



НАША ДОРОГА NASHA DOROHA

PM40007760 ♦ осінь-зима/fall-winter 3-4(57-58)/2015

The Year of *Mercy*



Josaphata Icon Pilgrimage | St. Onuphrius | Project Vyra



Dobr. Erin Haugen earned her Bachelor of Fine Arts degree (BFA) from the Alberta College of Art and Design where she explored her interests in painting and ceramics while dabbling in various other mediums. She was raised within St. Elias Ukrainian Orthodox Parish and spent her summers growing up at Camp Bar-V-Nok Ukrainian Orthodox Children's Camp, eventually taking on the position of Director in 2009. She has taught numerous camp sessions, workshops and classes covering various forms of arts and crafts and has taken part in numerous art shows and sales. After spending four years in Nanaimo on Vancouver Island, BC, she currently resides in St. Paul, AB with her husband Fr. Peter Haugen and her two young sons.

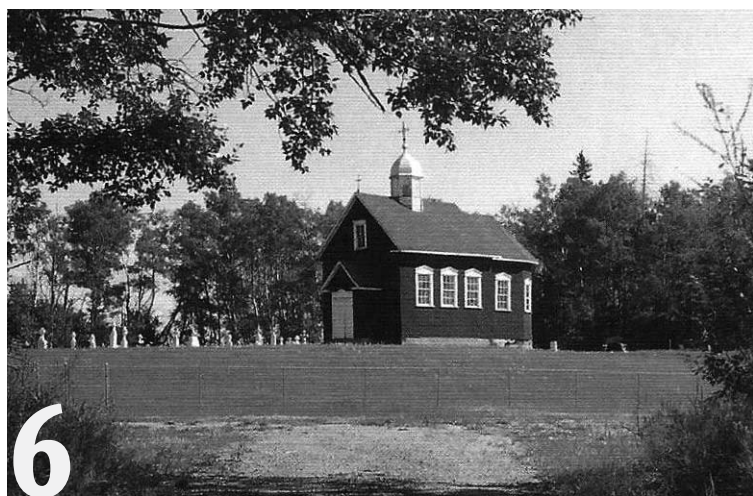
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Від Крайової голови
 ◇ From the
 National President

Слава Ісусу Христу!

We are excited to announce that this year the XXV Congress of the Ukrainian Catholic Women's League of Canada will be held in Winnipeg at the Best Western Airport Hotel on June 30-July 03, 2016. We have reached another milestone in the history of this great organization. At times, we may question our efforts. Perhaps we haven't made the necessary strides to warrant a "pat on our backs." However, I think we can all agree that our church has been blessed. We are thankful for all our members in the past seventy-two years, who persevered, and made many sacrifices for the love of our organization and for our church.

There are many stories to be told and I am proud of our National Executive for promoting "The Real Women of the UCWLC" project. Here is an opportunity to share our personal stories as members of the UCWLC and effects it has had on our branches and in our own lives.

As we look to the future with hope and anticipation, we are encouraged and reminded of the many gifted women from five eparchies across Canada who diligently worked together fulfilling the aims of our organization. At a time when our faith is being tested, we are truly grateful for the work of the legislative chairs as they encourage writing briefs to Members of Parliament on such issues as abortion, traditional marriages and assisted suicide.

In this Jubilee Year of Mercy, the National Executive has chosen for its Congress theme "Blessed are the Merciful," this, to fulfill the "burning desire" of His Holiness Pope Francis "that during this Jubilee year the Christian people may reflect on the corporal and spiritual works of mercy."

To all the delegates attending the 2016 Congress we look forward to meeting you. May you be inspired with the good works that the members have done and which you will share enthusiastically with your friends and branch members.

May our patroness the Most Holy Mother of God continue to guide us and keep us under the protection of her mantle of mercy.

Sophie Manulak
 National UCWLC Executive



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Easter Greetings to the Faithful of the Eparchy of Saskatoon on the Occasion of the Resurrection of Our Lord, 2016

To the Very Reverend Clergy, Monastics and Religious, Seminarians and Laity of the Eparchy of Saskatoon:

Christ Is Risen! Indeed He is Risen! Христос Воскрес! Воїстину Воскрес!

“Jesus is risen from the tomb, as He foretold, and granted us everlasting life and great mercy.” (*Paschal Matins*).

Many times in scripture Jesus restores human dignity to those who have been judged. Regardless of their sinfulness, Jesus gives people hope in life, hope in Jesus, hope in the Kingdom of God, hope in the resurrection. This is how we sample the resurrection in everyday life, one moment at a time. This is how we are invited to experience Jesus our Pasch, receiving it and sharing it with others.

In Chapter 7 of the Gospel of Luke Jesus dines with a Pharisee named Simon yet it is a repentant woman that washes his feet with her tears and dries them with her hair only to anoint them in the end. Here, we have a powerful example of God’s great mercy. “Therefore I tell you, her sins, which are many, are forgiven – for she loved much. But he who is forgiven little, loves little.”

So as not to dilute the Holy Father’s words, I quote his homily at the outset of the Holy Year:

This Extraordinary Holy Year is itself a gift of grace. To pass through the Holy Door means to rediscover the infinite mercy of the Father who welcomes everyone and goes out personally to encounter each of them. This will be a year in which we *grow ever more convinced of God’s mercy*. How much wrong we do to God and his grace when we speak of sins being punished by his judgment before we speak of their being forgiven by his mercy (cf. Saint Augustine, *De Praedestinatione Sanctorum*, 12, 24)! But that is the truth. We have to put mercy before judgment, and in any event God’s judgment will always be in the light of his mercy. In passing through the Holy Door, then, may we feel that *we ourselves are part of this mystery of love*. Let us set aside all fear and dread, for these do not befit men and women who are loved. Instead, let us experience *the joy of encountering that grace which transforms all things*.

May you encounter the living Christ in your community, your vibrant parish, your Branch, your Council and in your home. Enter into the mystery of His mercy. Then be that mercy for others, inviting people to encounter Christ. The blessings of the Risen Lord be with you and your family, as your voice and actions proclaim –

Christ Is Risen! Indeed He is Risen! Христос Воскрес! Воїстину Воскрес!

With continued service to Christ, I remain

+ Bryan Bayda, CSSR

**Most Rev. Bryan Bayda, CSSR,
Eparch of Saskatoon**



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The Significance of St. Onuphrius Ukrainian Catholic Church in the Lives of its Friends

By Gene Bodnar

To the devotees of St. Onuphrius Church its importance extends far beyond the earthly. Its goodness extends as far as eternity. Its significance extends far beyond its nostalgia, and brick and mortar. The value of St. Onuphrius Church goes outside the range of all the previous words written about its peoples, its structure and its history.

St. Onuphrius Church was located about seven miles northwest of the town of Smoky Lake, Alberta. It stood in a solitary, stately manner in a secluded area for over fifty years. Like a beacon on a hill, it seemed to beckon to all who approached it. It stood like a fortress, representing the presence of God. The little church was built in 1914 and it held its last Mass in 1964. A new church, as a replacement and successor to St. Onuphrius, Sts. Olga and Volodymyr church, was built in the town of Smoky Lake in 1964.

In the early 1990s, St. Onuphrius Church was selected by the Government of Canada to represent all other pioneer Ukrainian Catholic Churches in western Canada and to be placed into the Canadian Museum of History, formerly known as the Museum of Civilization, in Gatineau, Quebec. In 1994, St. Onuphrius was deconsecrated, dismantled board by board, shipped to Gatineau, Quebec, rebuilt and reconsecrated. Its new location was on the second floor in that museum. Here, it was reassembled exactly as it stood in Alberta. St. Onuphrius' physical



St. Onuphrius Church was located about seven miles northwest of the town of Smoky Lake, Alberta. It stood in a solitary, stately manner in a secluded area for over fifty years.

presence symbolizes and embraces the essence of its message to all who care to visit, pray and stay a while. In June 2014, the Friends of St. Onuphrius Church celebrated the Parish's 100 Year Anniversary.

St. Onuphrius Parish touched the lives of all its community members. And its message touched the lives of the descendants of the original members as well. However, as one considers this message, one realizes that sometimes the contents of this Good News was difficult to understand – especially by the youth. It is similar to reading the Old Testament for the first time – mysterious. Surely the surface message was grasped. The Bible stories were understood and they were important; the rubrics of Communion were also understood. On the other hand, the mysteries of salvation

were sometimes clouded by the semantics of the language. Sometimes the significant message of transformation and renewal was seen only as rules and regulations. Other times the immaturity of youth veiled the truth of the Good News – like seeing the forest and not the individual trees. Moreover, because of the lack of understanding, sometimes one responded to the outer appearance of the message as being the most important aspect of the fullness of the Good News.

In time, by attending Liturgy and Catechism classes regularly the Message of the Gospel revealed itself. The observants realized that the original message from St. Onuphrius did not change – Christ was the same yesterday, today and forever. The message of revival, renewal and transformation of hearts to the Lord never changes.

The central message of St. Onuphrius Church was the central message of Christ, albeit cloaked in the tradition of the Ukrainian culture – cloaked in the mannerism and styles of the Celebrant and its peoples. It was hidden by the choice of words and vocabulary. As a child, I often wondered what exactly I was “saved” from. Slowly the message that we first heard from our parents about sin was confirmed by the Good News Message that we heard at St. Onuphrius. It took a while for us children to realize that, indeed, we were sinners. As sinners, it was difficult to approach God the Father as a personal Lord and Saviour. But that changed as we grew and changed.

As well, it took time to realize that attending Church was not just a Sunday occurrence. The Good News from St. Onuphrius taught its people that living in Christ was a daily experience. Furthermore, St. Onuphrius taught us that our Faith moved us closer to hope and happiness. St. Onuphrius taught its congregation that through the Sacrament of Reconciliation, life choices have consequences which influence their happiness and their future. As well, it taught the people that they were the Lord’s stewards. Stewardship showed them that they were chosen for God’s purpose – to minister and witness to His people and to follow His teachings.

St. Onuphrius Church introduced its members to the precepts of the Lord. It taught its members to cling to the Lord through prayer, reading the Bible, hearing the scriptures read during Liturgy, the Sacraments, and works and song. All these

factors had a hand in stirring the souls of the faithful to live closer to the Lord. Praise through singing was not confined only to the choir in the choir loft. Many people in church joined in. The significance of this was a type of Christian formation – formation for pastoral services for the laity. It was a work of love which helped the congregation understand the goodness of the Gospel, which, in turn, “grounded” church members helping them see ecclesial matters with new eyes. This, including the homilies, was therapeutic.

When St. Onuphrius was built in 1914, it sprang from the community which was already there. When the first Mass was held, the people could dream and plan again with the blessed assurance that God was truly with them.



St. Onuphrius Church circa 1920

The people had a new spiritual home for themselves. They had a future in the New Land that was theirs and the Church that was theirs. As well, the Church was a place where they could socialize and no longer feel secluded to their personal homesteads. The early parishioners of St. Onuphrius were a people of a long history from Ukraine. They knew how important it was to have their own place of worship, where they and their future descendants could dwell in its embrace and thus in the embrace

of God. With the construction of this church, the people felt that this new country of theirs was finally their home.

Here, on the five-acre plot with the Church, the bell tower and the parishioners’ loved ones buried in the cemetery, the faithful could remember their dead. They could remember the exploits of their departed families; here, they could relive the victories and lament their failures – a kind of Remembrance Day. These church grounds symbolized many of their memories, which reminded the people where they came from, where their roots held, and where, eventually, their souls would depart from. The people in this parish commemorated and prayed for the souls of their departed every spring during Graveyard Services. The memorial services are prayers for the departed who are part of the Communion of Saints as recognized by the Catholic Church. This plot of land was their destiny.

St. Onuphrius Parish was a central hub for its people. This gave the people camaraderie, confidence, and roots from which they could spread their wings with other Albertans and fit into the milieu of being good citizens of their new home. Through faith and belonging, parishioners felt part of something greater – Canada. They were no longer rootless. Faith, social relationships and politics were the anchors for their dreams in a new world.

When considering the treasures of St. Onuphrius, we must first consider the fact that it brought the Kingdom of God near its people. The life-giving power of the Sacraments was administered by the many dedicated priests who served over many

years. St. Onuphrius introduced its people to all the Sacraments. It opened the world of faith in the Lord to the eyes of all those attending Church. It may have taken a longer time for some of its parishioners to realize that

altar area, like separating heaven from earth (metaphorically speaking) portrayed salvation. There was the large icon of Jesus, the Cornerstone of our Faith. Furthermore, on this iconostasis there were icons of Mother Mary,

other sacred objects. Devotion to Mother Mary is reverence, fidelity and respect to our Lady as we recognize her importance in the plan of salvation. Furthermore, through incense, candles, tabernacle and icons our attention is directed to the worship of the Lord. Their presence heightened the worshipper's spirit for being in the presence of the Lord. To be sure, I bring our attention to the icon of the Sacred Heart of Jesus in St. Onuphrius Church. It was a large and elegant icon. It was placed in a niche hung higher than usual. To the casual observer, this icon was hidden from plain sight. It was not at eye-level. It hung in a high and lofty place in the apse behind the altar. With the extended hand of Christ, as seen on this icon, one can see Christ (the Church) in His mighty power reaching out to His people. Below this icon hung a rather large picturesque icon of St. Onuphrius, the patron Saint of the church, exalting Christ on the Cross. We believe, in faith, that he prays for all the parishioners, families and guests who have ever visited and who still visit St. Onuphrius Church.

With its spiritual, cultural and historical heritage spanning more than 50 years, St. Onuphrius Parish had a great influence on all the parishioners and guests who crossed its threshold. It will always hold a special place and significance in the hearts of its many friends. This church was loyal in its teaching and its influence to its people about the Christian divine doctrine. Its history tells us an inspirational story.



Above: Rev. Fr. Michael Winn, Metropolitan-Archbishop Lawrence Huculak, OSBM, Bishop David Motiuk and Rev. Fr. Don Bodnar during Divine Liturgy in St. Onuphrius Church, now located in the Canadian Museum of History in Gatineau, Quebec. Below at right: door of Iconostasis.

the faith teaching of St. Onuphrius was not only about setting rules. It was transforming hearts and minds.

The icons and religious artifacts throughout the Church created a powerful presence for many parishioners. One could not help but become aware of their presence. The religious art, the icons and the scroll border ornamented the inside of St. Onuphrius. They presented themselves as objects of devotion and veneration. There were statues of Mother Mary and St. Joseph. Hung on the walls of the church were reproductions of icons of Jesus, the Immaculate Heart of Mary and others. The Iconostasis, which is the decorative arch separating the nave from the

the Gospel writers, the Last Supper and other stalwarts. All this artwork contributed to a spiritual ambience for the worshippers and for a meditative experience. It would be remiss if I did not mention the presence of the crescent shaped moon under the cross on the steeple on the cupola of the church. This was the beauty of our Faith presented for its people by St. Onuphrius Church.

According to our faith, adoration and veneration have different meanings. Adoration is dedicated towards the Divine nature; veneration is rendered to the Cross, Holy Gospel and



It gives meaning to the words “... He lived among us and we saw His glory...” His promises and love were fulfilled before the very lives of the parishioners. However, inspiration alone was not enough. The message also shows that our lives had to be embodied in the practice, preservation and protection in a living, working church. This was St. Onuphrius Parish.

This tiny parish is proof that God uses the least among us and that the smallest efforts performed out of love for Him multiply our work far beyond our wildest dreams. It cared for and ministered to its people from birth to death and beyond. Secluded and stately like a beacon on a hill, with its unpretentious appearance, the significance of St. Onuphrius was no less remarkable than some larger parishes. It introduced some people to the holiness of God and to others it *perpetuated* that same holiness. To all, it gave life.

One can see three central issues that stand out as the message of the significance of St. Onuphrius Parish in the lives of its adherents. The Church in its 50 years did not fail to preserve the Sacred Mysteries as passed on from Christ to the Apostles and St. Paul, to the Early Church Fathers (Apostolic Fathers), to the Saints, and finally to its churches, which included St. Onuphrius and its people – the people of God. Especially through Liturgy, we unite our crosses to the Cross of our Saviour. Like the large icon of the Sacred Heart of Jesus in the apse behind the altar of the church, St. Onuphrius Church portrays God’s outstretched arm, beckoning us to receive His love; especially in the Eucharist.

The second outstanding factor is expressed admirably by the

prayerful words from the missal, “The Divine Liturgy of St. John Chrysostom” (which was used in the Liturgy of St. Onuphrius Church and which is still used today), pages 75-77. These words clearly express our petitions



St. Onuphrius Church located in the Canadian Museum of History. Past members of the parish travelled to Gatineau, Quebec to mark the Church’s anniversary.

during the celebration of Mass. They ask for God’s blessing upon those who love Him and follow His precepts.

“ ... You bless those who bless you, Oh Lord, and sanctify those who trust in you. Save your people and bless your inheritance. Protect the fullness of your Church. Sanctify those who love the beauty of your house and glorify them by your Divine power. Do not forsake us, who hope in you. Grant peace to your world, to your Churches, to the priests, to our nations under God, to our Government and to all your people...”

Last, one would be remiss not to mention that St. Onuphrius Church was indeed preserved

structurally and spiritually at the Canadian Museum of History in Gatineau, Quebec. As mentioned, in the early 1990s, St. Onuphrius was selected from among many other churches from the prairies, the perfect

choice as a church of the early Ukrainian Catholics to represent all the other early Ukrainian Catholic Churches in western Canada. This holds gravity.

St. Onuphrius is not a shell existing in the mists of the history of the church in Gatineau, Quebec. This is a living Church – alive and well in the hearts and minds of all its friends today. St. Onuphrius Church gave its people a strong sense of belonging to their God and community. It gave its people the assurance of knowing and remembering their past so that their present could be rewarding and their future blessed. During the tenure of this church, we can see God’s central message of love and guidance that is tried, tested and eternal. This is the essence of St. Onuphrius Church to its people – the people of God.

Josaphata Pilgrimage Icon

Since November 2013, the Sisters Servants of Mary Immaculate (SSMI) world-wide are bringing their beloved Foundress Blessed Josaphata Hordashevskia to all our Eparchies, world-wide. Even before her beatification in 2001 in Ukraine by Pope St. John Paul II many have received graces and healings through her intercession. Some of these are being featured on our website ssmi.org.

This “Pilgrimage” icon of Josaphata, imbedded with a first class relic, was commissioned by General Superior Sr. Theresa Slota in preparation for the celebration of the Sisters Servants’ 125th Anniversary of Founding in 2017. In August 2013 Patriarch Sviatoslav Shevchuk blessed the Pilgrimage Josaphata Icon at our Mother Church, the Patriarchal Sobor of the Resurrection in Kyiv.

The Josaphata Icon was taken to the SSMI in the Delegation of Argentina in November 2013 and then to our Province in Brazil. The Pilgrimage Josaphata Icon was welcomed by the USA SSMI and began her Pilgrimage in the parishes and schools in September 2014.



Josaphata Pilgrimage Icon: To pray in the presence of the Josaphata Icon is to experience not only her presence in our midst, but also to be in the presence of all those who poured out their hearts, their love, thanks and needs before her – truly an exceptional experience that unites us all.



Welcome of Icon to Canada: USA Provincial Superior Sr. Kathleen Hutsko SSMI presents the Pilgrimage Josaphata Icon to Canadian Provincial Superior at the Toronto Provincial Home, January 15, 2015.

On January 15, 2015 the Pilgrimage Josaphata Icon was brought to the SSMI Provincial Home in Toronto by the American Provincial Superior, Sr. Kathleen Hutsko, who was accompanied by her Council. The Canadian Province under the leadership of Sr. Patricia Lacey, her Council and the Toronto SSMI welcomed “Josaphata” to Canada with a Candlelight Procession to the Chapel and a prayer service.

In preparation for the Pilgrimage Icon, Provincial Superior Sr. Patricia had holy cards printed, featuring a colour copy of the Pilgrimage Josaphata Icon and a prayer for her canonization in English and Ukrainian. These will be made available to all who come before the Josaphata Icon to offer their gratitude and express their needs.

The Pilgrimage Josaphata Icon will be visiting the Sisters Servants and our parishes from February to August in 2015: New Westminster Eparchy – February 11-28, Edmonton Eparchy – March, Saskatoon Eparchy – April, Winnipeg Archeparchy – May and the Toronto Eparchy – June-July. The Josaphata Icon will cross the Atlantic in August to visit our

Sisters Servants and parishes in Poland.

The Canadian Sisters Servants especially invite all members of the UCWLC, their families and friends to spend time, sacred time with our Josaphata: to join us in thanksgiving for our past years of graces, healings, guidance Josaphata has blessed us with, for her presence among us today,

to encourage, inspire, strengthen us as we continue to journey with her. Finally we ask you to unite your prayers with ours so that Blessed Josaphata would invite women to respond to the call of Christ to consecrate their lives in prayer and service as she did.

Submitted by SSMI Toronto



Josaphata Icon in a Brazilian parish, 2013

Prayer for the Canonization of Blessed Josaphata

Lord God, we praise and thank you for having called your servant Blessed Josaphata Hordashevskya to uplift the hearts of the people in Ukraine, through evangelization, education and care of those in need. As Co-Foundress, she was the first to live the charism of a Sister Servant of Mary Immaculate. Her virtuous life and evangelical witness encouraged her Sisters to go beyond the borders, bringing the Gospel message to all people. May our prayers for her canonization be for your greater glory and the spiritual good of souls. Grant us the graces for which we humbly pray, through her intercession. Amen.

Acknowledgement of answered prayers through the intercession of Blessed Josaphata are to be sent to:

Postulazione delle Ancella di Maria Immacolata
Via Cassia, 104; 00191 Roma, Italia

Молитва за канонізацію Бл. Йосафати

Господи Боже! Ми прославляємо Тебе і дякуємо Тобі за те, що Ти покликав свою слугиню Блаженну Йосафату Гордашевську, щоб піднести у вірі серця українців євангельською проповіддю, вихованням та опікою. Як співзасновниця, вона першою жила чеснотами Сестер Служebниць Непорочної Діви Марії. Її харизма та євангельське свідчення надихнуло Сестер Служebниць нести євангеліє усім людям, незважаючи на кордони. Нехай наші молитви за її канонізацію будуть за-для Твоєї великої слави і для добра душ. За її заступництвом, вислухай наші молитви і даруй нам ласки, які ми покірно молимо і просимо. Амінь.

Повідомлення про вислухані молитви за посередництвом Блаженної Йосафати, просимо висилати на адресу:

Basilian Fathers' House of Studies

By Fr. Daniel Wach, OSBM, Director

On Sunday, September 13, 2015, Bro. Agapij Lutsyk, OSBM made his solemn profession of monastic vows, during the 10:00 am Divine Liturgy at St. Basil's parish in Edmonton, Alberta.

After the service many people remarked at what a wonderful service it was but were left asking, "Is he ordained? Why is he called 'Brother'? Solemn vows, what's that?"

The service was not an ordination. An ordination requires a bishop to be present. No bishop was present. Since he was not ordained as a priest we therefore do not call him Father. That will come later.

Bro. Agapij also is not a seminarian. Seminarians are students studying for the priesthood for a given eparchy. Seminarians are young men who want to become eparchial priests, that is, a priest who's immediately under the authority of a bishop. There is a Ukrainian Catholic Seminary in Ottawa where all the seminarians across Canada go to study to become eparchial priests.

Other young men want to become monks. To do this, they would go to a monastery and ask if they could join them. After an interview the young man is allowed to enter as a "candidate" and this stage usually lasts for a year. At that time, he is referred to as "Brother".

After the year of candidacy is over, the Brother asks if he can be accepted to the "Novitiate". If the monks



agree, then he would be admitted into a yearlong Novitiate program. He would be referred to as Brother Novice. There, he is taught, among other things, what it means to live under the three vows of, Poverty, Chastity and Obedience. When his novitiate is over he will ask if he can take these three vows for a one-year period. This is referred to as "Simple Vows" and it is repeated usually every year for six years.

After this period of time, if the monks are in agreement, he is asked if he wants to live the three vows for the rest of his life. If he agrees, then he takes these vows forever in a solemn service. These vows are referred to as "Solemn Vows".

Most Brothers, while they are in their Simple Vows, go to university and study philosophy and theology. If he is able to do well in his studies and is deemed to be a good candidate for the priesthood, then the Superior of the monastery will ask the bishop if he would ordain him. Once the bishop ordains him, he is referred to as a monastic priest, lives in a monastery and is called Father.

So on Sunday September 13, 2105 Bro. Agapij took his Solemn Vows.

Hopefully in a few short years he will be ready for ordination and live the life of a monastic priest!



Центр Досліджень Отців Василіян

Ярослав Луцик



У неділю, 13 вересня 2015 р., в Едмонтонському монастирі Святого Василя Великого – Провінції Пресвятого Серця Ісусового в Канаді, перед святом Воздвиження Чесного Хреста Господнього, бр. Агапій Луцик, ЧСВВ – чернець Провінції Найсвятішого Спасителя в Україні, у присутності багатьох свідків склав довічні чернечі обіти Убожества, Чистоти та Послуху. Своєю згодою бр. Агапій сказав «ТАК» Тому, Хто кличе особисто, «на ім'я». Це означає, що вибір і покликання не від нас залежать, але від Господа, бо кого Він хоче, того і кличе до Себе на службу. Цю посвяту бр. Агапій склав на руки Протоігумена Впр. о. Гавриїла Габера, ЧСВВ, як делегата від Протоархимандрита Всесв. о. Генезція Віомара, ЧСВВ. Після постригу та прочитання обітниць у стіп престолу,

перед відчиненим кивотом, у присутності самого Господа Ісуса Христа, брат отримав параман, нагрудний Хрест, та був зодягнений у мантію, що є символом та постійним нагадуванням і зняряддям у боротьбі, особливо у час життєвих труднощів та спокус. Після довічної професії, в якийсь термін часу, чернець за Статутом Василіянського Чину, за згодою Протоархимандрита та його ради може бути висвячений на піддиякона, за тим на диякона, аж опісля на священника.

Отже цього урочистого дня, разом з отцем Протоігуменом співслужили: Ігумен монастиря о. Йосиф Підскальний, ЧСВВ, директор Дому студій Покрови Пресвятої Богородиці о. Даниїл Вах, ЧСВВ, та о. Іван Сембрат, ЧСВВ, що служить у монастирі Пресвятої Трійці у місті Вегравіль.

У проповіді Протоігумен о. Гавриїл Габер, ЧСВВ, наголосив на важливості розпізнання «Голосу Божого», який лунає у серці кожної людини як персональне запрошення до наслідування Господа у Його чеснотах аж до кінця, на життя вічне в небі.

Бажаємо бр. Агапію витривалості у чернечому покликанні на славу Богу, добро Василіянського Чину і цілої Церкви Христової. Нехай Господь сотворить йому многі і благії літа!



“Our life is a continuous battle with many crosses, but only when crosses are noble and heroic souls formed”

– from a letter to her parents

Blessed Martyr Tarsykia Olha Matskiv SSMI (1919-1944)

By Vera Oszust

Olha Matskiv was born March 23, 1919 in Chodoriv, Ukraine. She was the eldest of four children born into a pious working class family. From early childhood Olha showed signs of virtue and a life of intense piety. She attended Divine Liturgy, received the Eucharist as often as possible, and had a deep devotion to the Mother of God to whose patronage she entrusted herself. God’s seed of a religious vocation fell into rich, well prepared soil.

Olha completed elementary school in Chodoriv and started high school, but when the family moved to Rava-Ruska, her parents sent her to Lviv to the Women’s Domestic School, one of the finest in the country. Entrance to this school was difficult, but Olha passed all the requirements, was accepted, and graduated with honours on June 17, 1937, with a teacher’s certificate in sewing and clothes design.

Olha revealed to her family that she wanted to consecrate her life to God and enter the convent. She met great resistance from her mother. However, God’s voice in her heart did not give her peace. She wanted to do God’s will and was confident that the Lord’s love would help conquer all her difficulties. After graduating in 1937, Olha visited the novitiate house of the Sisters Servant of Mary Immaculate in Krystynopil but lacked the courage at that time to ask for admission into the Congregation.

At 19 years of age Olha still remained firm in her determination to follow the call of Christ. Even though her mother opposed her decision, she became a postulant with the Sisters Servants of Mary Immaculate in May 3, 1938. On November 4th that year, Olha completed her postulancy, received the religious habit, and chose the name Tarsykia. Sister Tarsykia made a favourable impression on the other Sisters with her simple, sincere, humble and joyful attitude to life. She possessed the gift of dedication and love for others and was loved by all in return. Sister Tarsykia profited from her novitiate formation and with a glad heart professed her first vows on November 5, 1940. After pronouncing her vows she became a teacher of sewing and design at the Domestic School. She had a good relationship with the students. As well, she reached out to the street children and brought them into the convent to do small chores in order to teach them catechism.

It was war time. In 1944 the Bolsheviks returned to Krystynopil and the Sisters began to prepare for the worst.



Blessed Tarsykia

They took shelter in the basement of their novitiate. Sister Tarsykia knew that the Bolsheviks were persecuting the Church. With her spiritual director she vowed to sacrifice her life for the conversion of Russia. On the morning of July 18th, the Sisters were expecting a priest to come and celebrate the Divine Liturgy. When the gate bell rang, Sister Tarsykia, thinking it was the priest, ran out to open the gate. When she was halfway to the gate, the Sisters heard a shot and Sister Tarsykia fell dead. A Soviet soldier looking at her dead body said, “I killed her because she was a nun.”

She was buried in the garden of the convent at the foot of the statue of our Blessed Mother;

it was too dangerous to go to the cemetery. In 1956 her mortal remains were transferred to the Luchakivsky cemetery in Lviv. On April 23, 2001 she was proclaimed a martyr by the Holy Father Pope John Paul II and then on June 27, 2001 he beatified her during his visit to Ukraine. He officially designated that date as her feast day.

After the fall of communism, the Sisters tried to get permission to have her remains moved to

the Eparchy of Stry. They were repeatedly denied by the civil authorities. In 2006 Bishop Julian Gabur took up the cause and, after many letters and meetings, the Sisters were able to move her remains. The exhumation from the Luchakivsky cemetery to Stry took place on July 18th, exactly 63 years after her death. On September 2, 2007 Sister's remains were transferred to the church in her home town of Chodoriv. The devout parishioners met their dear daughter at the outskirts of the town and reverently with prayer and song processed her relics to the church. In this church as well as in Stry her relics are displayed and venerated. The original house where she lived is still occupied by her family and marked with a plaque.

Today as our world is in great need of healing we need examples such as young Blessed Tarsykia to follow and imitate. We know that she is one of God's favourite ones and that we can turn to her in intercessory prayer.

Prayer

Heavenly Father! We thank you for creating in our Church the Congregation of the Sisters Servants of Mary Immaculate. You have enriched it with the virtues and sanctity of Blessed Martyr Tarsykia who with a prayer on her lips and courage in her heart accepted death for the Catholic faith. Blessed Tarsykia, trusting in your intercession we ask you to hear our prayer and intercede with the Most Holy Trinity for the grace for which we so ardently plead, for the greater glory of God. Blessed Tarsykia pray for us!

Vera Oszust is a UCWLC member and, currently, is the Eparchial Spiritual Committee Chair. For nine years she worked at the Regional Educational Centre/Edmonton Eparchy. Vera took two semesters of Jesuit School of Theology at Berkeley, California. She took grades 9-12 at the boarding school – Sacred Heart Academy, Yorkton, SK. She is an associate member of SSMI, mother of four, and a Baba to 12 grandchildren.

Notice of the 25th National Congress of the Ukrainian Catholic Women's League Of Canada

June 30, July 1-2, 2016
Best Western Airport Hotel
Winnipeg, Manitoba

The following have the right to vote at the Congress:

- members of the National Executive
- members of the Eparchial Executives
- Honorary Life Members
- Branch delegates

Every branch delegate has one vote, which represents 10 paid-up branch members.

Members of the Eparchial Executives have one personal vote and one vote for each 50 paid-up members of the Eparchy who are not represented by branch delegates. However, no Eparchial delegate may hold more than 10 votes in addition to her one personal vote.

The Financial Statements are posted on the National UCWLC website:
www.ucwlc.ca/about/annual-financial-statements

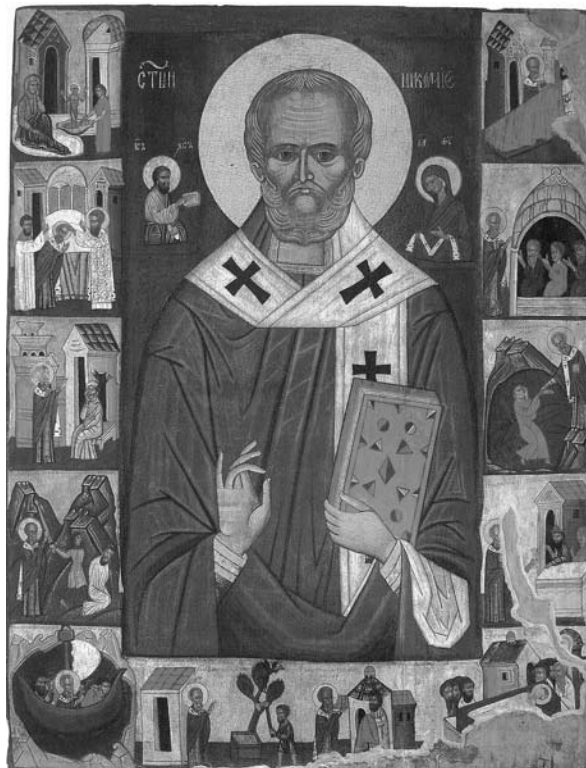
St. Nicholas: Difference Maker

By Lyrissa Sheptiak

(December 6) WHEN I HEAR THE WORDS “GOOD ST. NICK” I have to admit that the jolly red-and-white clad figure with a long white beard laughing, “Ho! Ho! Ho!” comes to mind. The tradition wherein the good bishop accompanies children as they carol and open gifts on his saint’s day is a close second.

But it’s not fair to relegate such an important saint solely to the Christmas season surrounding him with whimsical stories of elves and reindeer. St. Nicholas was a gritty, courageous, no-nonsense Christian who had faith as strong as steel, and compassion as honest as a young child’s heart. He was a man who held so many holy qualities that we can certainly benefit from remembering him past the Christmas season. Perhaps if we try to replicate his holy qualities, and be right with God, then we, too, can walk through our lives with a faith that can move mountains and compassion pure as the driven snow. That’s what life is about – faith and good works. And good works isn’t about going through the motions, it’s about your heart being in the right place. St. Nicholas knew it.

Nicholas was born in Lycia, Greece in Asia Minor (modern-day Turkey) sometime in 4th century A.D. His parents, Theodoseus and Nonna, were devout Christians who raised Nicholas in the faith. The family had a comfortable life and Nicholas’s parents were able to offer him many things, the most valuable being a religious education at



the local monastery. His uncle was a priest there and took it upon himself to guide his young nephew in his religious studies.

When Nicholas was a young boy, the plague struck and both of his parents fell ill and died. Nicholas was orphaned, but not destitute. His parents left behind a healthy inheritance and his uncle took him to live at the monastery where after many years of charity and education Nicholas happily became a priest. Nicholas was a kind and gentle young man who

held a great respect for life and a zeal for God. He revelled in doing good deeds and works of mercy. To the chagrin of the local nobility, Nicholas spent all of his inheritance on who they considered to be the “dregs” of society. But they didn’t bother Nicholas, for he only concerned himself with what God wanted.

One such example of Nicholas’s charity is the very story that has evolved into the Christmas gift-giving tradition we have today. There was a man who had three daughters, all of marrying age. The father had no dowries to secure good marriages for his daughters, so he felt he had no choice other than to sell them into slavery. When Nicholas heard about the girls’ plight, he decided to help. One night, while everyone was asleep, Nicholas tip-toed by the window and tossed in a bag of gold. In the morning, to the surprise of the daughters, they discovered the coins. The eldest daughter had her dowry and was saved from slavery! The next night Nicholas did the same, as well as the night after that, thus taking care of the problem. But on the last night, the father, wanting to see who was giving the gracious gifts, caught Nicholas. When he asked Nicholas if he was the gift-giver Nicholas denied it. For he was a firm believer that the best giving, which brought the highest reward in heaven, was selfless and anonymous.

At the young age of 19, Nicholas was chosen as Bishop of Myra in an

unconventional fashion. En route home from a pilgrimage to the Holy Land, Nicholas's boat was ravaged by a violent storm during which time Nicholas went on deck and prayed fervently for the safety of his crew and the end of the storm. Immediately the waves were tamed. When the crew reached the city of Myra, Nicholas went straight to the church to praise God for saving them from an untimely death. However, something miraculous was brewing. On the night of the storm three priests in Myra – who had to choose a new bishop to replace one who just passed away – all had the same dream. They were told that the next bishop would be the first man to walk through the church doors in the morning to pray. It was Nicholas. Honoured, but by no means taken aback, Nicholas accepted, for on the night of the storm, before going on deck to pray, he had his own dream. He dreamt that he wore a “bishop's hat.” Clearly it was ordained by God.

Nicholas was holy a man with many admirable qualities. He was joyful, happy, and strong. Fair, generous and helpful. But Fr. Nicholas was best known for being a champion of the poor and an advocate for those suffering wrongful injustices. But he didn't do this because he was just a really good guy. Rather, the fervour he held for Christ *compelled* him to seek ways to show Christ's love. He was truly filled with the Holy Spirit and believed that bestowing the gift of mercy and compassion on others was a way of passing on the gift of Jesus.

During the ruthless reign of Diocletian, many Christians were imprisoned and tortured because of their faith. Fr. Nicholas was not exempt. But the abuse he suffered never made his faith waver. He was always positive and took his

incarceration as an opportunity to spread the word of God with those around him, including his oppressors. Nicholas converted many people to Christianity through his adversity. After Constantine became Emperor of the Holy Roman Empire and ousted Diocletian he re-installed Christianity and Nicholas gained his freedom. He didn't die a martyr's death like so many other saints. Instead, he considered to be a saint of “life” who performed many miracles through the power of the Holy Spirit. As well, he was a present and active member at the famous Council of Nicaea, where heresies of the day, specifically Arianism, were denounced. By the time God called Fr. Nicholas to heaven, he left this world at peace and old.

St. Nicholas isn't called “The Wonderworker” in our Eastern Rite for no reason. When he was alive, he performed many miracles and lived a life of charity and love. Those qualities certainly work wonders. However, after he died his legacy certainly didn't. His remains were placed in the Cathedral in Myra, then something great began to happen. Manna. This transparent and fragrant water “perspires” from the holy man's bones. Since it makes contact with the remains of the saint, the manna is considered to be an authentic relic.¹ With the fall of Christianity in Asia Minor, a group of Italian sailors decided to take the saint's remains and transfer them to a safer place where they wouldn't be corrupted by the “infidel”. So they brought them to Bari, Italy where they are kept to this day. It's interesting to note

that the production of the manna continued during the sea voyage to Italy, and the manna is still produced and harvested for use once a year.

Many miracles have been attributed to the power of this holy water as well. As a result, veneration of the saint exploded after his death. It should also be noted that many miracles have been recorded where St. Nicholas was beseeched in times of dire straits and, through the power of God, he delivered. People claimed to have seen St. Nicholas himself deliver them from troubles. To this day, many cultures celebrate his saint's day.

For a man who lived so long ago, his legacy, still very much alive, is testament to the impact he had on his fellow man. St. Nicholas's deeds of charity and compassion remind us that, through our own selflessness and generosity, we, too, give Jesus to others. And that's what we Catholics are truly called to do – give Jesus to others. When we do this we're displaying Christ in us. And when Christ is truly in us, we are afraid of nothing because our faith is as strong as steel. This faith, this light that shines from within us, then compels us to fan the flame of love and hope. In a world that is suffering badly, may we learn to emulate St. Nicholas's holiness all year instead of relegating it to the Christmas season. For if not us, then who?

“I asked, ‘God! Why don't you do something?’ And He said, ‘I did. I created you.’”²

Like the good saint, may we, too, become “difference-makers.”

¹ St. Nicholas Center, “Devotion and Use of the Manna of St. Nicholas,” page 1. From Centro Studi Nicolaiaini di Bari.

² Matthew West, “Do Something.” Album: Into the Night.

The Holy Year of Mercy: An Extraordinary Jubilee

A jubilee or Holy Year usually occurs every 25 years. Special celebrations and pilgrimages, call for conversion and repentance, and they offer the experience of God's grace through the sacraments, especially confession.

Extraordinary holy years, such as the *Holy Year of Mercy*, are less frequent but offer the same opportunities. St. John Paul II called the last extraordinary jubilee in 1983 to mark the 1,950 years after the death of Jesus and he led the last holy year, known as the "Great Jubilee," in 2000.

The tradition of extraordinary jubilees began 700 years ago, and *The Year of Mercy* called for by Pope Francis is the third "extraordinary" jubilee.

Pope Francis made the announcement on March 12, 2015. The *Holy Year of Mercy* began on the Solemnity of the Immaculate Conception December 8, it will end on the Solemnity of Christ the King, November 20, 2016. It calls for our compassion and forgiveness of all.

An Excerpt From Pope Francis' Announcement of the Jubilee of Mercy:

"... Jesus' reminder urges each of us never to stop at the surface of things, especially when we have a person before us. We are called to look beyond, *to focus on the heart* in order to see how much generosity everyone is capable of. No one can be excluded from the mercy of God; everyone knows the way to access it and the Church is the *house where everyone is welcomed and no one is rejected*. Her doors remain wide open, so that those who are touched by grace may find the assurance of forgiveness. The greater the sin, the greater the love that must be shown by the Church to those who repent. With how much love Jesus looks at us! With how much love He heals our sinful heart! Our sins never scare Him. Let us consider the prodigal son who, when he decided to return to his father, considers making a speech, but the father doesn't let him speak. He embraces him (cf. Lk 15:17-24). This is the way Jesus is with us. 'Father, I have so many sins...' – 'But He will be glad if you go: He will embrace you with such love! Don't be afraid.'

"Dear brothers and sisters, I have often thought of how the Church may render more clear her mission to be a witness to mercy; and we have to make this journey. It is a journey which begins with spiritual conversion. Therefore, I have decided to announce an *Extraordinary Jubilee* which has at its centre the mercy of God. It will be a *Holy Year of Mercy*. We want to live in the light of the word of the Lord: 'Be merciful, even as your Father is merciful' (cf. Lk 6:36). And this especially applies to confessors! So much mercy!..

"I am confident that the whole Church, which is in such need of mercy for we are sinners, will be able to find in this Jubilee the joy of rediscovering and rendering fruitful God's mercy, with which we are all called to give comfort to every man and every woman of our time. Do not forget that God *forgives all*, and God *forgives always*. Let us never tire of asking forgiveness. Let us henceforth entrust this Year to the Mother of Mercy, that she turn her gaze upon us and watch over our journey: our penitential journey, our year-long journey with an open heart, to receive the indulgence of God, to receive the mercy of God."

Plenary Decisions

May 22-24, 2015,
Winnipeg, MB

Organizational Matters

I. Membership Cards

- A. The decision on the need for membership cards will be made at the 2016 Congress based on consultation with the Branches.

II. Funeral Protocol

- A. Funeral Prayer
 1. Funeral prayer has received the blessing of Metropolitan Lawrence.
 2. Funeral prayer should be included in the handbook.
- B. Draping Coffin with Flag
 1. The placement of the flag depends upon the layout of the church and always at the discretion of the pastor.
 2. Discussion about the draping of the flag on the coffin would require Branches to own two flags.
 3. An option put forth is to use a rushnyk with the UCWLC emblem on it.
- C. Directives and Guidelines
 1. The singing of "O Spomahay Nas" is at the discretion of the celebrant as the hymn is non-liturgical and the celebrant may insist on a liturgical hymn.

III. Year Service Pins

- 70 and 75 year pins will be created.

“A Treasure... One of Many”

Submitted by Rosemarie Nahnybida

Nasha Dorooha Representative/Edmonton Eparchy

I have always been in awe – fascinated – by the incredible creativity, the amazing handiwork of our culture that has been collected, preserved, and displayed in our Ukrainian museums – “treasures” to be appreciated by us and future generations to come.

Our UCWLC Eparchial Museum, located on the lower floor of St. Josaphat Cathedral, Edmonton, was started in the 1950s. Now, over 60 years later, it is home to a variety of collections of over 3,000 artifacts. In 2007, while visiting our museum, and glancing through its guest book, I came across a comment that someone had written. I was “touched” by what I read and quickly I scribbled down the comment. I have kept it since then as it affected me deeply. Here is what was written, and I quote:

“Museum – this is the past, this is history, this is the soul, the heart of our ancestors, and for us – a glorious temple, where we should enter with reverence, and depart with deeper respect and passionate love for all that, which our parents, our grandparents, and our great-grandparents lived...”

Not only does this Museum possess priceless material treasures of our ancestors, but there have been many “human treasures” – ladies of vision – who over the years have worked tirelessly, devotedly, passionately and have dedicated countless



Nadia Cyncar, HLM

volunteer hours to ensure that this “glorious temple” and its contents be preserved, cherished, and maintained for future generations.

One such “human treasure” – among many – is none other than our Museum’s present-day Curator, Nadia Cyncar, HLM. Nadia (Tatchyn) Cyncar, born in Ukraine, came to Canada with her parents in 1948. Over the years Nadia has worn “many hats” such as homemaker and bibliographer/library assistant at the University of Alberta and the Canadian Institute of Ukrainian Studies, as well as being a very active longtime member and holding executive positions in various organizations, such as UCWLC and Plast. For her many accomplishments and

contributions over the years she has received many awards, such as the Honorary Life Member UCWLC award, the highest most distinguished award to be received by a UCWLC member, and the UCC-APC Hetman Award for her leadership in the Ukrainian community, as well as other awards from organizations such as Plast.

In addition to her many involvements, this multi-talented, hardworking lady – with a passionate love for her Ukrainian culture – has, since 1963, been a member of the Eparchial UCWLC Museum Committee, holding positions of secretary, chairperson, and, most recently, that of curator. Over the many years, Nadia has worked diligently to ensure the Museum’s continued existence and that its contents be preserved and cherished. Despite facing recent health issues, she continues her work as Curator of the UCWLC Eparchial Museum and assists Greg Borowetz, a U of A Grad student, who is currently inputting artifact information into the computer, with the description of objects. She also continues to provide consultation on various aspects of Ukrainian folk arts and traditions.

Nadia Cyncar, HLM, is an amazingly humble lady who is extraordinarily knowledgeable of, and dedicated to, her Ukrainian culture. She is indeed a rare gem – a living treasure among us – in the “Museum of our Hearts and Souls.”

Life Without Faith

"Faith is to believe what you do not see; the reward of this faith is to see what you believe."

– Saint Augustine

By Debra Kasowski

As I kneel down in the church pew on Sunday morning to say my prayers, I stare at all the stained-glass images and icons in amazement. As I meditate upon these images, I can become quite emotional when I take time to realize how blessed I truly am. The Lord, Jesus Christ accepts me with all my flaws and imperfections, without judgment or condemnation. He loves me for I am a child of God. You are a child of God, too. This is a pure love without strings attached.

I cannot imagine my life without faith. Have you ever wondered what your life would be like if you didn't have faith? Faith is so much more than dressing in your Sunday best and following a mass – it is a way of life. Going to church on Sundays feeds my soul and nurtures my faith.

Throughout the years, I have had several friends ask what it is like to have faith in a higher power – God Our Creator. My faith is part of who I am. It is my foundation for living out my morals and values. Faith gives my life meaning and purpose. I know that I am here to serve others and to share a message with the world. I believe each person who enters our lives plays an integral part of who we are and who we have yet to become. Without faith, I imagine that individuals are searching to fill a void or emptiness in their hearts, wondering if God truly exists. Some of my friends have even shared with me that they wonder if they are missing out on something very special. They say, "I want what you have." To have a relationship with God is truly special.

What I have and what you have are meant to be shared. Yes, they too can have it. It is when you have faith that everything becomes possible and you are able to face any challenges or obstacles that come your way. You may call it blind faith or invisible trust. We cannot see God, but as believers we know he is there, especially in our darkest moments. Think of electricity. You can't see it but you know that it is there, and you know if you flick on a light switch, a light should turn on. With this type of belief and faith, miracles occur and hope begins to float. You develop a sense of peace and trust that everything will be all right even if it doesn't feel like it in this very moment.

It is never too late for someone to turn their lives over to God or to renew their faith. Here are three ways you can strengthen your faith:

1. Pray to God in the morning and evening (and throughout the day). Prayer can be as formal as reciting prayers or as informal as having a conversation with God. It is about being present and still for few moments in a busy day. Prayer allows you to adjust your mindset and to make a choice to be happy and live in abundance of all the gifts given to you.

2. Talk about faith with your family and friends and its importance. Use mealtime to say grace and have open discussions about the blessings you have received in your life and share them with others. When you acknowledge your blessings, you give permission to others to take note and share their blessings.

3. Trust and Let Go of Control. We often become impatient when things are not going at the speed we wish them to be; however, we must take the time to realize that there are many different circumstances, events, and opportunities presented every day – some with our control and some without our control. The timing may not be right. You may have to meet certain people, read a particular book, or gain a new skill. It is not on our time – it is on God's time. Choosing the path with the least resistance can sometimes be a blessing. As you learn to let go of things that are not within your control, the greater calmness you will have as you surround yourself with trust.

You may have seen an animated illustration circulating in social media about a gentleman who became frustrated that he had trouble with making a sandwich, plugging in an appliance, and getting to his destination. The man was appealing to God asking Him why these events occurred? God replied, "You couldn't make this sandwich because the meat was spoiled, you couldn't plug in the appliance because it was short-circuited, and you were delayed in getting to your destination so that you could avoid being in an accident." Do you question God's plan for you? Whenever you want to question God, know that his timing is just right and he wants the very best for you.

There is no greater feeling than knowing that there is a Heavenly Father who has unconditional love for his children. God is our protector. Choose to live a life of faith, get involved in your church community, and pray for those around you. You are worthy of God's unconditional love for it saves us of any anxiety or despair. Life is sweeter with faith, meaning, and purpose. How will you choose to live?

Extend the Invitation

By Debra Kasowski

Imagine if your church community felt like your second home. I know for some people it already does. There are others looking in from the outside wondering if they should belong. They may have heard stories from current or previous members about the work that is done and the activities that make the association or organization come alive.

Many associations and organizations are looking for fresh creative ideas to draw in new members, but they fail to recognize that if they focus on drawing in new members that they can have those fresh ideas. These fresh new ideas do not only have to come from outside of our groups but also from the inside. Some of the voices from the inside may have been silenced through the years. People who had phenomenal ideas were told one of the most limiting statements, "We have already tried that and it didn't work."

When someone offers me that statement, I begin asking questions. This statement is a self-limiting belief that holds associations and organizations from growing and sustaining their message. Why would someone want to join an organization when they feel that their contribution or idea is not valued or appreciated? Just because an idea did not work in the past does not mean that the same idea might not work today or in the future. The timing may not have been right or perhaps there were not enough resources to sustain the idea at the time. It doesn't mean it will not work. I have learned that we need to take action and adjust our course as we go. Trust in the process. It took Thomas Edison over 1,000 attempts to finally create the light bulb. He did not refer to these attempts as failure but as 1,000 ways that would not work. It takes only one attempt to make it work, but we often quit too early. People do not come up with ideas, if they weren't possible.

We forget and need to be reminded of God's word:

"I can do all things through Christ who strengthens me."
– Philippians 4:13

He said to them, "Because of your little faith. For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, 'Move from here to there,' and it will move, and nothing will be impossible for you."
– Matthew 17:20

"Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours."
– Mark 11:24

As a church family and a unit, everything is possible when we believe. Miracles have occurred because people

have joined in prayer – making the impossible possible. Women are great leaders when they can engage others in their vision. Think about the women you admire in your church community. Isn't it time to extend the invitation to every woman you know to be a part of something bigger than themselves? As women, we tend to get comfortable in our groups of friends and ideas of how things should be done. We forget to expand our circles and invite others to our table.

One fear that often comes up is that the young people will change our deeply rooted traditions. I think, as a community, we should share that fear and embrace it by teaching the young people about why these traditions are so important. There is no reason why traditions cannot continue and be shared. They are the anchor of our faith and culture. The most important part is about how we experience those traditions that become memories that we share with others. What are we doing to teach our children and grandchildren about these traditions and why are they important? How are we making these traditions memorable that someone would want to carry them on?

Will there be some hard work and effort required? Absolutely. You probably have heard the phrase that "Nothing worth doing comes easy." The same goes with growing our faith and sharing it with our community. We need to extend the invitation, an invitation to grow in faith and community and serve a higher purpose than ourselves. Together we can serve God the best way possible.

Who will you invite to your table?

Debra Kasowski, BScN CEC is an award-winning bestselling author, transformational speaker, blogger, and Certified Executive Coach. She has a heart of a teacher and is certified in Appreciative Inquiry and Emotional Intelligence. She is a contributing writer for Diversity Magazine and Fabulous at 50 magazine. Debra Kasowski International helps executives, entrepreneurs, and organizations boost their productivity, performance, and profits. It all starts with people and passion. debrakasowski.com

Debra is a member of St. Basil's Ukrainian Catholic Church in Edmonton, Alberta.



Від моря до моря ♦ From sea to sea



Edmonton Eparchy

EDMONTON'S 37TH UCWLC EPARCHIAL CONVENTION ATTRACTS OVER 80 DELEGATES AND GUESTS

October 16-18, 2015

Chateau Louis Conference Centre

Our Church and families have encountered many challenges

Council's Convention's theme, "Faith and Family Today" (Полина і Віра в Нашому Часі), and the UCWLC theme, "Living a Christian Life in Our Contemporary World" (Жити Християнським Життям у Сучасному Світі), complemented each other as they highlighted the aspects of our life in Christ upon which we must focus at this time. The need to connect family and faith could not be more evident in our

turn. "Living a Christian Life in a Contemporary World" brought attention to the reality that not only families, but all followers of Christ are experiencing the challenges to live our faith on a daily basis.

The UCWLC Convention opened with the procession of flags, followed by a memorial service, led by the Very Rev. Fr. Janko Herbut, UCWLC Eparchial Spiritual Advisor,



Delegates and guests at 37th UCWLC Eparchial Convention, Edmonton 2015

regarding faith in recent years. Societal changes and influences have added a new dimension to issues families now face. This year's Ukrainian Catholic

present society, where families strive to be faithful to our Lord and His Gospel and the teachings of His Church and simply find they are challenged at every

for deceased members. Along with the regular business and organizational matters, some of the many highlights of the Convention were:

- **Sophie Manulak, UCWLC National President** gave greetings on behalf of the UCWLC National Executive, congratulating on choice of theme.

“It is one that touches the heart of all who struggle daily to live a Christian life in a contemporary world. To overcome the challenges and pressures that contradict our Catholic faith, we need to develop and enrich our own personal religious life. One of the aims of the UCWLC is to know our Ukrainian Catholic faith and live it to the fullest.”

- **Keynote speaker, Sr. Zoe Bernatsky, SSMI**, who currently teaches Pastoral Theology at Newman Theological College, Edmonton, in her speech, “A Contemporary Call to Christian Justice and Mercy,” focused on: “Who is my neighbour,” and emphasized that we should display the attributes of the Parable of the Good Samaritan. Pope John XXIII, in his encyclical “Mater et Magistra” (1961), suggested that we should apply the teachings of the Church using the method of observe, judge, act. When we celebrate what’s right, we find the energy to fix what’s wrong.

Other speakers included:

- **Bob McKeon, Ph.D. in Theology**, who works on eliminating homelessness in Edmonton, in his speech, “Living the Gospel of Love: Getting to the Roots of Poverty and Homelessness in Alberta Today,” spoke about the “10 Year Plan” where leaders from government, business, community, faith and social service sectors have come together in common cause to work on this plan. In the last six years since the Plan’s implementation, 3,000 homeless people have gotten a place to live. Everyone is called to action.

- **Mark Pickup**, local tireless advocate for the rights of the disabled and vulnerable people, spoke out against euthanasia and assisted suicide. Stricken with multiple sclerosis 30 years ago, he told of his experiences of being chronically ill and disabled and expressed his concerns about the disastrous impact a challenge such as the February 6, 2015 Supreme Court of Canada ruling would have in regards to assisted suicide and euthanasia.

- **“Living Our Faith Despite Challenges”** – a very inspirational panel, consisting of Deacon Michael and Kim Bombak, Vera Krawec, and Joyanne Rudiak, where these individuals related their personal stories of the struggles they have faced in their lives and how they, despite challenges, are now living their Christian faith.

Other highlights of the Convention included: displays of icons, Ukrainian kerchiefs (bushkas/khustkas traditionally worn by women as a sign of passage into married life – like the one Baba used to wear), as well as current books for children of Ukrainian literature and Ukrainian folklore for children. A very informative multimedia presentation by Cultural/Educational Committee members Darlene Atamaniuk and Maria Hontaryk focused on the cultural theme, “Maintaining Our Cultural Roots in a Contemporary Society.” “After Baba’s Funeral,” a play, highlighting the gap between present-day elderly and young and making connections with the characters, featured Maria Hontaryk, Darlene Atamaniuk,



UCWLC Eparchial Executive and Committee Members, Edmonton Eparchy – 2015-2017

and Vera Oszust, and provided a relaxing, entertaining “break” during the Convention.

Cultural Contest/Winners for the “Best Apple Platsok/Пляцок Ever” were: Dobrodijka Donna Babej (St. Josaphat), Barbara Olynyk (St. Nicholas) and Josephine Koper (St. Basil), and honourable mention was awarded to Dobrodijka Lida Nykyforuk (St. Vladimir, Edmonton). At coffee break, the delegates and guests enjoyed tasting the delicious

“fruits of the contestants’ labour.”

Special Recognition Presentation, “Honouring Dobrodijky/Добродійки,” took place with Helen Sirman, Constitutional Committee, thanking the ladies for their many responsibilities such as taking care of pastor, family, and home, and their leadership role in the Church. Joyce Chrunik-Rudiak, UCWLC Eparchial President, presented plaques to the Dobrodijky/Добродійки in attendance in appreciation of their many

“good works.”

Joyce Chrunik-Rudiak will be continuing as UCWLC Eparchial President for the 2015-2017 Term.

The very successful Convention concluded with the Installation of the New Eparchial Executive, closing prayer, singing of “О Спомарай Нас” and Recession of Flags.

Submitted by Rosemarie Nahnybida
Nasha Doroha Representative/
Edmonton Eparchy

ELLEN KUCEY: 65-YEAR UCWLC MEMBER (1949-2016)

A Ukrainian Catholic Women’s League of Canada (UCWLC) member has achieved the unique Eparchy of Edmonton milestone of 65-year membership in the organization. Ellen Kucey, UCWLC member currently at St. Nicholas Ukrainian Catholic parish in Edmonton, began her lengthy dedication to the organization as a founding member of the UCWLC in Myrnam, a small farming community in North Central Alberta.

The inaugural meeting of this small parish women’s organization was held on November 20, 1949, after parish priest Fr. O. E. Melnychuk suggested at a Sunday Divine Liturgy that the women of the church form a ladies league branch. That evening 12 ladies gathered at the home of Leona Kully. Ellen attended with her mother-in-law, Nancy Kucey.

During this inaugural meeting, Ann Cholod was appointed president of the new branch; Leona Kully, secretary. The cost of membership was set at \$1.00.

The ladies began holding monthly meetings and encouraged others to join. By 1962, the league saw its

membership grow to 102.

Ellen served as treasurer for the Myrnam UCWLC for 23 consecutive years, an astonishing level of service in itself. In addition, she played an active role in the many events organized by the branch.

In 1975, when the family moved to Sherwood Park, Alberta, Ellen became active in the ladies’ league at St. Nicholas Ukrainian Catholic Parish in Edmonton.

At 93 years of age, Ellen continues to attend meetings and participate in league activities, whenever possible, offering a helping hand when needed.



Jayne Bury (St. Nicholas UCWLC President), Joyce Chrunik-Rudiak (Edmonton Eparchy UCWLC President), Ellen Kucey (recipient of 65 years of membership in UCWLC award), and Pastor of St. Nicholas Parish, Fr. Julian Bilyj.

Throughout her 65 years as a UCWLC member, Ellen has indeed lived the organization’s mission. At the same time, she has realized her own true vocation and lived an authentic Christian life as a contributing member to the Ukrainian Catholic Church and Canadian society.

The league is not just an organization to Ellen. It is a “way of life” for her.

Our heartfelt congratulations to Ellen and prayer that God continue to bless her.

Submitted by Jayne Bury, St. Nicholas UCWLC President, Edmonton, AB

NATALKA (CHORNEY) YANITSKI, HLM: 65-YEAR UCWLC MEMBER (1951-2016)

In today's fast-paced society we frequently hear the excuse, "I have no time"... to get involved, to attend church, to belong to an organization, to volunteer. Natalka Yanitski is a fine example of a lady who, despite the rigorous demands of daily living, "made time."

Natalka, born to Canadian parents of Ukrainian descent, grew up in a very nurturing environment. Her beloved maternal grandmother, Baba Panylyk, instilled in Natalka a love for the Ukrainian Catholic faith. Natalka's beloved baba taught her prayers in Ukrainian and made certain that she attended catechism classes. Her father, a teacher, instilled in Natalka a love of learning and a love for the Ukrainian culture. It was her father who taught her to read and write in Ukrainian – something which proved to be very beneficial for Natalka in later years – when, as UCWLC Branch or Eparchial Secretary, she had to record (and read) minutes in Ukrainian. From her mother, Natalka acquired the love of singing. Encouraged by both parents who sang in the church choir, Natalka learned to sing the Divine Liturgy and the beautiful Eastern rite church hymns in Ukrainian. Myrnam, AB, Natalka's hometown, in those years had a fairly large Ukrainian population, and so in her teen years, Natalka belonged to UCY, the Ukrainian Catholic Youth.

Over the years Natalka has worn "many hats" as a wife, mother, parishioner, UCWLC member, medical receptionist, grandmother, great-grandmother, mentor, friend, and volunteer. Married to Walter Yanitski, the love of her life, Natalka was supported and encouraged by

him to participate actively in her many involvements. Together they raised four children and succeeded in instilling in their children that



Ardent UCWLC member in action,
Natalka (Chorney) Yanitski, HLM

which was important to them as a family. Widowed in 2007, Natalka continues to support her children, grandchildren, and great-grandchildren in their educational endeavours, choice of careers, as well as assisting in the transmission of cultural traditions and customs.

Shortly after marrying Walter, Natalka joined Assumption of the BVM UCWLC, Myrnam, AB in 1951 and began her UCWLC "journey". During the decade or more that she was a UCWLC member in Myrnam, she served as Secretary and Branch President (1956). In 1958 she attended the UCWLC Eparchial Convention in Edmonton as a branch delegate and spoke about activities at her branch, which at that time had 94 members. It was at that time that she was elected 2nd Vice-President of UCWLC Edmonton Eparchy.

In addition to being involved with UCWLC activities, Natalka was a member of the Assumption of BVM Parish mandolin orchestra (1958). She played at Taras Shevchenko concerts held in his memory. She taught Ukrainian school in Myrnam, prepared children for Mother's Day concerts, led the Children of Mary, and in 1958 in observation of the 40th Anniversary of Assumption of BVM, Myrnam, AB, organized a carnival with ten contestants vying for carnival queen.

Natalka also volunteered at Camp Oselia for ten consecutive years, cooking, doing crafts such as pysanka writing, teaching catechism and singing of the Divine Liturgy, as well as looking after the children.

In 1964 the Yanitski family moved to Edmonton and joined St. Vladimir Parish where Natalka currently is a parishioner, UCWLC member, and mentor of younger UCWLC members. Throughout these fifty-plus years she has worked ardently for the UCWLC at the three levels of the organization, serving as Branch President at St. Vladimir, secretary for many years for St. Vladimir UCWLC and UCWLC Edmonton Eparchy, Eparchial President, as well as serving on Spiritual and Organization Committees. At the National level she was Treasurer, and served on the Spiritual and Constitution Committees. Over the many years Natalka always found "time" to attend UCWLC Eparchial Conventions, National Congresses, and to participate in eparchial and branch activities such as baking Easter breads, pysanka writing, embroidery classes, and organizing of UCWLC teas.

When Natalka was UCWLC Eparchial President in the 1970s, a cooking and baking course, funded by the Provincial Government Cultural Department, was conducted. →

A grand finale display of all the cooking and baking that was done was a great success. In 2012, initiated by Nataalka, the Eparchial UCWLC/Cultural Committee began compiling a cookbook from the recipes that were originally used in that course as well as recipes that have been collected recently from UCWLC members in the Edmonton Eparchy. Many ladies who were demonstrating the cooking and baking have passed away, but it is the intent through this cookbook to pass the recipes on to future generations.

July 2001, at the 20th National UCWLC Congress, held in Regina, SK Nataalka received Honorary Life Membership, the highest most distinguished award to be received by a UCWLC member. In 2015 she was presented with an HLM Pin and at League Day 2016 she received a 65-Year UCWLC Pin for her many dedicated years of service for "God and People" (Для Бога і Народу).

In Nataalka's own words she says, "Belonging to UCWLC has been an integral part of my life. I have valued and tried to lead my life according to the four aims of our organization and this has helped me in my marriage and in the upbringing of my children. I have experienced great joy and friendship in working with ladies from across Canada. There were sacrifices over those years, but what I gained from belonging to this beloved organization has been very fulfilling and worthwhile."

Nataalka Yanitski, HLM, is a remarkable lady, a "real" woman of the UCWLC, who made "time"... Thank you, дякую, Nataalka, for all that you have done for our organization. God bless you. Многая Лита!

Submitted by Rosemarie Nahnybida
Nasha Doroha Representative/
Edmonton Eparchy
(St. Vladimir UCWLC member and friend)

LIZ ORFINO: 60-YEAR UCWLC MEMBER (1954-2015)



St. Nicholas, Edmonton, Alberta, Ukrainian Catholic Women's League branch recently celebrated Liz Orfino's 60-year-old membership in the UCWLC. Liz first became involved with this organization at the Plain Lake parish in 1944 when she helped her mother and grandmother wash and iron the church linens.

Liz became an official member in 1954 in Two Hills, Alberta where she settled with her husband, Bill, and where their two daughters were born. Here, Liz held the position of second vice-president in the branch UCWLC.

Six years later, the family moved to Drumheller. Once again, Liz became active in the organization, taking on the role of UCWLC secretary, in addition to devoting her five-year membership at this location to convening pyrohy suppers and helping with bingos and raffles.

In 1965, Bill's work took the family to Camrose, then three years later (1968) to Calgary, where Bill

and Liz became charter members of the fledgling St. Stephen's parish, playing a role in moving the parish from a Knights of Columbus hall to a parish church facility.

In Calgary, Liz accepted the position of second vice-president of the UCWLC and convened St. Stephen's booth of Ukrainian Foods at the Chinnook bazaar.

Several years later (1970) another work transfer took the family to Taber where they attended St. Peter's and Paul's Parish in Lethbridge where Father Nicholas Diadio was the pastor. Father Nicholas later became pastor of St. Nicholas Ukrainian Catholic parish in Edmonton where, in 1972, Liz, Bill and their daughters found themselves as parish members.

Three years later, the family returned to Calgary and Liz resumed her active involvement in the UCWLC, as second vice-president.

In 1977 they moved back to Edmonton, again joining St. Nicholas Parish. Here Liz held Executive positions as fifth member, second vice-president, first vice-president, and president for three consecutive terms. Commencing in 1992 and for 21 years, Liz chaired the Sickness and Distress Committee which included home and hospital visits to infirm or grieving members of St. Nicholas parish and the UCWLC.

Thank you, Liz, for 60 years of generous, dedicated service to the UCWLC and the parish communities to which you belonged.

May God bless you and reward you with many more active years as you continue your dedication to this worthwhile organization and to your Church!

Submitted by Jayne Bury
St. Nicholas UCWLC President,
Edmonton, AB

EDMONTON UCWLC MEMBER RECEIVES EXEMPLARY VOLUNTEER AWARD



Since 1998, the Ukrainian Canadian Congress – Alberta Provincial Council has been recognizing outstanding volunteer leaders who have chosen to give their time, effort, and expertise in order to keep our Ukrainian Canadian community strong, vibrant, and active.

October 18, 2015, at the annual Hetman Award Recognition Banquet, besides honouring several volunteer leaders, the UCC-APC gave its first Exemplary Volunteer Award. This award excludes leadership. UCC-APC felt that many people do mega-volunteer work but are not direct leaders. They are community members who recognize community needs and perform the activities to realize the goals of their organizations' projects. This year the Exemplary Volunteer recipient was Steffie Chmilar.

Steffie Chmilar has long been a dedicated volunteer with St. Basil's Ukrainian Catholic Parish, Edmonton and UCWLC St. Basil's Branch. As a member of both the Parish and the UCWLC, Steffie contributed, and continues to

contribute, as UCWLC Branch President, Vice-President, Recording Secretary, Chair of Spiritual Committee, Chair of Hospital Visiting Committee, distributor of St. Basil's *Culinary Treasures* cookbooks, and *Windows of Faith* booklets. She assists with changing the linens in church as required. Annually, she chairs the paska/babka and bazaar bake sale projects. Steffie has served at the UCWLC Eparchial Executive and National Executive levels. Most recently she is a board member on the fundraising committee for the Eparchial Home of Hope Project in Lviv, Ukraine.

Steffie continues to promote the Ukrainian culture and traditions in many ways. When her sons were younger, she took lessons in sewing and embroidering Ukrainian costumes so that she could assist the Costume Committee. She also assisted in publishing St. Basil's Parish *Paska Recipe* in various publications. For the last 35 years she has volunteered countless hours, on a weekly basis, catering to various functions at St. Basil's Cultural Centre.

Besides her community involvement, Steffie balances her busy family life spending much quality time with her four grandchildren. Recently, she began teaching them to prepare various Ukrainian dishes and bake traditional breads.

Steffie's endless ability to always possess a very strong, positive attitude, joyful nature, and willingness to always lend a hand is the key to achieving her many successes.

Submitted by Rosemarie Nahnybida
Nasha Doroha Representative/
Edmonton Eparchy

Donations

July 1 to December 31, 2015

Nasha Doroha Reserve Fund

UCWLC Archeparchy, Winnipeg, MB. \$125
Assumption BVM. UCWLC Branch,
Moose Jaw, SK. \$30
Sts Peter & Paul UCWLC Branch,
Saskatoon, SK. \$75

Submitted Articles for Nasha Doroha

UCWLC Archeparchy, Winnipeg, MB. \$25
Sts Peter & Paul UCWLC,
Saskatoon, SK. \$145
Sts Peter & Paul UCWLC, Canora, SK. \$40
St. Volodymyr UCWLC, Thornhill, ON. \$50

Submissions to Nasha Doroha for Obituary

UCWLC Edmonton Eparchy. \$200
Sts Peter & Paul UCWLC,
Saskatoon, SK. \$55
Sts Peter & Paul UCWLC, Canora, SK. \$50

July 1, 2015 to April 30, 2016

Mary Dyma Religious Studies Scholarship

UCWLC Moose Jaw, SK. \$30
St. Mary's UCWLC, Yorkton, SK. . . . \$200
St. Athanasius UCWLC, Regina, SK. . \$75
All Saints UCWLC,
North Battleford, SK. \$100
UCWLC Archeparchy, Winnipeg, MB. \$565

Vera Buczynsky Ukrainian Language Scholarship

UCWLC Moose Jaw, SK. \$30
St. Athanasius UCWLC, Regina, SK. . \$75
All Saints UCWLC,
North Battleford, SK. \$100
UCWLC Archeparchy, Winnipeg, MB. \$515

Emergency Relief Fund

UCWLC Archeparchy, Winnipeg, MB. \$215

*Thank you to all donors.
Щира подяка усім.*

Bertha Stoyko
UCWLC National Treasurer
Elizabeth Zahayko
ND Financial Administrator

UCCS 35TH EPARCHIAL CONVENTION YORKTON, SASKATCHEWAN OCTOBER 30 & 31, 2015

The UCCS (Tsentralia) 35th Eparchial Convention was held at Yorkton, SK on October 30 and 31, 2015. In attendance was our National President, Sophie Manulak, Winnipeg, MB and CWL Provincial President Jean Reader, Regina, SK. A total of 71 attended this year's convention which was dedicated to the

focused on the business aspects of our organization. Guest speaker for the convention Deborah Patrick-Larmour from the Youth & Adult Ministry, Chancery Office, Eparchy of Saskatoon, spoke on our theme "Families Evangelizing Families." Her main talk focused on the *why* is our Ukrainian Church membership is decreasing and *how* are we going to bring back the faithful to our church? We have a beautiful "Byzantine Rite" liturgy, as well as traditions and culture. If we, as parents and grandparents, don't reach out to our families to bring them back, will our church be around for future generations?

Prayer Protocol as drafted by the National Executive. Elsie Marykuca, National 1st Vice-President, spoke on the "Real Women of the UCWLC" project. It is hoped that each eparchy will interview as many women from "Sea to Sea" on their history with the UCWLC and have at least three interviews from each eparchy/arch-eparchy by the congress dates June 30 to July 3, 2016. Eileen Yaworski and Elizabeth Zahayko will chair the project for the UCWLC members from Eparchy of Saskatoon.

The convention concluded with an Icon presented to outgoing Eparchial President, Elizabeth Zahayko. A new slate of officers for



memory of our Spiritual Advisor of 31 years, Sister Theodosia Papirnik, SSJ who passed away April 14, 2015 at St. Joseph's Home, Saskatoon, SK surrounded by the Ukrainian Sisters of St. Joseph's of Saskatoon. The Sisters set up a beautiful display in her memory with an Icon created by the late Sister Theodosia and painted by Sister Sophia, SSJ, showed a slide presentation on the history of her life and gave each UCWLC member a beautiful book dedicated to her memory.

Geraldine Koban chaired the afternoon sessions which

The introduction of the *UCWLC Presentation Time* booklet compiled by our Eparchial President, Elizabeth Zahayko, was introduced. Inside the booklet are short 5 to 10 minute articles to create some education aspects to our meeting on the beautiful traditions we have in our Ukrainian Church besides just having a meeting. Adding this to her local branch has helped to bring in twelve new members in the past two years.

Gloria Leniuk, HLM, past National President, introduced the new draft on UCWLC member's Funeral and

2016-2017 was elected. Congratulations to our incoming president, Marlene Bodnar. Marlene comes to our organization with lots of experience. She sits on the National Executive and was responsible for bringing National UCWLC Constitution up to government standards. Sister Sophia, SSJ will be our new Spiritual Advisor. A special thank-you for Fr. Peter Pidskalny, CSSR for being our Spiritual Advisor for the past year.

Elizabeth Zahayko, Eparchial President
Eparchy of Saskatoon

NEW EXECUTIVE AT HAFFORD BRANCH UCWLC



Members: Hermance Wintonyk, Sally Harach, Bev Kowalchuk, Rose Bezmutko, Evangeline Michayluk (Treasurer), Father Ivan Nahachewsky, Judy Linnell (Auditor), Ann Pool, Ann Ogenchuk (Vice-President), Mary Muranetz, Natalie Rebeyka (Secretary) and Roberta Pobran (President). Missing are Eugenia Zipchen and Eugenia Smith.

HOME OF HOPE

St. Mary's UCWLC and Fr. Delaere #5182 Council of Knights of Columbus, Yorkton, were delighted to have two Sister Servants of Mary Immaculate, Sr. Bonifatia Diakiv, Provincial Superior of SSMI, Ukraine and Sr. Juliya Flyek, Home of Hope director, Ukraine attend their meeting on Monday, March 7, 2016. They were accompanied by Sr. Janice Soluk, SSMI and Sr. Jean Zemliak, SSMI from Winnipeg, Manitoba.

The Sisters gave a very interesting talk on the Home of Hope in Kyiv, Ukraine and a video presentation reflecting on the life of some of the young girls between the ages of 15 and 23 living at the Home. These young girls need moral, psychological, schooling, financial and spiritual support and are receiving this from the care offered by the SSMI at the Home and through donations received from people throughout Canada. This home helps to

prevent these girls from getting lost through human trafficking and enables them to get a career to sustain them through their lifetime. This home started with four girls in 2014 and now houses 22 girls. They treat each girl individually, giving them the chance to get up and stand up on their own feet, which takes time. When they first enter the Home of Hope, they are reserved, shy, not communicating due to the ways they have been treated prior to entering the Home. It is marvellous to see the transformation of these young girls once they have been in the Home for a year. They begin to trust and welcome others around them with a hug, smiles and communication.

Following the presentation the Sisters spent the night in Yorkton with the Sister Servants of Mary Immaculate from Yorkton before travelling on to Edmonton, AB to visit with the people who helped them get the Home of Hope project started.

CONGRATULATIONS!

On February 6, 2016, UCWLC member, Helen Kushner of the Assumption of the Blessed Virgin Mary Church, Moose Jaw received the UCWLC 70 Year Service Pin.



Gloria L. Leniuk, HLM, Helen Kushner, Dorothy Lazurko, UCWLC Branch President, Moose Jaw

In 1944, Helen was a charter member of the UCWLC Branch in Portage la Prairie, MB. In 1968, Helen and Mike Kushner moved to Moose Jaw where Helen continued to be a member of the UCWLC. Congratulations Helen!

CELEBRATING 90 YEARS!



Elizabeth Ratuszniak celebrated her 90th Birthday on August 26, 2015. She has been a UCWLC member of the Canora Branch since 1968. Canora branch members enjoyed celebrating with cake and fellowship. Mnohaya Lita!

UCWLC 37TH CONVENTION

The Ukrainian Catholic Women's League of Canada, Winnipeg Archeparchy, held its 37th Convention in conjunction with the Ukrainian Catholic Council Centralia October 16-17,

Theresa Matwe had a slide presentation and spoke on how some youth are mistreated in our society. Her message "Loving with a Mother's Heart we become a Welcoming Church, because I was a stranger and you welcomed me" was inspirational. The following statements asked us to reflect and help us to become a welcoming church.

What can we do as individuals, as a League and as a Parish to welcome our vulnerable members?

Friday evening and Saturday morning Rev. Dr. Michael Kwiatkowski spoke to all delegates of the Ukrainian Catholic Council. He provided opportunities to have small group discussions on the qualities that we would like to have in our Parishes to make



2015. There were 75 delegates and guests present. His Grace Metropolitan Lawrence Huculak, OSBM, Sister Theresa Matwe, SSMI, Pat Sirski, Archeparchial President and Elsie Marykuca, Vice-President National UCWLC welcomed the delegates.

In their addresses to the delegates Friday afternoon, Metropolitan Lawrence, Sister Theresa focused their remarks on the theme of the Convention: "Becoming a More Welcoming Church."

"I was a stranger and you welcomed me" Matthew 25:35

Greetings were also brought by Conn Marks, CWL President Winnipeg Diocesan Council, and Faith Anderson, Manitoba Provincial Council President of the Catholic Women's League of Canada.

The highlights of the Convention were our keynote speakers. Sister

"Stay close to those who are lonely, weak and in need; become their friend, their brother, and their sister."

– Pope Francis

"We need to be a church that is unafraid of going forth into their night." – Pope Francis

them welcoming. The sharing portions of the sessions were informative and gave delegates an opportunity to meet members from other Churches.

Saturday afternoon, Vicky Adams, HLM gave a presentation on the 50th Anniversary of Nostra Aetate. Nostra Aetate means "In our Time" in Latin. It is a Vatican declaration on the relations of the Church to non-Christian religions. One of the goals of the Tri-Diocesan Committee, Bat Kol Institute, is to foster mutual understanding and respect between Christian and Jewish traditions. Another goal promotes the study of Nostra Aetate and other Church documents on the history and relationship between Christians and Jews.

The Obligatory Funds were reviewed and the delegates agreed to continue to support the Scholarship Fund, Ukrainian Catholic Religious Education Fund, the Ukrainian



Holding the flag with Patricia Sirski (left) is the new Archeparchial President Margaret Ethier

Charities Fund, and the Youth Ministry.

Pat Sirski presented plaques to the following Branches for their many years of dedicated service:

50th Anniversary

- Sacred Heart of Jesus, Tolstoi (1964)

55th Anniversary

- St. Anne, Winnipeg (1960)

60th Anniversary

- Ukrainian Catholic Church of the Resurrection, Dauphin (1953)
- St. Michael, Winnipeg (1954)

65th Anniversary

- Sts. Peter & Paul, Ethelbert (1948)
- Ascension of our Lord Jesus Christ, Sundown (1949)
- Sts. Peter & Paul, Winnipeg (1950)
- St. Elias, Grandview (1950)

70th Anniversary

- St. Nicholas, Winnipeg (1945)
- Nativity of the Blessed Virgin Mary, Brandon (1945)
- Assumption of the Blessed Virgin Mary, Portage la Prairie (1945)

The following are the members elected at the 37st Convention to serve on the Winnipeg Archeparchy for two years:

Spiritual Advisor: Sister Janice Soluk, SSMI

President: Margaret Ethier

1st Vice-President: Wanda Lazaruk

Recording Secretary: Annette Manchulenko

Treasurer: Janice Frykas

Constitution: Wanda Lazaruk

Wanda Lazaruk, UCWLC Vice-President
Archeparchy of Winnipeg

WINNIPEG ARCHEPARCHY CONVENTION

Resolutions of the 37th convention:

2015.01 EMBRACING THE MARGINALIZED AND THE VULNERABLE

WHEREAS the Ukrainian Catholic Women's League of Canada (UCWLC) is a charitable organization and strives to address the needs of many in our community, and

WHEREAS many Canadians may be educationally, economically and socially disadvantaged, and

WHEREAS many refugees require various humanitarian support, and

WHEREAS many impoverished and disadvantaged families and individuals are vulnerable to sexual trafficking, poor health, low education levels, homelessness and unfortunate situations in our community; therefore

BE IT RESOLVED that at the Archeparchy of Winnipeg, Ukrainian Catholic Women's League of Canada (UCWLC), in convention on the 17th day of October 2015, all members of the UCWLC extend their prayers and efforts, continue to be charitable, and show compassion and love in becoming a more welcoming church for the well-being of vulnerable and less fortunate members of our community.

2015.02 BLESSED JOSAPHATA HORDASHEVSKA

WHEREAS the life and work in Ukraine of Blessed Josaphata Hordashevskia should be known to UCWLC members in Canada, and

WHEREAS the members of the Ukrainian Catholic Women's League of Canada strive to educate themselves about faith and cultural, and

WHEREAS Blessed Josphata Hordashevskia is the co-foundress of the Sisters Servants of Mary Immaculate who have gone beyond the borders of Ukraine and have contributed to the evangelization, education and care of those in need in Canada and abroad; therefore

BE IT RESOLVED that the Archeparchy of Winnipeg Ukrainian Catholic Women's League of Canada, in convention on the 17th day of October 2015 endeavour to study the life and work of Blessed Josaphata Hordashevskia, and

BE IT FURTHER RESOLVED that the UCWLC pray for the canonization of Blessed Josaphata Hordashevskia, and

ALSO BE IT FURTHER RESOLVED that UCWLC members whose prayers to Blessed Josaphata have been answered, be encouraged to acknowledge and bear witness to these graces received to accelerate her proposed canonization.



Milestone Plaques: Patricia Sirski, Elsie Marykuca (Vice-President National), President Betty Gnutel (St. Michael, Winnipeg), Past President Mary Procyshyn (Dauphin), Helen Fyk and President Marie Dohan (Ethelbert), President Marlene Skrinski (St. Nicholas, Winnipeg), President Helen Lazaruk (Brandon), President Genevieve Morris (Portage la Prairie), President Sonja Kraynyk (Sundown), President Martha Gawiuk (Sts. Peter & Paul, Winnipeg), President Linda Rigey (St. Anne, Winnipeg)

HOME OF HOPE FUNDRAISER A HEARTWARMING SUCCESS

On Saturday, March 5, 2016, the UCWLC Archeparchy of Winnipeg held a Fundraising Breakfast for the Home of Hope. The hall was filled to capacity with the sale of 410 tickets at \$25 each. The income for this event was \$26,000 with more donations being received each day. Our thanks go to the UCWLC Branches and to Maple Leaf Foods for the donation towards the expense of the Breakfast. Thanks to them, all moneys collected from ticket sales, raffle and art auction was clear profit for the Home of Hope. We also thank all who were unable to come to the Breakfast but made a donation.

The participants were moved by the speeches and video presentations of Sister Bonifatia, Provincial for the SSMI in Ukraine, and Sister Julia, the Administrator of the Home of Hope. As a result, many gave donations at the Breakfast in support of the positive accomplishments of the Sisters' work with the girls at the Home of Hope. To continue the work at the Home and to provide the everyday needs of the 23 girls, such as, food, clothing, medical and health care, tuition for education and educational supplies, transportation fees, etc., it is obvious that

continual fundraising efforts are necessary and ongoing.

We hope that donations continue to come and we encourage our UCWLC members to talk about how important it is to save vulnerable and destitute teenage girls from being trafficked into the sex trade. At 16 years of age the girls must leave the orphanage and fend for themselves. Where is an orphan girl with no family, no means of support and no life skills to go, but on the streets where they become vulnerable to traffickers. Human trafficking is rampant in Ukraine, as it is in many other parts of the world, and can be referred to as a modern day slave trade, where victims, especially the poor and homeless, are lured away from their present situation with the promise of a better life only to find themselves forced into the sex trade, often in a foreign country.

Thanks to the mission of our Sisters Servants of Mary Immaculate (SSMI) for their exemplary work in sheltering these girls and providing them the opportunity of obtaining an education and a career, spiritual and loving emotional support, as well as the necessary tools for independent living. All 23 girls are enrolled in colleges, university and other educational institutions and they will not leave the Home until their education is completed and they can be gainfully employed.

We commend the Sisters for their charitable ministry with such a very worthy cause, especially at a time when Ukraine is in such great need of support.

We invite others – UCWLC in other Eparchies, Knights of Columbus, Brotherhood, and individuals – to offer their financial assistance to the Sisters' ministry at the Home of Hope.

Cheques can be made out to: Lubov SSMI Foundation Inc. and mailed to the following address:

Lubov SSMI Foundation Inc.
1085 Main Street
Winnipeg, MB, R2W 3S1
info@lubovfoundation.ca
204-942-0443

Please indicate "Home of Hope" at the bottom of your cheque. Lubov also accepts credit cards.

All donations received go directly from the Lubov SSMI Foundation to SSMI Sisters at the Home of Hope in Lviv, Ukraine. You can be assured that your donation is contributing in a great way to the positive development of the young girls, for their hopes and endeavours, as well as for the future of Ukraine and for our future.

"Whatsoever you do to the least of my brethren, you do unto me"

Matthew 25:31-46

Vicky Adams, Chair
Charities and Social Development
UCWLC, Archeparchy of Winnipeg



Did you buy a gift
subscription or two of
NASHA DOROHA
for your favourite people?
For their birthday
or anniversary?
Please see page 41.

Deadline for submissions:
Spring Issue

•• НАША ДОРОГА ••
1.1.2016

Річенець дописів на
весняний номер

UCWLC OF DAUPHIN SPONSORS FUNDRAISER BRUNCH FOR ST. PAUL'S HOME STATUE OF COMPASSION

On Sunday, November 15, 2015, the Very Rev. Father Oleg Bodnarski celebrated a Divine Liturgy at the Ukrainian Catholic Church of the Resurrection in Dauphin. This Liturgy was dedicated to the Sisters Servants of Mary Immaculate who, through their compassion, dedicated their lives to the care of St. Paul's Nursing Home, its residents, and the Parish and community at large. Three SSMI were in attendance – Sister Jean of Dauphin, and Sisters Darlene and Andrea of Winnipeg.

Following the Service, the Ukrainian Catholic Women's League sponsored a brunch which was held in the church auditorium. This event was initiated by the various children's groups of the Parish: Children of Mary, Catechism, Altar Servers and Youth. The parish youth were eager to do their part in helping the Sisters raise funds for this Statue of Compassion, which is anticipated to be ready by early or mid-summer of 2016.

Pre-brunch musical entertainment was provided by Marvin and Mary Procyshyn and Manuel Nakonechny, while MC Helen Rolla welcomed all in attendance and invited Father Oleg to offer the Opening Prayer and Blessing.

After the brunch, Sister Darlene Pelechaty from Winnipeg spoke on behalf of all the Sisters and gave words of encouragement and thanks to Sister Jean for becoming part of the Dauphin Bronze Statue Project. This project recognizes the Sisters' contribution to the foundation upon which Dauphin was built. This statue will be a fitting reminder of the work the Sisters have done in this area since their arrival in 1902.

Mayor Eric Erwin brought greetings on behalf of the City of Dauphin and thanked and congratulated the Sisters for their contribution and dedicated service to the community. Mary Procyshyn presented a list of donors from different church groups, businesses, and organizations which offered their donations



Mary Procyshyn, Past President of UCWLC in Dauphin presents Sister Jean Zemliak SSMI with various donations towards the bronze statue to commemorate the work of the SSMI in Dauphin.

and gave words of encouragement for this project. As Sister Jean accepted the generosity of the donors, she thanked everyone for their help in realizing what was once only a dream, but will soon become a reality – a lasting monument to the Sisters. Sister Jean was overwhelmed at the wonderful and positive response of the community towards this unique project.

More entertainment followed. Dawson Federowich performed a lively Ukrainian dance solo. The Children's Catechism Choir, under the direction of Pamela Nowasad-Federowich, sang two hymns to Mother Mary. Eric Tyshinski presented a well-documented summary of the history of the SSMI while discussing the spiritual revival within the community by way of the SSMI. Kay Slobodzian offered a tribute to the Sisters by reading a poem she wrote, entitled "Compassion." The choir closed off

the gathering with a hymn to Mary, "Gentle Woman."

Program Chair, Holly Slobodzian-Plustwa expressed her sincere appreciation and thank-you to everyone who attended and/or contributed funds, to the children who had the fundraising idea, and to all who helped in whatever way they could. Approximately \$12,000 was raised at the brunch. All proceeds were turned over to the SSMI to help fund the cost of the statue. Anyone interested in contributing to this Statue of Compassion can mail a cheque to:

Sisters Servants of Mary Immaculate
St. Paul's Home
703 Jackson Street
Dauphin MB R7N 2N2

All donations, large or small, will be greatly appreciated. Donations \$20 and up are tax deductible.

Compassion by Kay Slobodzian

Compassion is a special word
That defines the Sisters Servants here
Whose service is far beyond compare
And whose dedication deserves a cheer.

Their quiet presence strengthens us
When there's no one here to dry the tears
Of someone crying in the night
Or to offer prayers and calm our fears.

Their hands reach out to soothe the brow
Or help those searching for the light
Their touch will ease the pain somehow
And reassure us that it's all right.

Their gentle voice will comfort us
With much encouragement and faith
They understand the suffering
Of our tribulations on this earth.

Their patience is their strong virtue
That bears the burdens we may share
They show their love in all they do
To remind us that we are in God's care.

† **Katie Baron**



Katie Baron passed away peacefully at the age of 97 years on August 30, 2015.

She was born on the family homestead, in the Canora District, Saskatchewan on November 1, 1917 to Michael and Francis (Kowalchuk) Babchishin. She married her husband, Bill Baron, on October 9, 1937, in Canora, Saskatchewan. They raised their two children, Russell and Zonnia, on a farm near Amsterdam.

She and her husband farmed until they retired to Canora in 1976. Katie worked alongside her husband and took great pride in her prolific garden and abundance of flowers. She enjoyed cooking, baking, and entertaining. She also loved sewing, knitting, crocheting and embroidery.

Katie's faith was very important to her. She valued praying the Rosary and was a dedicated member of the UCWLC for 39 years. She is survived by her daughter, Zonnia Gore; six grandchildren and ten great-grandchildren. She will be greatly missed by all who knew and loved her.

Audrey Hrycak

† **Annie Nicolichuk**



Annie passed away at the age of 93 years on July 4, 2015. She was born in Amsterdam, SK on September 5, 1921 to Anton and Mary (Shewchuk) Rakochy, the fourth eldest child of fourteen children.

On June 4, 1944 Annie married Mike Nicolichuk at Antoniuka Church. Together they raised six children. Annie kept busy on the farm, often driving tractor and riding the drill, as well as keeping care of the household. She and her husband also operated a dance and pool hall. Annie maintained beautiful flower gardens and knitted many sweaters, slippers and afghans.

Mike and Annie lived in Tadmore and Rhein, farming near Tiny, then relocated to Canora in December 1978. After moving to Canora, Annie got her driver's licence. Annie occupied her time gardening and making perogies at the church hall. For over 25 years she was involved with the Canora UCWLC. She remained an active member of Kowalowka and Antoniuka Church for many years. She is

survived by her six children; 13 grandchildren; ten great-grandchildren. She will be dearly missed by all who knew and loved her.

Audrey Hrycak

† **Sylvia Sawyshyn
(née Barabash)**



The Ukrainian Catholic Women's League of the Holy Eucharist Church of Hafford, Saskatchewan, wishes to pay tribute to Sylvia Sawyshyn who was our president from 1999 till the time of her passing on August 27, 2015. Sylvia was a diligent member of the UCWLC ever since her marriage to Bill in 1953. Bill was also a devoted member of the church. Sylvia was an exceptional leader in her capacity as president. Even in her later years as her health failed, she continued as president. She was always there for every event, working alongside the ladies, even when it was getting difficult for her.

Sylvia was a dedicated educator with a long career, teaching

in several rural one-room schools in the early days and later in Hafford Central School. She was a well-respected member of the teaching profession and gave many hours in extra-curricular activities to her students. She shared her musical gifts as a teacher and as a member of her community.

Although a full-time teacher, Sylvia balanced family, church and community commitments. She had a passion for service to education, her church, her community, but most of all to her family. Sylvia and her husband, Bill, raised a family of two girls and two boys, and always took an active part in all the family's involvement. She was a long-time member of the Hafford Music Festival Association, a long-time member of the Lakeland Library Board and, for some time after retirement, was the librarian of the Hafford Branch of the Lakeland Library. As well, she had a group of preschoolers in her own home before Kindergarten was incorporated into the school system. She was involved in many other activities, too numerous to mention here.

Sylvia touched many lives during her journey on earth and is lovingly remembered by many. Sylvia never complained that she was too old or too tired to work; she gave of herself until her death at 88 years and eleven months. Let her example be an inspiration to all of us! She was predeceased by her husband, William, in 2011. She is laid to rest in the Holy

Eucharist Church Cemetery at Hafford.

Memory Eternal. Vichnaya Pamyat.

Roberta Pobran

✠ **Mary Yakiwchuk**
1929-2016



Mary was born on December 1, 1929 in the Burgis District, daughter to Mike and Ethel Kopeck. Mary attended Poplar Springs School and helped on the family farm.

She worked at the Canora Hospital prior to being united in marriage to Bill Yakiwchuk at Sts. Peter & Paul Ukrainian Catholic Church in Canora.

The couple farmed in the Canora district until their retirement in 1987 when they moved to Yorkton.

She joined the Church Collection in 1981. Mary had joined the UCWLC in Canora in 1967, and transferred her membership to Yorkton in 1998. She would have been a member for almost 65 years. Mom also loved to sing in the Church choir. She was also a

member of the Golden Agers Seniors Club and a 20-year member of the Jubilee Crescent Seniors, where she held the position of secretary for four to five years.

Mom enjoyed crocheting, gardening, playing cards, bingo, shuffle board, coffee with friends and going to the Wellness Centre. She also loved baking and cooking, and braiding paskas and making babkas, and pyrohy with the ladies in church. She loved being with her children, grandchildren and great-grandchildren. She was proud to watch them in all of their activities.

Peacefully on Monday, February 1, 2016, Mary passed into the presence of her Lord and Saviour, Jesus Christ, at the Yorkton Regional Health Centre with family by her side. She was 86 years of age.

Mary leaves to cherish her memory, daughters: Ruth (Mike) Erstelle of Winnipeg, Shirley (Robert) Erstelle of Winnipeg, sons: Ernie (Gwen) of Winnipeg, John (Penny) of Oakbank, MB, Nicholas (Maria) of Yorkton; grandchildren: Kameo (Cecil) Eger, Ryan Erstelle, Jessica, Justin (Erika-fiancée) and Brandon Yakiwchuk, Joshua and Jewel (Mathew-fiancée) Yakiwchuk, Andrey and Oksana Yakiwchuk; great-grandchildren: Colton and Kaemon Eger; also her sister, Anne (Jim) Rogers and families, brother, Edward (Debbie) Kopeck and families, and numerous other relatives. Mary was predeceased by husband Bill, her parents, her brother Peter Kopeck, and infant brother Stephen.

Scholarship News

The Ukrainian Catholic Women's League of Canada is pleased to award the 2016 Mary Dyma Religious Studies Scholarship to **Aleksandra Kozak**, and the 2016 Vera Buczynsky Ukrainian Language Scholarship to **Connor Moen**.

Aleksandra Kozak is an active member of St. John the Baptist Parish in Ottawa, Ontario. She is a Catechism teacher who prepares children for their Sacraments of Penance and Holy Eucharist. As well, she provides pastoral visits to the sick and lonely in her faith community and, because of this, Aleksandra organized a Bible Study group to assist members in their faith formation.

Aleksandra participates in all the activities of the UCWLC in her parish and coordinates preparation for the St. John the Baptist Parish Family Camp. In her own words, Aleksandra says, "I do not mind pulling up my sleeves to do the hard work required to prepare



the cabins for renting so that our parish can enjoy the camp grounds for spiritual retreats."

Besides contributing to the spiritual work in the parish, Aleksandra promotes the

Ukrainian culture by teaching Ukrainian language "Ridna Shkola" at the Ukrainian Heritage School in Ottawa, introducing her students to the richness of Ukrainian songs and affiliated arts.

Presently, Aleksandra is studying at St. Paul University for her Master's in Counselling and Spirituality. She has completed her Bachelor of Arts with Honours, majoring in Human Relations and Spirituality. Aleksandra's future plan is to apply her knowledge by presenting retreats, especially on the topic of Forgiveness, with the hope of developing a strong faith community in her parish.

Connor Moen is a member of Sts. Peter and Paul Ukrainian Catholic Parish in Saskatoon, Saskatchewan. His first introduction to the Ukrainian language was at age 14, when he attended the core Ukrainian language program at Bethlehem Catholic High School. Prior to that, he didn't know a single word in Ukrainian. It was through this program that Connor discovered his passion for the Ukrainian language, thereby immersing himself in language courses at Saint Thomas More College and immersion courses in Ternopil, Ukraine. In addition to his language courses, Connor has learned about Ukrainian culture through an Anthropology Course exploring the various anthropological dimensions of contemporary Ukrainian culture and



its social development.

Connor takes pride in promoting language and culture within the Ukrainian youth community in Saskatoon. He is a Ukrainian language tutor for beginner students and helps to reduce the language barrier for recent immigrants from Ukraine by getting them more involved in the Ukrainian community.

Connor is extremely passionate about everything Ukrainian and is involved in various organizations that promote Ukrainian culture, like the Lastiwka Choir, Vesna Festival, University of Saskatchewan Ukrainian Students' Association, and Ukrainian Canadian Students' Union (SUSK). As well, he also holds executive positions in other organizations.

As a member of Sts. Peter and Paul Parish, Connor is actively involved in the Catholic community through the Newman Centre and Saint Thomas More Students' Union. Presently, Connor is in his fourth year in Political Science at the University of Saskatchewan. He aspires to enter the College of Law with the ultimate goal of working for the Embassy of Canada to Ukraine.

YWCA Women of Distinction Awards Nominee Alicia Chichak

By Victoria Kostyniuk

With over 100 years of service in Edmonton, the YWCA has given support to the community through encouraging women of all ages to become leaders. One of the many ways that the YWCA recognizes women is through the YWCA Women of Distinction Awards. The Awards are considered to be highly respectable awards that women in Canada can receive. When Alicia Chichak, 17, was informed that she was a nominee for the award, she felt “blessed”. Nominated by her vice-principal, Ms. Norma Jani, Alicia had the honour of being eligible to receive an Award in the Young Women of Distinction Category.

Alicia is very involved in her educational community. She was the President of the Student Council at Holy Trinity Catholic High School during the 2014-2015 school year, which gave her several opportunities to be a leader and organize activities that empower the other students in her school to become involved in the community outside of the school. A few of the social justice projects in which Alicia played a major role were fundraising for the Filipino Relief Fund, collecting food for the food bank, and making awareness for mental health and environmental issues. Alicia was a member of several school clubs throughout the year, including the basketball team, concert band, the Newspaper Club, the Mission Club, as well as being



“Youth are not the future; they are the here and now.”

– Alicia Chichak

a founder of the Mathlete Club. She also had the opportunity to have a role in the Edmonton Catholic School District as a member of the All City Band and the Student Advisory Council. Alicia became so involved in order to ensure that every student of her school enjoyed being there and felt welcome.

As well as her school, Alicia has lots of involvement in her church community at St. Basil's Parish. After having revived the program, Alicia has been the leader of the Sodality group for girls grade 7 and up, and now is one of the main coordinators of the St. Basil's Youth Club. She has hopes that the bonds that are formed in their groups will continue to prosper. Alicia

has a strong connection with Sr. Petronella Dybka, SSMI, and has been assisting her with the biannual Sadochok Concerts that Sister runs. As well, Alicia is the conductor of the Children of Mary and Sodality choir that sings in the choir loft during communion on the first Sunday of each month. Alicia is also a member of the core team at an eparchial level as she represents youth at different eparchial events.

In addition, Alicia has had several other accomplishments, including being the Valedictorian at her graduation, winning the Superintendent's Award of Excellence, the Premier's Citizenship Award, and the Lions Club and Kinsmen Club of Edmonton Community Service Awards. Although she did not win the YWCA award, her passion to empower youth to become leaders truly shines in the work that she does within her community.

“Since a fairly young age, I have had this intangible feeling in my heart that I could inspire youth to fulfill their greatest potential. I know that the work I do is only possible through God, and I do the work that I do because I believe all youth have the special talents to grow and develop that are given to them by our Creator. With their passion and flare for creating positive change, youth can transform the world for the better. Youth are not the future; they are the here and now.”



Ukrainian Park Children's Camp Winnipeg Archeparchy

By Dayna Konopelny

Every summer for two weeks of the year, Ukrainian Park Camp is filled with life. For the first two weeks of July, Ukrainian Park Catholic Children's Camp provides children with the opportunity to experience their faith in a camp atmosphere. Ukrainian Park Camp is located 9.5 km north of Gimli, Manitoba, and is run under the Archeparchy of Winnipeg. The camp is situated on the shores of Lake Winnipeg, with direct access to the beach. We are focused on creating an environment that is filled with faith, friends, and fun! Week One is for the older children (grades 6 to 10) and Week Two is for the younger children (Kindergarten to grade 6). We also run a leadership program throughout the second week for grades 9 to 12.

Each year camp has a different theme. Past themes have been "Olympics," "The Nature of Things," and, most recently, "The Amazing Race." The theme for 2016 is "Lights. Camera. Camp!" Campers will have the opportunity to make their own movies, and will receive a copy of all the movies they make throughout the week. The theme will work together with other activities like our soccer tournament, The Koubassa Cup, scavenger hunts, and activities commemorating 125 Years of Ukrainian Settlement in Canada. At the end of the week, we will roll out the red carpet, dust off our formal attire, and host the first ever Golden Pysanky Awards!

Throughout the week campers participate in Art led by artist Alice Kulyk. Previous art projects have included silk painting, watercolour painting, and other mediums. We display the artwork throughout the week so

Дитячий Табір «Український Парк» Вінніпезької Архиепархії

Переклад з англійської о. Ярослав Будуйкевич

Щоліта, протягом двох тижнів, Український Парк наповнюється життям. В атмосфері відпочинку Український Католицький Дитячий Табір надає дітям можливість зростати у вірі та дружбі. Український Парк розташований на північ від Гімлі, і є під опікою Вінніпезької Української Католицької Архиепархії. Табір розташований на березі озера Вінніпег і має власний пляж. Основна увага табору зосереджується на створенні атмосфери для зростання у вірі, пошуку нових друзів і веселого відпочинку! Програма табору поділяється на два тижні: перший тиждень організовується для дітей старшого віку з 6 по 10 класи, другий тиждень – для дітей молодшого віку, з садочка по 6 клас. Протягом другого тижня для учнів 9-12 класів створена програма з навчання майбутніх вихователів для табору.

Кожного року табір організовується довкола окремої теми. Наприклад, «Олімпіада», «Природа Речей» і «Великі Перегони» – теми минулих таборів. Тема цьогогорічного табору – «У Променях Слави!». Ця тема буде пов'язана з іншими видами діяльності, такими як футбольний турнір, «Кубок Ковбаси», у пошуках скарбів та заходи, присвячені відзначенню 125-ти річчя еміграції українців до Канади. Діти матимуть можливість протягом тижня створити власні фільми. Наприкінці тижня по червоній доріжці у святковому одязі пройдуть номінанти нашої першої кінонагороди – «Золота Писанка»!

Упродовж тижня діти братимуть участь у мистецьких семінарах, які проводить художниця Еліс Кулик. Наші попередні художні проекти включали: розпис по

campers can see each other's masterpieces. We also offer daily catechism led by the Sisters Servants of Mary Immaculate, and celebrate Divine Liturgy twice per week during camp. Additionally, we bring in instructors to offer sailing, archery, fencing, and the camper's favourite, Zumba! Since the camp is right on the lake, swimming and playing on the beach is a daily activity.

Many of our camp counsellors are former campers who have attended the camp throughout their childhood, and donate their time to give campers the same opportunity they had. Our counsellors are not only role models for our campers, but truly are the life of the camp. Counsellors get the campers excited to participate, and are always willing to make sure everyone is having fun! If being a camp counsellor is something you are interested in, please contact us.



Our main goal is to provide children with the opportunity to attend a summer camp rooted in our Ukrainian Catholic faith. We also look to make our camp as well-rounded as possible. We recognize that everyone does not have the same talents or gifts. Therefore, we create our activities for all children to shine! We try to cover the areas of sports, singing and music, puzzles, creativity, and everything in between.

This summer our camp runs from July 3 to July 10 for grades 6 to 10 and July 10 to July 17 for grades K to 6. The registration deadline is May 31, 2016. For more information and registration forms, please visit archeparchy.ca under Ministries. For direct inquiries, please email childrenscamp@archeparchy.ca or call Joan at 204-669-3666. We hope to see you this summer!



шовку, акварель та інші проекти. Усі мистецькі твори будуть виставлені на виставці для загального огляду. Сестри Служебниці Непорочної Діви Марії щоденно проводять уроки катехизму, а два рази на тиждень учасники табору запрошуються взяти участь у Боже-ственній Літургії. Крім того, ми запрошуємо інструкторів з плавання, стрільби з лука, фехтування і всіма улюбленою ЗУМБИ! Оскільки табір знаходиться на березі озера, плавання та різні пляжні ігри є невід'ємною частиною щоденного розкладу.

Багато з наших вихователів, у минулому учасники нашого табору, жертвують своїм часом, щоб надати й іншим дітям таку ж можливість, яку вони мали у своєму дитинстві. Наші вихователі не тільки є добрим прикладом для наслідування, але й серцем нашої спільноти. Вони не тільки власним прикладом заохочують дітей брати участь в усіх заходах, але завжди готові розвеселити навіть найсумніших. Якщо ви бажаєте і відчуваєте у собі сили стати вихователем у нашому таборі, будь-ласка, зв'яжіться з нами!

Основна наша мета – надати нашим дітям можливість всеохоплюючого відпочинку, пізнаючи своє українське католицьке коріння. Ми усвідомлюємо, що всі мають різні таланти, тому ми створюємо наші заходи таким чином, щоб усі діти могли якомога яскравіше засяяти своїми талантами! Наші заходи включають віру і творчість, музику і спів, а також ігри і спорт.

Цього літа наш табір розпочинається 3 липня для учнів 6-10 класів, а для дітей молодшої вікової групи, з садочка по 6 клас, 17 липня. Реєстрація триватиме до 31 травня 2016 року. Для отримання додаткової інформації та реєстраційних форм, відвідайте архієпархіальну веб-сторінку, – archeparchy.ca у розділі Children's Camp. Для прямих звернень, пишіть на childrenscamp@archeparchy.ca або телефонуйте Joan Lewandosky: 204-669-3666.

Сподіваємося цього літа знову побачити усіх вас!

Adriana Luhovy's Documentary Film "Recovery Room" in Production



Filmmaker Adriana Luhovy in the operating room of the Kyiv Main Military Clinical Hospital.

Montreal/MML Inc. – Adriana Luhovy is currently working on a feature documentary film, tentatively titled "Recovery Room," for which she is director and cameraperson.

The documentary deals with the current war in eastern Ukraine and the diaspora's response on a humanitarian level. It is based on interviews, and unique archival footage, in hopes to contribute to a better understanding of the war, its effect on the young men and women fighting, and why/how Ukrainians across Canada are providing humanitarian assistance. It follows the journey of the patients and medical teams, both Canadian and Ukrainian, over the course of two medical missions, capturing the close interaction between them.

Put in context of the war, this documentary exposes the human stories of many Ukrainian patients conveying what they have gone through before,

during and after their significant psychological and physical trauma.

Filming of the documentary began after Adriana, who was invited by the Canada-Ukraine Foundation (CUF), joined the team of the Canadian Medical Mission to Ukraine in May 2015 as photographer of the Mission. During this time, she noticed that news channels would come and go, but not capture the real depth of what was truly occurring. On top of photographing, Adriana began to film and interview, as well. She states, "It was important to document the work of the doctors and patients, record the stories and emotions, ensuring this was not forgotten. The war, its destruction and its impact on society is told. I believe the film will propel discussions on topics of human rights, freedom, justice, independence, sacrifice, and Ukrainian history." The documentary is being produced and edited by Yuriy Luhovy.

The trailer for the film: [youtube.com/watch?v=OcjAsbhoTI8](https://www.youtube.com/watch?v=OcjAsbhoTI8)

Adriana further continues, “I was privileged to be in the Kyiv Main Military Clinical Hospital operating rooms every day for two Medical Missions, close to everything that happened. The injured soldiers were from all over Ukraine – from Lviv to Luhansk. Some were still recovering from injuries on the Maidan during the revolution. I was also granted special permission to stay and continue my work conducting interviews and filming at the Kyiv Main Military Hospital even after the Canadian medical team returned to Canada, having gained complete trust of the soldiers and medical teams. These unique interviews form the story.

“I am most grateful to Victor Hetmanczuk, Krystina Waler, Dr. Oleh Antonyshyn, Dr. Ihor Fedirko and many more for the opportunity to be with them.” In February, Adriana visited the soldiers and staff during the fourth Medical Mission in Kyiv as a follow up, receiving additional materials for the documentary.

Adriana’s photographs have been published in Maclean’s Magazine, the Toronto Star, Le Devoir, Forbes Magazine, Radio Free Europe/Radio Free Liberty online, Kyiv Post, Euromaidan Press, Ukrainian-Canadian papers and many others. She created a web site to support 11-year-old Mykola Nyzhnykovskiy,

the victim of a horrific undetonated-grenade explosion, who is currently being treated at Montreal’s Shriner’s Hospital. She also designed CUF’s Medical Mission logo, branding materials, certificates, as well as the Help Us Help the Children’s web site.

Adriana was working as Ukrainian program coordinator in New York City for “Advancing Human Rights” prior to joining CUF’s Medical Mission. While there, she worked on high profile human rights abuse cases, including the plight of Nadiya Savchenko. She is a graduate of Montreal’s Concordia University in Communications Studies, of Vancouver Film School in Digital Design and of New York School of Visual Arts in Design for Social Change. She attended the University of Kyiv-Mohyla Academy summer school and the Ukrainian Catholic University in Lviv. Her work on historical documentaries began as the main camera operator for the award-winning feature documentary “Genocide Revealed.” Documentary films such as these not only further public awareness, but are critical in helping ensure our history is recorded.

For further information or to help support the project, see adrianaluhovy.com, or call 514-481-5871. This documentary, an educational film project, is endorsed by UCC-Montreal/Quebec Provincial Council.

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Embroidered Memories

The Ultimate Pillow Talk

By Larisa Cheladyn

Within the Ukrainian-Canadian community, the embroidered pillow is one of the most popular and enduring domestic symbols of ethnic identity. Not only is it a form of decoration, but its creation is a leisure activity as well. As we prepare to celebrate 125 years of Ukrainians in Canada, many Canadians of Ukrainian heritage have begun to inherit embroidered pillows created by their mothers, grandmothers, and even great-grandmothers. For many of the recipients there is a deep, intuitive cultural connection that directs the instinct to preserve and conserve the items. The pillows represent hundreds of thousands of hours of detailed stitchery, and in many cases they have become keepsakes out of respect for our ancestral connection and the sheer beauty of the craftsmanship. In Ukraine, the embroidered pillow was often a symbol of wealth and included in a dowry. However, aside from the work of Canadian Folklorist Dr. Robert Klymasz¹ in the 1970s and '90s (and a smattering of donations to local museums) little information has actually been



Stella Morash, Bill Konyk, and Michael Stepanczak compare notes and share each of their mothers' embroidery created in Nova Scotia.

collected and recorded about the role of the Ukrainian embroidered pillow in the Canadian setting.

As a third generation Ukrainian-Canadian "baby-boomer" I grew up surrounded by the trifecta of iconic Ukrainian imagery – the pysanka (Easter Egg), rushnyk (ritual towel), and the embroidered podushka (pillow). Like many of the traditional Ukrainian customs and rituals, these objects have always been a part of my life and there has been an inherent cultural understanding associated with that close connection. However, as an artist, I have been intrigued with the nebulous intersection that exists between the making of traditional folk art and the creation of new art. Of

particular interest are the beautiful, intricately embroidered cushions that often sit precariously on the back of living room sofas – not quite utilitarian objects, and not quite fine art hanging on the wall. I often wondered: What is the back-story to these precious, meticulously stitched pieces? Are they the product of a need to preserve our culture? Or are they an outlet for creative expression? At one time, in Canada, embroidered pillows were on display in almost every Ukrainian heritage household; now, they are rarely seen. What inspired their creation, and where have they all gone?

This past summer I embarked on a journey across Canada to gather information that would hopefully answer some of these questions. The intent was to capture a panoramic picture of information pertaining to the embroidered pillow and better define its place in the Ukrainian Canadian community. I literally travelled from coast to coast: Sidney, BC, Victoria, Vancouver,

¹ Dr. Robert Klymasz is a world renowned Ukrainian-Canadian folklorist. He was educated at the University of Toronto, University of Manitoba, Harvard, and Indiana University. He is best known in his pre-retirement role as Curator of the Slavic and East European Program at the Canadian Museum of Civilization in Ottawa, and for his Canadian prairies fieldwork collecting songs and folkloric materials of early Ukrainian immigrants and their descendants.



Anna Mykytyn with her pillows that she has embroidered in her favourite stitches: Nyzanka, Yavorivka, and Poltavski Hlad'.



Only a fraction of over 100 pillows embroidered by Maria Luciuk - Kingston, ON

Edmonton, Saskatoon, Winnipeg, Toronto, Kingston, Ottawa, Montreal, Dartmouth/Halifax, and Sydney, NS. During those five short weeks I had the privilege of interviewing 44 individuals and families who still have Ukrainian embroidered pillows that were created in Canada by themselves, a family member, or close friend. Spanning four generations of stitchers, I had the pleasure of examining, and photographing, over 500 different pillows. Although I could identify some common sources of inspiration, I found that each of those pillows was, actually, quite unique.

I was enlightened in my findings. First, from what I observed, Cross-stitch was the most popular stitch, followed by Nyzanka and Yavorivka. DMC was the preferred brand of

thread. Pattern sources varied, with inspiration coming equally from popular publications (Жіночий Світ, Промін, Голос, Chatelaine), and from the sharing of designs between family, friends and neighbours. There were only six of the 500 pillows that shared exact duplicate patterns with another. The majority were modified to personalize pillow patterns by incorporating favourite colours and motifs into standard designs. Having found embroidered pillows created in each of

the provinces I visited, plus PEI, I can safely conclude that pillows were embroidered by Ukrainian immigrants across Canada.

In my large sampling I was fortunate to gather information spanning over 90 years. The oldest pillow dated back to approximately 1918; while the most recent was completed in July 2015. The stories I collected provided remarkable insight into not only the embroidered pillow, but also into the lives of many of the women, and men, who created

them. My favourite pillow was from two 96-year-old friends living at the Ilarion Senior's Residence in Saskatoon. Alice and Kate were both born in Canada, and are still active in the Ukrainian community. Each woman proudly displays her embroidered pillows on the back of the couch in their



Kate Parchewski and Alice Prociuk - Ilarion Sr. Residence, Saskatoon, SK

respective suites. Both learned to embroider on their own, not because their mothers didn't know how; rather, their mothers were too busy. The 1920s signify a time of large families, gardens with "300 heads of cabbage," cows to milk, and fields to harvest. "If you wanted something pretty you had to figure out how to make it yourself." To Alice and Kate, their pillows are a non-verbal expression of the lives they've lived and their personal identity.

I encountered endless remarkable stories. They shared common elements, yet, in other ways, they were unique. I found that some embroidered pillows were created spontaneously, while others evolved through detailed planning. Many were created for personal use, but others were just samplers in an embroidery class. Oftentimes,

pillows have been gifted, re-gifted, donated, and sold at craft sales. Some cushions I was invited to touch, yet others were for display only. Conclusions from my research and fieldwork are not yet complete. The information I collected has become the

foundation of my Master's thesis in Ukrainian Folklore at the University of Alberta. My conclusions will be shared as part of my "1000 Pillow Project," which will be unveiled later this summer in celebration of 125 years of Ukrainians in Canada.



Daria Twerdochlib's hand-drawn pattern collection dating back to 1939 - Toronto, ON



**Ukrainian Catholic Women's League of Canada
National Executive**

**The Vera Buczynsky
Ukrainian Language Scholarship**

The National UCWLC is offering one scholarship of \$1000 to a person from the Ukrainian Catholic community who is enrolled in a Ukrainian language class at a post-secondary level. Applications are available from and should be submitted to

**The Vera Buczynsky Ukrainian
Language 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 woman who is a member of the Ukrainian Catholic Church and is enrolled 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



All Creatures Great and Small

By Oryzia Tracz

Even though most of us now live in an urban environment, every Ukrainian child knows about farm animals and how special they are at Christmas. Maybe, to a child's mind, it is only Ukrainian farm animals that behave differently at Christmas, not the ones down the country or provincial roads in North America. But that could be because the local farmer does not treat them the same way as the Ukrainian "hospodar" and "hospodynia" did in the old days.

In our comfortable city apartments or suburban homes, we have kept a good part of the special Sviat Vechir traditions. But many have fallen away because of impossibility or impracticality.

In ancient pre-Christian times, animals were considered a part of the family, of the clan. They were respected and, even though hunted for food, clothing, and shelter, were spoken to and thanked for their support of the family. Later, during the Neolithic period, with the domestication of certain animals such as horses, cattle, sheep, pigs, and fowl, they were still considered family.

Let's go back a few centuries to the traditional Ukrainian Sviat Vechir the way we remember it from stories. Very clear indications of the close relationship between humans and animals are seen in our Christmas traditions. Every Ukrainian child knows that even before the family sat down to Sviata Vecheria, a portion of each of the 12 dishes was collected and taken to the stable to share with the animals. Bees were also fed and greeted with the Sviata.

In some regions, for example among the Hutsuls of the Carpathian Mountains, the husband and wife went outside before supper, and thrice recited an invitation for supper to the winds, the storms, the frosts, all foul weather, as well as to the wolves, bears, and other predatory animals. Then they said, "And if you are not coming now, don't bother us for the rest of the year!" This was a ritual magical act, a wish-fulfilling gesture to ensure safety in the new year.

It was believed that on this night, the animals spoke in human language. The god of the animals visited them to see if they were being well treated. Along with the special foods of this evening, the animals were given new hay and fresh straw, everything to make them comfortable. Baby animals were brought into the house to play with the children in the straw under the table. The symbolic unity of the family of nature was there on this night.

The reason meat and dairy products are not eaten on Sviat Vechir dates back to our most ancient times. Because most of the traditions of our Rizdvo have their origins in the Paleolithic period (beginning around 22,000 B.C.), in the hunter/gatherer stage of human life, how could humans eat the flesh of the members of their extended clan? After all, this was the special evening celebrating the whole family during the Winter Solstice. The foods were all the ones that had been gathered, collected, dug up, and preserved. Only the fish was fresh. There were no dairy products then because there were no domesticated animals from which to obtain milk. Try milking a wandering reindeer or elk!

The animals are even part of the *vinchuvannia* and in the *koliadky*. After greetings to the husband, wife, children, and the elderly, the farm animals are included in the next line, as are the bees, and the field and its harvest: "And with this word we ring the bells; and bow to you, renowned master of the house, our lord Ivanko; we bow to you, we honour you, we wish you a good and long life, for you and your wife, your family, your animals, your horned animals, and with the entire homestead and holy field..."

Another *koliadka* wishes a full, satisfied home, and bees with hives... and as many cows, sheep, and horses as there are crumbs on the table. Among other things, a Hutsul "*podiaka stolovi*" (thanks to the table, after the meal for the carollers is eaten and all the *koliady* have been sung) wishes the family that when the cattle are in the barns, and the sheep are on the way to the *polonyna* (the highland

meadows), that the Blessed Mother of God cross their path, to bless them.

As they left the house, if a hospodar had beehives Hutsul koliadnyky would perform a ritual involving their hats and walking sticks/hatchets that symbolized a colony of bees. There were special koliadky for beekeepers about the bees, the queen bee, and how the sons collected the colonies. "We ate here, we drank here, so that the bees will team here (stay in the colony)." One koliada concerns a beekeeper setting up a new hive and how he goes about it. The

final verse asks God to ensure that there be thick honey and yellow wax – the yellow wax for the glory of God (i.e., for church candles), the thick honey for the people.

As we celebrate this Rizdvo, may you enjoy the holidays in happiness, with your spouse, children and family, and your animals; may you enjoy them next year, from 100 years to another 100 years, as many as God has assigned to you for Mnohaya Lita!

The Ukrainian Weekly. January 1, 1995

First In-Depth English-Language Book on Ukrainian Christmas Traditions

First Star I See Tonight: Ukrainian Christmas Traditions

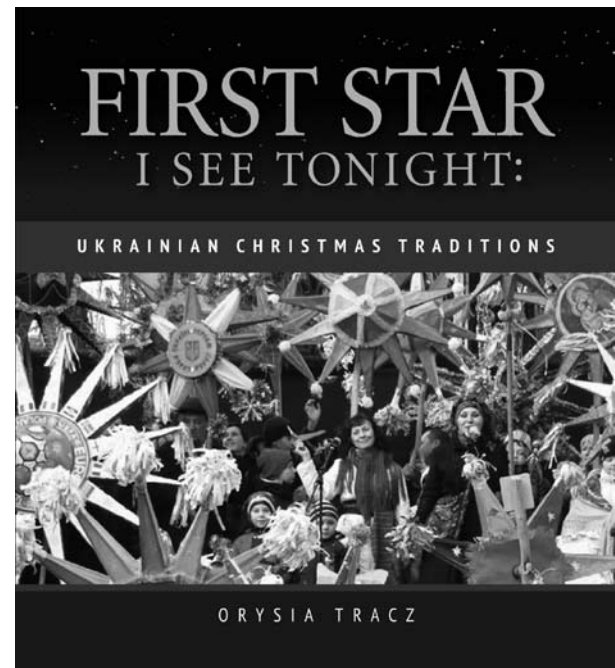
by Orysia Tracz

Winnipeg: Mazepa Publications; Zhuravli Ltd., 2015

Why do Ukrainians celebrate Christmas without Santa Claus? When do they get their gifts? Why is Ukrainian Christmas celebrated in January? Why do they eat twelve separate meatless and non-dairy foods on Christmas Eve? Why is there an empty place setting and chair at the table even if there are many people? Why do they go around singing in people's homes in the depths of winter? What is a Malanka? What's with all the different things celebrated in such a different way? What does all this mean?

Orysia Tracz is a writer, researcher, translator, and speaker on things Ukrainian, especially culture, and has had a life-long interest in Ukrainian rituals and traditions. In this book she explains Ukrainian Christmas origins, their symbolism, and their continuation in Ukraine and around the world, especially in Canada and the USA.

The author has wondered about all this since childhood, and has finally put all of it together (at least most of it). With the strong Ukrainian-heritage population in North America, and the interest shown in Ukrainian traditions whenever Ukrainian Christmas is mentioned in the media, this book will fill a large part of the need for this compre-



hensive information. This is a book for families, generations, and for lovers of Christmas.

The book is available online at McNally Robinson in Winnipeg and Saskatoon, from Yevshan, and select Ukrainian bookstores in North America.

ukrainianchristmas@gmail.com

<https://www.facebook.com/ukrainianchristmasbook>

<http://www.mcnallyrobinson.com>

<https://www.yevshan.com/newsletter/CDN2016.pdf>

Musée Ukraina Museum

A Year of Celebrations

By Martin Hryniuk, Board Member

On Sunday, August 30, 2015 the Museum kicked off its 60th anniversary year with an open house and tea, an informal afternoon celebrating and giving thanks for 60 years of achievements and growth. The afternoon featured a short program paying tribute to the founding members and dedicated supporters of the Museum. It was announced that afternoon the Museum was awarded a grant of \$238,000 from the Canadian Government through the department of Western Diversification's 150 Community Infrastructure Program. This grant will allow the Museum to start work on the second floor early fall of 2016.

Following the program all guests were invited outside for the unveiling of the Cornerstone. Throughout the afternoon many guests came to offer the Museum congratulations and offer ongoing support. Everyone received a special 60th anniversary cookie which was especially designed for the event by Krys Kos of Winnipeg.

On Saturday, October 3 at 8:30 AM, the Apostolic Nuncio to Canada, Most Reverend Luigi Bonazzi visited the Museum and was given a tour of the Museum by Patricia Mialkowsky, Diane Boyko and Anna Mycyk. The Nuncio commented that the Museum was a "sanctuary of culture" and a very special place within our community.



Apostolic Nuncio visit to the Museum



Anniversary tea kick-off to 60th year

On October 18, 2015 the official opening took place of a retrospective solo exhibition of visual artist Ivan Ostafiychuk. This Saskatoon exhibit coincided with a major retrospective exhibit of the artist's work at the Sheptytsky National Museum in Lviv, Ukraine. Exhibits in both Lviv and Saskatoon provide a temporal panorama of Ostafiychuk's creative works spanning the years from 1965 to 2015.

The Saskatoon exhibition was curated by Museum board member Anna Mycyk. A select number of originals and linocuts are for sale with a portion of the sales going to the Museum building fund to complete the second floor. This exhibition was made possible through the generosity of Dr. Taras and Anna Mycyk. →



UCWLC members at the 60th anniversary Gala

In collaboration with the Ukrainian Sisters of St. Joseph and their Shrine dedicated to Blessed Nun Martyrs Olympia & Laurentia, four evenings of wonderful Christmas programming was hosted on December 25, 26, 27, 2015 and January 10, 2016 featuring numerous choral groups, tours and opportunity to visit Sister Theodosia's Nativity sets at the Shrine.

On April 10, 2016 the Museum hosted a Gala evening celebrating 60 years of leadership. The gala paid tribute to the Ukrainian Catholic Women's League of Canada – Saskatchewan who have been visionaries, leaders and stewards of the Museum.

From a small core group of UCWLC women supported by an impressive membership from throughout the province, the UCWLC undertook the responsibility of founding and laying the

groundwork of the Museum more than 60 years ago and continues to this day, stewarding growth and continued success, allowing us to be the beneficiaries of an extremely rare and beautiful collection of over 20,000 artifacts housed in a new Museum building.

For 60 years the leadership and membership of the UCWLC has been committed to acquiring, preserving, exhibiting, and interpreting articles of artistic or historic significance, valuing the rich cultural heritage of Ukrainian people.

The 60th year anniversary year will close with an exhibit by Saskatoon artist Christine Devrome. The exhibit opens June 12, 2016.

Here's to another 60 successful years of showcasing, educating and preserving the cultural contributions of our Ukrainian Catholic community.



Museum board members at the 60th anniversary Gala

Understanding Arthritis

By Stephanie Keeling

ARTHRITIS IS ONE OF THE MOST COMMON CHRONIC DISEASES in our country, affecting over 4.6 million Canadians. While that number may seem surprising, there are actually over 100 types of arthritis.

A common way to break it down is between types of inflammatory arthritis and osteoarthritis (“wear and tear” type arthritis). These differences are important because the treatments can vary depending on which type of arthritis a person has. No matter what type of arthritis one has though, symptoms common to all people suffering from arthritis include pain, stiffness, swelling, and limitations in the range of motion of an affected joint. Arthritis isn’t a disease which solely targets the elderly, either. In fact, three out of five Canadians with arthritis are of working age, and there are versions that also affect children. The best way to figure out what type of arthritis someone has is by visiting their family doctor and considering a referral to an arthritis specialist – either a rheumatologist or an orthopedic surgeon.

When a rheumatologist sees a person, he or she will help diagnose if the problem is in fact arthritis and then, more specifically, figure out what type of arthritis it is. If a person is diagnosed with osteoarthritis (“wear and tear” arthritis), it means that the cartilage (the smooth material which covers the end of your bones at the site of the joint) is wearing down and drying out. Over time, the cartilage disappears and the joint becomes “bone on bone,” which can be extremely painful and limit how much that joint can do. Currently, there are no proven scientific ways to replace cartilage.

Osteoarthritis treatment focuses on pain control with medications such as acetaminophen (Tylenol), and non-steroidal anti-inflammatories (NSAIDs) like ibuprofen (Advil), naproxen (Aleve) or celecoxib (Celebrex). These medications do not stop the underlying problem but can help make the pain more tolerable. Sometimes, the side effects of these medications may limit how much they can help. Additional treatments that can be considered include injections of corticosteroids or joint fluid replacement known as viscosupplementation. When certain joints become completely worn down, orthopedic surgeons can replace them (e.g., knee and hip replacements). Unfortunately, there are currently no replacements available for smaller joints like the wrists, elbows or the spine.

If a rheumatologist diagnoses an inflammatory arthritis (e.g., rheumatoid arthritis, ankylosing spondylitis, systemic lupus erythematosus, juvenile arthritis), then the treatments are substantially different compared to osteoarthritis. These are autoimmune conditions, where the person’s immune system has decided to attack the lining of the joint called the synovium, and lead to inflammation in the joint, which results in swelling, pain and stiffness of the whole body. Sometimes, other organs in the body can also be affected. Medications called disease modifying anti-rheumatic drugs (DMARDs), which dampen

down the immune system, are used to stop the swelling of this lining and can return a joint to normal if used early in the diagnosis. Medications such as NSAIDs and steroids may help reduce some of the person’s symptoms, but without the use of DMARDs, inflammatory arthritis will progress and negatively impact a person’s life by producing joint deformities, work disability and sometimes shortening life. Inflammatory arthritis can affect all ages, but typically starts in one’s thirties to fifties. Newer medications called biologics are also improving the lives of patients with inflammatory arthritis and are more widely available.

Natural health products (e.g., glucosamine, MSM, chondroitin, Devil’s claw) have not proven effective in any type of arthritis. While some people swear they make their joint pain improve, most arthritis specialists recommend using these with caution because the ingredients can vary from product to product, interfere with other medications, and can cost a lot of money. Most arthritis specialists do not recommend medical marijuana/cannabis for arthritis pain as it has not been properly studied and many better medications exist to treat arthritis pain.

It is clearly important to pay attention to pain in your joint or joints as there are lots of different causes and treatments for arthritis. The best place to start is with your family doctor who can make a diagnosis, start treatment and facilitate referrals to arthritis specialists including rheumatologists and orthopedic surgeons.



Christ is Among Us! He is and He Always Will Be!

By Amanda Maternicki née Shymko RECE

"If you build it, He will come" – Field of Dreams

Living the dream. I began my involvement in youth leadership by chance. In my early twenties I was invited to chaperone a youth retreat one February in the late 1990s and the experience changed me. My heart was filled with such love that weekend that my life was altered forever and I realized my purpose and my path with Christ.

When God calls to you, are you listening? Quite often we do not hear the Lord when He speaks to us; messages are often sent in ways that may be unclear, but once you hear and answer "yes", the world becomes an incredible place to live.

Project Vyra was founded to provide opportunities for leadership through workshops, day camps, retreats and summer camps in a Christian environment. Project Vyra was created in an effort to unite enthusiastic youth in the Toronto area and to enhance their unique talents while encouraging dedication, self confidence and autonomy in various creative mediums.

My knowledge and skills as camp director, retreat leader, public speaker, early childhood educator and Ukrainian dance instructor are essential in the production of a successful experience with Project Vyra.

Project Vyra – aptly named by one who has demonstrated so much faith in God and others.

– Lesia Kiska

I initiated Faith Break Day Camps which have blossomed from one week to now three in the year as an alternative to the secular camps found within the GTA.



Amanda Maternicki

Campers arrive for a fun-filled week, similar to other camps; however, their lives are enriched spiritually through a foundation of faith that the camp is based upon. Prayer is a part of daily life and this is naturally instilled at Faith Break; campers are encouraged to continue their relationship with God at home with their families through various means. Campers range in age from 4 to 12; this welcomes opportunity for older campers to take on a leadership role and work together as teams with younger friends.

Project Vyra works in association with the Ukrainian community in Toronto. St. Demetrius church community group acts as a collaborator with Project Vyra on our March Break "Faith Break," volunteers from the church share their time

and specialities to teach children Ukrainian traditions, i.e., writing pysanky, cooking varenyky, baking and much more. In both spring and summer camps Clergy visit with the campers to enhance the catechism program.

In May of 2016, Project Vyra was hired by a local Catholic elementary school to lead a retreat for the communicants. The day was filled with opportunity for discussion, creative experiences and games focused on the Last Supper, Reconciliation and Holy Eucharist.

I strive to demonstrate the same qualities I've observed from Amanda for many years in my own community involvement and my professional life today.

– Natalie Witiuk

I continue to do all I can to bring Christ's love to the young people of our community and trust that Project Vyra will be providing retreats for many Catholic elementary schools and high schools in Toronto, combating bullying and enhancing Christian values in our youth and I aspire to open my doors as a retreat centre and summer camp for Catholics from all over in the near future.

For more information on Project Vyra and Amanda Maternicki, "like" the Project Vyra Facebook page or email projectvyra@gmail.com.

Ukrainian Canadian Community Launches Celebrations Marking 125 Years of Ukrainian Immigration to Canada

The Ukrainian Canadian community is celebrating the 125th Anniversary of Ukrainian immigration to Canada. There are over 1.3 million Canadians of Ukrainian descent, and for 125 years Ukrainians have been contributing to the essential fabric of Canadian life and culture.

In 1891 the first Ukrainians came to Canada seeking a better life for their families. Through five large waves of immigration, Ukrainians have settled in Canada – a land of refuge and freedom. The Ukrainian story in Canada is a testament

to the opportunities and possibilities that our great country represents. Ukrainians have remembered their traditions, language and culture while giving back to the land where they have made their homes.

Across Canada a diverse array of Ukrainian Canadian organizations will celebrate this auspicious anniversary. Whether you'd like to share information about a project or event, or discover what might be happening in your area, visit the Ukrainian Canadian Congress website at www.ucc.ca, and click on community calendar or celebrating 125th Anniversary.



The Logo: "KANADA-UKRAINA 125"

by Oleh Lesiuk

This logo commemorates 125 years of Ukrainian immigration to Canada. The logo consists of three parts. The bottom part symbolizes four Waves of immigration to Canada. These are the waves of the ocean to be overcome, the waves of people that brought new hopes and dreams to a new land. In the central part of the logo people transform into the three flying cranes. These powerful, intelligent and enduring birds appear often in Ukrainian music and folklore and are known in Canada as well. Zhuravli, as they are called in Ukrainian, are a long-standing symbol of migrating from one's own nest to travel to far lands, possibly never to return again. The group of cranes symbolizes a family as a foundation of society. Once settled in a new land they strive to desired heights. The national crest of Ukraine – the Golden Trident (Tryzub), superimposed on a blue crane, symbolizes the country of origin. The wings of the cranes ultimately transform into a Maple Leaf – the national symbol of Canada. The number "125" indicates 125 years of immigration to Canada.

About the Artist

Oleh Lesiuk. Born in 1959 in Lviv, Ukraine.

In 1981, graduated with honours from the Lviv National Academy of Applied and Decorative Arts. Commenced his work at the Sculpture Department of the Ivan Trush College of Applied Arts.

Lives and creates in Canada since 1992. Works in studio (compositions and portraits) and on-site (monumental sculpture and murals).

Since 1980 has been a participant in numerous group exhibits in Ukraine, Russia, Italy, USA and Canada. Has had three solo exhibitions in Toronto. Organized and participated in three symposiums in wood sculpture.

Created several monuments, monumental signs, park sculptures and memorial plaques in Ukraine, USA, Canada, France and Great Britain.

Earned numerous awards and grants. Among them, in 2006, received a Monument Builders of North America Civic/Public Award for the Monument in Rochester, NY, commemorating the 100th Anniversary of the Ukrainian Settlement.

Member of the National Artists' Union of Ukraine, the Sculptors' Society of Canada, President of the Ukrainian Association of Visual Artists of Canada and Vice-President of the Ukrainian Canadian Art Foundation.

Some of Oleh's latest projects include: Gilding Restoration of the Canadian Parliament Library in Ottawa; Bronze sculptures for the BCU Foundation, World Federation of Ukrainian Women's Organizations, Social Services Canada, Restoration of the "Sacred Heart" sculpture for the St. Joseph Health Centre, Toronto, ON; Wood Crucifix and Reliefs for the Saviour of the World Chinese Catholic Church, Mississauga ON; Gilding Restoration of the Icon Wall of St. Josaphat Ukrainian Catholic Cathedral in Toronto, ON.

Oleh's artwork is in private and public collections in Ukraine, Poland, Germany, Italy, USA and Canada. Among them are: Former President of Ukraine, Honourable Viktor Yushchenko; Roy J. Romanow, Q.C., Commissioner and Former Premier of Saskatchewan; Former Toronto Mayor David Miller; Late Former Chicago Mayor Richard J. Daley, USA; Canadian Journalist and award winning Author Victor Malarek; Senator of Canada A. Raynell Andreychuk; Luba Goy, actress, "Air Canada Farce".

