжди,  
Героя, Кобзара, Надію,  
напротязом як можна,  
по землі свобідно йти!

Написала Оля Пільченко

I'm Olya Pilchenko. I was born February 18, 2001, being 13 years old. My father is Ukrainian, that is why I have a strong connection with Ukraine. When all of the awful events happened there, almost leading to war, I was honestly broken, and it made me think a lot about how Shevchenko fought for the freedom of our people. One night I woke up in the middle of my dream and started writing. It was like I was under a spell, wasn't sure what I was doing in other words. I wrote a poem called "It's been 200 years". It both talks to the people of Ukraine and about the 200 anniversary of T. Shevchenko.

## A Tribute to Taras Shevchenko

By Katherine Slobodzian

A sincere thank you and dedication  
To a well known and beloved poet  
Whose heart and soul wept for dear Ukraine,  
Two hundred years of history show it.

Taras Shevchenko was recognized  
For his poetry and beautiful art  
Depicting wheat fields and rolling plains,  
He expressed their beauty from the heart.

The memoirs etched in his famous work  
Portrayed a strong spirit filled with tears,  
Of grief and hope, but with so much faith  
That God provided throughout the years.

When families lost their loved ones there  
To the senseless wars that brought no peace  
Just broken hearts and nameless fears  
All the blood they shed could not erase.

Our mind can barely visualize  
The toils drenched in suffering paid  
That touched the lives and shattered the dreams  
Of our brothers and sisters in Ukraine.

And although we celebrate today,  
A nostalgic feeling stirs the soul  
That God may protect our dear homeland  
As our prayers for peace continue still.

Lord guide our children over the years  
Through hardships they cannot understand  
That they may enjoy Shevchenko's works  
And continue the songs in this great land.

Ой серце б'є, а голос втих,  
До України думка лине  
Нема спокою, щезла любов  
Лише Божа воля там буде.

Батьки, мами, плачучи  
Клякають, моляться щодня  
Гуляйте діти, їм байдуже  
У їх серцях страху нема  
Гуляйте, співайте, а рідну  
Мову не забувайте.

Kay Slobodzian, a UCWLC member in Dauphin, MB

# Vira Zelinska Ukrainian Youth Bandura Capella “Zoloti Struny”

Bandura Capella “Zoloti Struny” (“Golden Strings”) is a Ukrainian Youth Ensemble made up of young musicians dedicated to playing the bandura, Ukraine’s national music instrument. The group has been in existence since the summer of 2001. Honoured Performing Artist of Ukraine, Vira Zelinska, an acknowledged teacher and performer from Ukraine, was the founder and first director of the group. The capella consists of 20 students from Toronto and Mississauga. The organization is under the auspices of St. Mary’s Ukrainian Catholic Church in Mississauga.

Oksana Zelinska-Shevchuk, a former student of Lviv State Academy of Music (bandura) under the direction of well-known Ukrainian composer and bandura instructor Oksana Herasymenko, has been the musical director and a teacher of Zoloti Struny as of 2012.

In addition to practising and performing throughout the year, the students also get a chance to further hone their musical skills through studies at summer camps. Those camps were held in the summer of 2001 in Acton and 2002 in Grafton, Ontario. For the August of the summers 2003-2010, the camps have been planned at Oselia Werhovyna in Chertsey, Quebec (outside Montreal).

In July 2006, Zoloti Struny went on tour to Ukraine and Poland. They had nine solo concerts in the main cities of Ukraine such as Ternopil, Lviv and Kyiv.

In the academic years 2004-2013, Zoloti Struny has performed no less than 50 concerts in the Toronto area.

In February 2001-2013, Zoloti Struny members participated at the Kiwanis Music Festival of Greater Toronto winning first, second and third places in their solo/duet/trio bandura categories. This year, Zoloti Struny Bandura Trio has been invited to participate at the Showcase of Stars Gala Concert of the Kiwanis Club. In addition to that, every year Zoloti Struny soloists participate at the Ukrainian Music Festival in Toronto taking winning places and receiving scholarships. Christmas concerts have become an annual tradition now and are a real treat for audience members. Since 2001, Zoloti Struny have recorded and released three CDs and made a DVD movie about their summer camps.

Active participants at all events within the Ukrainian community of Toronto and Mississauga, Vira Zelinska Ukrainian Youth Bandura Capella “Zoloti Struny”

will expand in the future in the pursuit of musical excellence and the guarantee that the Ukrainian musical culture will continue.

For more information, please visit our website: [www.banduramusic.com](http://www.banduramusic.com) or find out more about our latest events and updates on our official Facebook page.

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Telephone: (905) 278-2161

## Верховина

Чи пам’ятаєш, як у саду біля криниці,  
Там, де улітку досягають полуниці,  
Вечорами ми на лавиці сиділи,  
Про Верховину і Карпати говорили.

Як зранку гори заглядали нам у вікна,  
І кликали у гості так привітно.  
Ми одягалися, кошки брали  
І в гору, через перелаз, до лісу мандрували.

Там на поляні, розбігались хто-куди,  
Грибів по-більше так хотілося знайти.  
Уважно заглядали під ялинку, і раптом крик:  
Є білий гриб, – візьму його в корзинку.

Для нас дітей – це була гра-змагання,  
Ми за грибами йшли, як на мисливське полювання.  
Верховині дякували за лісові дари,  
Її природу шанували, намагались зберегти.

Як хочеш побувати в живій казці  
Поїдь, впізнай, красу тих гір карпатських  
Вдихни повітря чисте, крижане  
Побач життя природи: справжнє, лісове.

Лілія Пантелюк, Едмонтон, Альберта

*Заграй, бандуро, заспівай,  
Хай сяють зорі благовісні!  
Зігрій благословенний край,  
Даруй нам, кобзо, радість пісні.  
Моя бандура – пісня України,  
Бринить, радіє у моїм житті.  
Жар – птахом звеселяє світ людини.  
Крилато линуть звуки золоті.*

Зоя Ружин

# Зберігаймо бандуру на канадській землі!

**Оксана Зелінська-Шевчук**

Бандура! Переконана, що для кожного українця в Канаді цей інструмент несе більш, ніж вагоме значення. Для українців діаспори, бандура – це не просто мистецька цінність і пам'ять прадавньої історії українського народу; бандура – це невід'ємний безцінний скарб, душа глибинності нашої культури та духовно-світогляду нації.

Бандура – одвічний символ волелюбного духу українців. Звитязно і переможно звучать її струни. Яка ж радість для душі – пробуджувати у струнах мелодії, котрі дають такий великий цілющий заряд духовності! Тому ми завжди всією душею вибираємо музику, що летиться з цього дивовижного інструмента, сприймаючи її вже як своєрідний код безсмертя творчої сили народу. Народна пісня, що пройшла вікову кристалізацію, завжди була і буде невичерпним джерелом наших народних духовних цінностей.

Бандура – дивовижний інструмент, на якому хто тільки не грав: історія, політика, ностальгія, етнографія, забуття, і відродження. Коли звучить бандура, на очах у багатьох – сльози. Сильний і глибокий звук цього інструмента, ніби ввібрав у себе всю печальну і славу долю України. Будучи унікальним творінням і явищем українського генію, бандура зазнала усіх потрясінь національної історії. В долі бандури – віддзеркалена наша державність, а в недолі нашої державності – драма бандури. Бо бандура від народження має найчутливішу душу і найніжніші струни. Тому і ввібрала у себе людські радощі і страждання, порухи летючого щастя і гіркоту щемної сльози, історичну славу народу і його любов до найдорожчого – до землі і хліба, до матері, до Батьківщини. І все, що ввібрала у себе чарівниця-бандура, вона нині щедро дарує людям. Взяла у народу пісню – і шанобливо та вдячно повертає йому, як віддарунок.

Дитяча капела бандуристів ім. В. Зелінської „Золоті Струни”, одна з найбільших дитячих капел у Північній Америці, була заснована в 2001 р. За роки існування, до капели належало близько 50 дітей віком від 7 років. „Золоті Струни” працюють при Соборі Успення Пресвятої Богородиці, що в Mississauga. Діти з великим ентузіазмом приходять на лекції гри

на бандурі. Щороку юні капеляни дістають запрошення на різноманітні тематичні концерти та інші громадські і церковні урочистості, приймають участь у таборах, поїздках до України та Північної Америки, а також перемагають призові місця на таких фестивалях та конкурсах, як Український Музичний Фестиваль та у Kiwanis Music Festival of Greater Toronto. Репертуар капели дуже різноманітний – в більшості це твори визначних українських композиторів та обробки укр. нар. пісень. Кожного року юні бандуристи беруть участь у літньому вишкільному таборі бандури, де мають змогу вдосконалювати свою майстерність та виконавче мистецтво гри на бандурі та співу протягом двох тижнів. Кожний виступ капели залишає незабутнє враження у серцях слухачів. Це чудово, що діти у Канаді мають змогу навчатися гри на нашому національному, старовинному українському інструменті. Жодна країна світу не має такого співучого інструменту, як бандура. Діти, будьте горді тим, що на вашу долю випало щастя і унікальна можливість мати змогу зацікавитись та навчитись грати на цьому інструменті, а особливо тут у Канаді – так далеко поза межами нашої рідної України. Велика подяка всім хто сприяє розвитку українського бандурного мистецтва та дбає про велике майбутнє української нації в лицах підрастаючого покоління у Канаді.

Юнацька Капела Бандуристів ім. Віри Зелінської „Золоті Струни” проводить щорічний набір дітей для навчання гри на бандурі при церкві Успення Пресвятої Богородиці, що у Mississauga. Якщо ви зацікавлені у тому, щоб збагатити духовний світ ваших дітей не лише національною свідомістю, але й музикою і зокрема чарівними звуками бандури та співом юнацьких голосів, звертайтеся за числом телефону: 905-278-2161, або завітайте на наш сайт: [www.banduramusic.com](http://www.banduramusic.com). Про наші найнещодавніші виступи і досягнення ви також можете дізнатися відвідавши нашу сторінку на Facebook: [www.facebook.com/ZolotiStrunyBanduraEnsemble](http://www.facebook.com/ZolotiStrunyBanduraEnsemble).

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E-mail: [oksanazelinska@rogers.com](mailto:oksanazelinska@rogers.com)



# New Choral Music E-Library

How do you find Ukrainian choral music that's appropriate for your organization or expand your ensemble's repertoire with new music? Vesnivka Choir believes it has the solution.

Ukrainian choral communities in Canada have always worked under certain limitations as much of the music is not readily available in published form, or, if ever published, has long gone out of print. A wealth

of Ukrainian choral music sits in the private collections of individuals, which risks being lost when that individual passes on without making provisions to donate it to a library. These are the kinds of problems facing the preservation of Ukrainian choral music in Canada.

Throughout our 48-year history, one of Vesnivka's primary mandates has been the promotion of Ukrainian choral music within and beyond the Ukrainian community in Canada. As a result, Vesnivka has amassed a collection of over 1,000 works of Ukrainian choral music covering all genres, commissioning new works as well as new arrangements of existing music. Much of this music exists only within Vesnivka's personal music library.

Echoing the philosophy of the early supporters of the Internet that useful and sought-after information,

if free and widespread, will enrich humanity, we believe our beloved Ukrainian choral music should soar and be free to enrich Ukrainians in Canada. To realize this objective, we are embarking on an exciting new project that will make Vesnivka's music library available online – the creation of the Vesnivka Ukrainian Choral Music E-Library. The financial grant from the Ukrainian Dragons, a new initiative under the auspices of the Ukrainian Canadian Congress launched at the recent 24th Triennial Congress, has provided the impetus for developing this E-Library.

In Canada's multicultural milieu, the Arts represent the public face of any one culture. This is especially true of the Ukrainian Arts, which, unlike within Ukraine itself, have had a chance to thrive in Canada without repressive social and

political restraints. Ukrainian culture is especially rich in its choral tradition which has been the foundation of Ukrainian music for centuries and is a living part of Ukrainian culture and history. As such, its preservation is paramount. On the world stage, Ukraine is well known as a singing nation.

The E-Library will contain a catalogue of Ukrainian choral music initially taken from Vesnivka's own collection. The music will be searchable through a variety of genres

and categories, and will be easily accessible and directly available in a downloadable format. It will also provide, among other things, information on the music, composer and lyricist, if any, as well as audio files enabling the researcher to hear it.

The availability of this music will benefit Ukrainian communities throughout Canada and, in particular, younger singers in Ukrainian schools and youth organizations, as well as other virtual communities in the Ukrainian diaspora, and Ukraine

itself. The E-Library will also enable Ukrainian choral music to be available to non-Ukrainian choral communities within Canada and beyond so they can enhance their repertoires with the beauty of our Ukrainian song.

In celebration of our upcoming 50th anniversary in 2015, the Vesnivka Ukrainian Choral Music E-Library will be our legacy to Ukrainians in Canada.

Lesia Komorowsky



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# Берхтесгаден

**Оленка Зеленко Стадник**

*From the memoirs of Olena Zelenko-Stadnyk*

Хоч уже багато років проминуло від тієї пам'ятної події, як ми стали зрілими людьми, дуже часто відсвіжуються у пам'яті поодинокі події, товариші шкільної лавки, наші учителі, яких ми звали професорами.

Пригадую нашого незабутнього директора Гімназії, проф. Володимира Радзиковича, що з такою любов'ю і батьківською посвятою вчив нас української мови. Василя Стецюка, професора латинської мови, що дійсно відповідав усім вимогам університетського професора. Він не тільки вчив латину, але вщеплював нам любов і пошану до тієї мови, що була колись мовою культурного і наукового світу. Тому, що та "любов" до латини не дуже то закорінювалася у наших серцях, довелось йому не раз суворим тоном її наганяти. Ніколи не забути нам проф. Шляхтиченко, яка була не тільки дуже добрим педагогом математики, але також для більшості нас, що жили в бурсі, порадицею і найближчим другом. Ми звали її "тіточкою", бо дійсно вона опікувалася нами, як своїми рідними дітьми. Наганяла спати вечорами, а вранці будила, як сама часто казала: "мертві тіла".

Пригадую проф. Супінського, який вчив нас німецької мови і якого ми звали "Кохасьом". Професора Васькова, що "товк" хімію. Хіба можна забути нашого проф. Гайду, який вчив нас англійської

мови! Ця мова була дещо іншою від тієї, яку я почула в Канаді. Назавжди залишиться у пам'яті о. Проф. Тарнавецький, який викладав історію і релігію. Цей наш дорогий отець професор був добрий на оцінки, хоч у більшості дуже мало давав нам нагоди говорити, чи відповідати учням, бо сам дуже любив говорити. Тямлю, як кілька учнів нашої кляси прийшли здавати історію до о. Тарнавецького. Він на самому початку розговорився, а коли прийшла черга нас питати, о. Професор заявив: "Та ж ви нічого не знаєте, я сам говорю весь час, прийдіть за два тижні знову здавати!" Не можемо поминути і проф. Чорнодольського, що вчив нас біологію. В нього ще й досі зберігся нотатник, у якому він зазначував успіхи і давав оцінки поодиноким "жертвам". Із вдячністю згадую проф. Федусевича, який вчив нас українську літературу і граматику.

Справді багато завдячуємо нашим професорам, які у невідрадних, таборових обставинах, з великою посвятою і терпеливістю вчили нас прямувати до вершин, хоч часто самі тиснулись в невідгледних кімнатах, переділених

(замість квітів на Могилу Ікера)

*... Літа споминаєм щасливі,  
Що в сірій ззубилися млі,  
Розплились у морі безкраім  
І тільки далека луна  
У серці часом нагадає,  
Що й в нас була власна весна...*

Роман Завадович

параванами, без достатнього харчування і задовільних умов праці. Все ж таки вони, ці наші "бельфери", вивели багатьох із нас у люди. Сьогодні наші колеги, колишні учні Берхтесгаденської Гімназії, здобули чільні місця в країнах "нового поселення".

До наших професорів слід долучити також і нашого Івася (Ікера), який недавно відійшов від нас у "кращі світи". Щоправда, він, Іван Керницький, нічого у нас не викладав, але дехто завдячує йому, як і рівно ж покійному поетові Андрієві Гарасевичеві, багато дечого. Тямлю, як ми здавали письмову матуру, нас справді чомусь опанував страх. Було це 29-го квітня 1947 року. Вся "А" кляса вже другий день складала письмові іспити. Того дня саме писали іспит з німецької мови. Крім комісії були і "кур'ери": "Кохасьом", "Ксьондз", і "Чорнодоля". Всі дещо денервувалися. Заглядаємо крізь вікна, наладжуємо зв'язки і ждемо, щоб занести їм сніданок, а це добра нагода на "першу допомогу"... Завтра здаємо українську мову. У бурсі стараються вчитися, але для навчання ніяк немає настрою. У "Жабензе" (таборова калабаня) жаби дають концерт, так гарно надворі, але кожному на голові, як буде завтра? Це були останні рядки із щоденника бурси. Були різні чутки: що теми будуть нелегкі, що час буде обмежений і що дижурні професори створюють важкі обставини.

І ось, тут з'явилися на допомогу два наші прятелі, Андрій та Івась. Хтось перекинув "на світ" теми завдань з української мови і літератури, а там уже ті, два "спеціалісти", все випрацювали і готове завдання передали через нашого незабутнього отця професора, що у своїй довгій рясі "перепачковував" їх до кляси. Кому потрібна була поміч, вона завжди наспівала своєчасно. Напевно, ні одному із наших суворих професорів і не снилося, що в нас діяв так добре зорганізований зв'язок із "зовнішнім науковим світом". І саме тепер коли згадуємо шкільні часи, нашу матуру, наших професорів, з великою вдячністю і подивом згадуємо молодого поета і альпініста, Андрія Гарасевича, письменника-гумориста Івася Керницького та о. Проф. Тарнавецького, які насправду розуміли нас "нешчасних матурантів" і старались нам допомогти.

Тому не дивно, що кожного разу, коли ми влаштовували наші

з'їзди чи зустрічі колишніх учнів, ми завжди запрошували нашого Івася. Він не тільки радо приїздив і проводив свій час посеред нас, але і виступав, читаючи свої гуморески присвячені з'їздові, чи нашій Альма Матер-Гімназії. Опісля цю саму гумореску поміщувала "Свобода" з допискою, що автор присвячує її колишнім гімназістам з табору "Орлик" у Берхтесгадені. На жаль, на останній наш з'їзд, що відбувся в Елленвілі, Нью Йорк, наш приятель Івась – не зміг приїхати. У листі до нас він оправдував себе: "Я записався у семидесятники і записали мене у клуб ювілятів. Саме з тих ювілейних причин не зможу взяти участі в зустрічі Берхтесгаденської Гімназії в Елленвілі, бо вельмишановні пані із Союз Українок Америки поквапилися влаштувати мені в місяці жовтні "ювілеуш" і заарештували мене в Нью Йорку. Саме тут передаю вам, Оленко, гумореску п.н. "Я також гімназіст", на актуальну тему і прошу, та

уповноважною вас відчитати цю річ під час розвагової програми, якщо б вийшла потреба і нагода, за що згори дуже дякую."

Я цієї гуморески не читала. Мене виручила наша Зеня Лавришко-Бундзяк, яка прочитала її справді по-мистецькому. Усі ми, однак, відчували, що Івася Керницького таки бракувало серед нас. І буде його бракувати і на наступних з'їздах нашої школи. Жалко, що не буде вже кому передати гуморески, присвячені нам і нашій Гімназії, щоб хтось із нас їх читав. Однак, пам'ять про цього доброго нашого приятеля, Івася Керницького залишиться на довго між нами, в наших серцях.

This was originally printed in "Свобода" (1984)

Olena Zelenko was a high school student in German barracks during World War II. Every five years the students would have a reunion. In 1997 they had a 50-year reunion in Soyuziwka Resort, New York.



KAREN PIDSKALNY

## Пробач, мамо

Моя дорога і рідна, мамо,  
Пробач мені за всі ті рани,  
Що залишили болі й шрами  
У твою серці, пробач мамо!

Не знав, не чув, не бачив болю  
Що я приніс тобі, собі й навколо  
Хотів усіх і все забути,  
А спричинив тяжкі сердечні муки.

Пробач мені за всі безсонні ночі,  
За зморшки, і за сивину в волоссі  
Пробач за те, що говорили люди  
За осуди, за пересуди.

Лілія Пантелюк, Едмонтон, Альберта

# Books For Your List

## Baba's Kitchen author tells tall tales at Chilliwack library

**By Jennifer Feinberg**  
**Chilliwack Progress**

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The Chilliwack Progress

The book *Baba's Kitchen: Ukrainian Soul Food with Stories from the Village* is a half-century labour of love, written by Chilliwack author Raisa Mary Stone.

It's a humorous memoir with authentic Ukrainian recipes recounted by the feisty Baba. But it's so much more.

*Baba's Kitchen* is steeped in a rich broth of stories Stone has collected all her life like mushrooms in the forest.

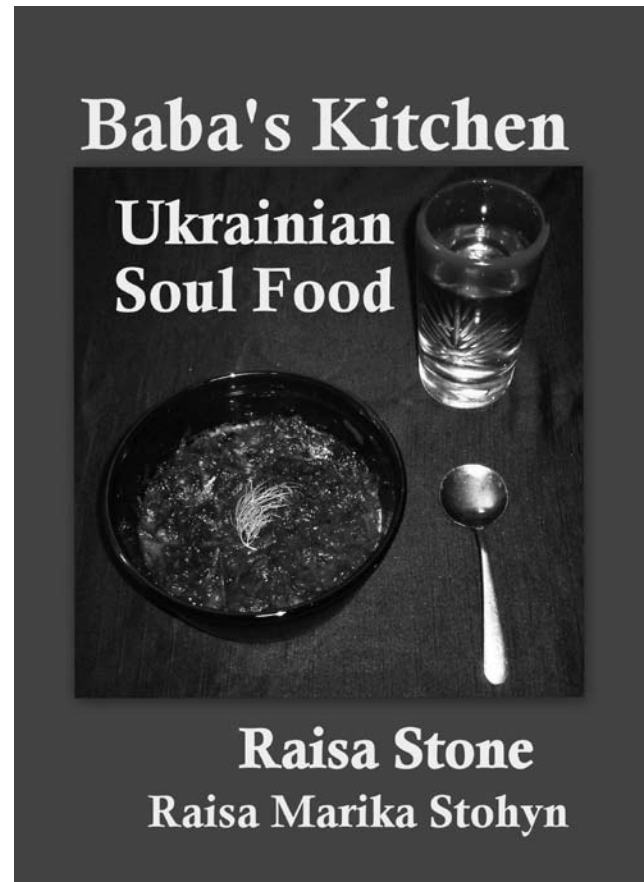
"I have kept these stories in my heart," she says.

Ukrainian was her mom's first language – and hers. She includes the Ukrainian version of her name, Raisa Marika Stohyn on the title page.

Stone was only about four when she first started reaching up to the kitchen table to cut out dough with her little drinking glass to make traditional verenekes or varenyky – the delicious dumplings some know as perogies.

In the years since then, Stone has travelled across Canada as a singer and a horse groom, training and grooming horses, and listened intently to the stories of her elders and seniors she met, including concentration camp survivors.

The Winnipeg-born storyteller says she's not a celebrity chef and she doesn't have a food TV show, but she can get the job done in the kitchen.



"I make most things by hand," she says. "When I cook it really is a process. It is a spiritual process."

In *Baba's Kitchen*, Stone spins some wonderful tales in the voice of Baba, a no-nonsense grandma, a composite of some of the characters that peopled her world.

So who was really the inspiration behind Baba?

"She is the voice of all the European immigrants who enriched my life including both grandmothers.

"They told me stories, fed me and taught me about politics.

"I have a rich spiritual life because of them. My ancestors are with me and I have an obligation to tell their stories, to keep their voices alive."

These are gritty folks for the most part who survived the Soviet and Nazi regimes, and chose Canada for a better life in the post Second World War phases.

So the stories are more than recipes. There are no glossy, drool-worthy photos. There are compelling folk remedies, legends and well-researched historical tidbits.

“Some of the actual recipes I learned from people who never used measuring cups. Handful of this, pinch of that.”

The character of Baba first jumped off the page when Stone was a member of writers’ group about six years ago. She started getting terrific feedback about the compelling nature of the uncompromising Baba.

Baba would have frowned upon modern-day seed patenting.

“I believe in our human right to grow our own food,” she says. As a girl, she remembers picking mushrooms and healing herbs from the forest.

Here’s a taste of how Baba introduces her recipe of Sauerkraut with Peas:

“Why is Ukrainian so big on dish from cabbage? We say, ‘If there are potato and cabbage, then house is not empty.’ Baba herself never seen house with only these thing. Usually is at least chair

and television. But you never know. She wouldn’t doubt is some isolate American somewhere, carving couch from freakazoid big potato.

“In Baba next book, she going to teach you make your own sauerkraut. Since you is beginner, she going to let you buy from stupormarket in big jar.”

The book is available only online at ukrainiansoulfood.ca or through Amazon.

The author hopes to sell enough in electronic copies to one day soon print some hard copies of Baba’s Kitchen. But if self-publishing was the only way Baba’s voice was going to go global, that was just the way of it.

“I just wanted to get it out into the world.”

After two years making queries of publishers, she realized marketing it solely as a cookbook wasn’t going to work, because ultimately it is so much more, so she forged ahead with the ebook release in 2011.



## **Ukrainian Catholic Women’s League of Canada National Executive**

### **The Vera Buczynsky Ukrainian Studies Scholarship**

The National UCWLC is offering one scholarship of \$500 to a person of Ukrainian Catholic descent who is planning to enroll in Ukrainian Studies at the post-secondary level.

Applications are available from  
and should be submitted to

### **The Vera Buczynsky Ukrainian Studies Scholarship Committee**

Vicky Adams, Chair  
444 Rosedale Avenue  
Winnipeg, MB R3L 1M3

### **The Mary Dyma Religious Studies Scholarship**

The National UCWLC is offering one scholarship of \$1000 to a lay woman of Ukrainian Catholic descent who is planning to enroll in Religious Studies at the graduate level.

Applications are available from  
and should be submitted to

### **The Mary Dyma Religious Studies Scholarship Committee**

Vicky Adams, Chair  
444 Rosedale Avenue  
Winnipeg, MB R3L 1M3

*Deadline for receipt of complete applications is November 1*

† **Florence Bayda**  
21.VIII.1936 – 27.XII.2013



the oldest of seven daughters born to Anton and Frances Niedzielski in Cudworth, SK. Following her graduation from St. Paul's School of Nursing in Saskatoon, Florence worked as an RN at Saskatoon City Hospital and Sherbrooke Community Centre. In 1958 she married Joseph Bayda and farmed at Aberbeen, SK. In 1967 the family moved to Saskatoon where Florence involved their children in catechism, Ukrainian culture, dance, music and swimming lessons. She was active in her community by serving on numerous boards and church organizations. In 1979 she joined the Saints Peter & Paul UCWLC. Florence had a beautiful voice and sang in the church choir for many years. She supported numerous religious associations, particularly Pro-Life and the Knights of Columbus Millennium Pro-Life Cross. Spending time with her grandchildren was always a special gift. Her husband Joseph, their six children, Donna, Darren, Cameron, Joe, Caroline and Bishop Bryan, Eparch of Saskatoon, and their families will dearly miss her.

Saskatoon Ss Peter & Paul UCWLC  
Eparchy of Saskatoon

† **Jean Homeniuk**  
16.XII.1929 – 8.XII.2013



Eugenia was a member of Regina St. Basil's UCWLC for 43 years. Predeceased by her husband Ernest and daughter Beryl, she leaves behind children Connie (Mike), Trudy (Jim), David (Rita), Joanne (Axel) and Linda (Wayne); 10 grandchildren and 11 great-grandchildren. Vichnaya Pamyat.

St. Basil's UCWLC – Eparchy of Saskatoon

† **Rose Shul**  
3.VIII.1928 – 20.VI.2013



Rose was a recent member of Regina St. Basil's UCWLC and formerly of Ituna, SK. This fine lady brought joy to all the people around her. May she rest in peace.

St. Basil's UCWLC – Eparchy of Saskatoon

† **Margaret Karapita**  
19.XII.1905 – 3.II.2013



Margaret was an original member of Regina St. Basil's UCWLC. She is survived by daughter Shirley (Gary) Kerr. Predeceased by her husband Fred, daughter Eleanor Zahorski and son Edward. Vichnaya Pamyat.

St. Basil's UCWLC – Eparchy of Saskatoon

† **Tillie Woloshyn**  
10.III.1923 – 12.XI.2013



Tillie was a member of Regina St. Basil's UCWLC for 43 years. She was predeceased by her husband, Ted, and leaves two sons, Dwayne and Gerald. May she rest in peace.

St. Basil's UCWLC – Eparchy of Saskatoon

A Tribute to  
† **Anne Burtnik**

a UCWLC Honorary Life Member (HLM)



Anne Burtnik was a woman of many virtues. She excelled in her dedication to her loving family and her commitment of 51 years to the Ukrainian Catholic Women's League of Canada. Anne was a devoted wife to her husband Michael, a loving mother to Joan and Richard, and a proud Baba to her precious grandchildren and great grandchildren.

Anne was a former UCWLC President at the Branch and Eparchial level. She also served as the National Vice-President. In addition, she was a former Chair of the UCWLC Eparchial Museum of the Edmonton Eparchy. Being fluent in Ukrainian and being knowledgeable and proud of her heritage, Anne provided our League and community an everlasting example and picture of Ukrainian culture in Canada and Catholic life.

In 1946, Anne became a member of the St. Josaphat UCWLC Branch, *Dobra Volia*. The UCWLC was organized on a national level in 1944. At that time, the UCWLC was in need of leaders. Anne was such a leader. She possessed outstanding leadership qualities, and she had the ability to inspire other women to become

leaders. Anne was one of early leaders of the UCWLC who helped to establish the newly-organized UCWLC of the Edmonton Eparchy.

Over the years, Anne has offered valuable support to a wide range of endeavours on the community level. Anne's legacy with the UCWLC is her success in the formation and development of the UCWLC branches. Anne wanted the branches to be formed according to the values of the Church, as expressed in the Aims of the UCWLC.

Anne's wisdom, leadership, and grace will be greatly missed by all who knew her.

Born December 22, 1919.

Passed away December 5, 2013,  
in Edmonton, Alberta.

Вічна пам'ять! Eternal Memory!

Submitted by Lena Sloboda, HLM

† **Стефанія Ковальчик  
Панкевич**



Ділимося сумною звісткою, що 26-го грудня 2013 року відійшла у вічність Стефанія Панкевич. Скромна, працьовита громадська діячка. Довго-активна членкиня ЛУКЖК (Ліги Українських Католицьких Жінок Канади) при катедрі Св. Володимира і Ольги у Вінніпезі. Членкиня Інституту

“Просвіта”, співачка в хорах, добродіячка в допомозі при Спліці Української Молоді (СУМ). Глибоко-релігійної жінки Стефанії присвята була, служити церкві. Щоденно проводила Вервицю в малій каплиці в Село Вілла, де Стефанія проживала з своїми друзями. Стефанія все добровільно допомагала в різних потребах.

Стефанія народилася 7.7.1927 року в селі Добра, повіт Сянік Західної України. В 1947 році мама Марія Ковальчик і дочки Стефанія, Ольга, Ганя і Надя були переселені в Польщу. Тут Стефанія і Володимир подружилися. В 1966 році з родинною допомогою Стефанія, Володимир і п'ятеро малих дітей виїхали до Канади. Поселилися у Вінніпезі між української громади, де до сьогодні проживає і більшість родини (26 осіб) і беруть активну участь в підтримці Української церкви, мови та культури.

В глибокому смутку залишила Стефанія діти: Йосифа (Marian), Марійку (Allen), Іванку (Don), Ірину (Wes), Юрія (Петрусю), 6 внучок, 5 внуків, 2 правнучки, сестер з родинами, велику Панкевича родину та з пошаною і подякою велику українську громаду.

Вічна пам'ять!

Люба матусю, бабусенько мила,  
Подяка велика, що Ви нас зростили,  
Що Ви нас любили, усім помагали,  
Молились за нас, добра нам бажали.  
За руки робочі, за хліб на столі.  
Спасибі Вам рідна, уклін до землі.  
За Ваше добро й турботу про нас  
Вам подяка велика, Ви в наших серцях!  
Вічна пам'ять!

# Changing seasons and immune system maintenance

## Tips for staying healthy during the transition to spring...

Probably by this time of the year, most of us are counting down the days, and wondering when spring might actually relieve us of the winter blues...

Cold and flu season is mostly behind us, but there are a few things we can do to keep ourselves cold/flu free, and also to tame those spring allergies that might be around the corner...

Here are a few things to keep in mind for general immune system support:

- Vitamin D: if you have not been supplementing through the winter, you can still start now. We make vitamin D during the summer, when we are exposed to the sun, but our storage generally does not last for most of us through our long winters. Vitamin D is involved in mood, immune support, nerve health, skin health and clarity of mind. Once our light is back, and we are getting a bit of safe exposure, you can elect to stop your supplement.
- Winter blues can make us crave carbohydrates, sugars and comfort foods. "Now is a great time to start incorporating lighter, vegetable based foods back into the diet... a salad per day, with a variety of colour and a protein source can be great, clean burning, energizing fuel.
- Rest is so very important. The body and your immune system need recharging. Six or seven hours may not be enough for adults, and children should be getting eight to ten hours a night.
- Managing your stress. Stress has a measurable bio-chemical effect on your immune system (and many other systems). When your immune system is in top form, many of these microbes/viruses that we are exposed to routinely can be taken care of even before symptoms are present. If your stress system is healthy, you are also inclined to have fewer allergies.
- Finding out if you have food sensitivities can be useful, as they can create "busy work" for your immune system. This can leave your immune system fighting with less gusto when it actually needs to spring into action to fight a cold or flu.

If you know that you have allergies to snow mold, you are probably feeling some of your symptoms already. Ideally if you can get a bit of supplemental support into your body before your season hits, you can minimize your use of over-the-counter anti-histamines, and allergy remedies.

Certain natural ingredients can be used during an allergy attack, or preventatively as well.

These natural ingredients often have no side-effects, are non-addictive and have no "rebound symptoms" once you have discontinued them.

Some of these ingredients are:

- Vitamin C
- Bioflavonoids
- Quercitin
- Astragalus

Doses of these natural ingredients are usually based on age, weight and severity of symptoms.

Natural medicine has the potential to interact with prescription medications, or to cause harm if used incorrectly. Please contact a licensed Naturopathic doctor to ensure your chosen protocol is serving you.

Dr. Janice Dacyshyn is a licensed Naturopathic doctor who has been happily serving the Edmonton area for eight years. She is the director of the Edmonton Clinic of Naturopathic Medicine which offers a caring, collaborative environment working with: Psychology, Acupuncture, Massage and Reflexology to support the optimal health of our patients. She specializes in digestive, hormonal, mental and emotional disorders, and treats all ages.

## Клич до неба

Боже не дай нам загинати  
До Тебе руки всі ми вносим  
Кращої волі для України  
В Тебе, Владико всі ми просим

Глянь оком щирим на Україну  
Неначе рай медом пахуча  
Де синє небо, жовта пшениця  
Наш рідний Край земля родюча

Надіємось на Тебе Боже Великий  
Не опускай нас, чуєм, радієм  
Нема в нас помочі, крім Тебе  
Наші молитви Тобі посилаєм.

*Ірка Пилипович*

## В надії

Пльондрували Тебе Україно  
І далі пльондрують  
Убивали Твоїх дітей  
І далі мордують

Небо хмарами закрилось  
Плаче рідна мати  
Коли на Київському Майдані  
Брат вбиває брата.

Була на Україні слава  
Була і буде  
Але братів кров проляту  
Ніхто не забуде.

Поможи нам Боже в горі  
Бо ми загинемо  
На Тебе тільки надія  
Руки простягаєм

Ми все надіємось на Тебе  
Чуєш, нарід плаче  
Боже глянь на край в руїні  
Наверни на краще.

*Ірка Пилипович*

A close-up photograph of several hibiscus flowers. The flowers are in various stages of bloom, with some fully open and others as buds. The petals are a mix of light pink and white, with prominent veins. Numerous water droplets are scattered across the petals, giving them a fresh, dewy appearance. The background is softly blurred, showing more of the same flowers and green foliage.

## Зачаруй мене

Підійми мене до неба,  
Забери з собою в рай,  
Відірви мене від себе,  
А як хочеш, то тримай.

Я тобі відкрию душу  
І розкажу хто я є,  
Ти мене впусти мусиш  
І забути про усе.

Розбуди мене від смутку,  
Занеси туди де сміх,  
Подаруй лиш поцілунки,  
Море щастя і утіх.

Зачаруй мене словами,  
Наспівай мені пісні,  
Пам'ятай весняний ранок  
І люби мене завжди.

*Лілія Пантелюк,  
Едмонтон, Альберта*