

# THE CATHEDRAL CONNECTION

A QUARTERLY NEWSLETTER



AUGUST 2015

VOLUME XIX, ISSUE II

ST. JOHN'S UKRAINIAN  
ORTHODOX CATHEDRAL

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## GREETINGS FROM THE CATHEDRAL DEAN

Дорогі брати й сестри в Христі!

В цей час сердечно вітаю Всіх Вас із надходячим початком Нового Церковного Року. Після літнього сезону, праця знову ж буде посилюватись в нашій Громаді. Хочу вірити, що Ви будете старатись регулярно вчащати на наші Богослуження, та помогати в Церковній праці.

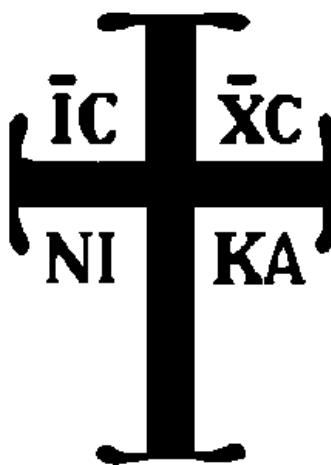
At this time, I sincerely greet each and every one of you with the coming of the New Church Year. Once again our programs and activities will begin at our Cathedral Parish. I trust that you will be active participants in our Church Services and supportive in all our endeavours. Presently, many do not attend church at all, or do so very infrequently. We live by the timeworn excuse that, "you don't have to go to church to be a good Christian". While that might be true in the absolute sense, I would nonetheless point out that Christ Himself, though He was without sin, thought it important to attend and participate in weekly worship. By what standard of measurement do we feel that we are entitled to do less?

At the same time, those who attend Church need to remember that they must do the right things for the right reasons if they are to have any value. When we gather as God's people, let us not do so in order to be seen, to see others, or to nourish feelings of unjustified self-righteousness; rather let us be united, as the Liturgy says, "with one heart and one mind" and thus keep Christ pre-eminent. Let us approach God's holy altar with the only gift He seeks – a thankful and contrite heart.

Ще раз закликаю всіх Вас до віданого й активного життя в нашій Церкві!

In Christ's love,

Father Stephan.



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## PRESIDENT'S MESSAGE

As we approach the beginning of the New Church Year, I would like to express greetings to all parish members on behalf of the Parish Council. I hope everyone has enjoyed a refreshing summer break and is ready to begin another productive year for our parish. The Council will hold its first meeting after the summer hiatus on September 9, 2015.

In the previous issue of this newsletter, I addressed the matter of membership pledges. When all pledges are paid, they make up only 15% of our total annual revenue. Our 6-month financial review indicated that \$26,000 remained outstanding for the 2015 year. Due to lower attendance at Sunday liturgies during the summer months, the offerings we collect are similarly lower, making the payment of bills difficult this time of year.

You will find Thanksgiving greetings accompanying this issue of the Cathedral Connection. This is our third holiday campaign for the year. The donations collected during this appeal provide additional revenue to help cover our day-to-day expenses.

The December issue of this newsletter will feature further information regarding membership, including the pledge amount for 2016.

Two projects that were recently completed include the installation of the stairlift in the cathedral and the painting of the church basement. We offer our sincerest gratitude for your generosity and prayers which make improvements such as these possible, and assist in the continued operation of our parish and hall facilities.

In the spirit of further improvements, we are preparing a landscaping plan to beautify the north and east sides of our property. This project will include the paving of a stone sidewalk from the parking lot to 110 Avenue and the removal of trees north of the church. Many of these trees have been found to be diseased or otherwise infected — the mayday trees with black rot — the elm trees with elm disease — and the spruce trees with bugs. Concept planning for the project is currently underway.

Again, thank you everyone for your longstanding and continued support of our Parish and Cultural Centre. We truly appreciate not only our generous donors, but also our volunteers, who are generous with their time. By whatever means you support our Parish community, you do so with a benevolent heart — and for this reason, by the grace of God, we carry on and flourish.

With Christian love,

Marshall Kachmar, President

## STAIR LIFT NOW OPERATIONAL!



Following the final inspection on June 25, the stair lift became operational in time for our Parish Feast Day on Sunday, June 28. Many church members were able to benefit from the assistance of the stair lift for the first time.



George Zaharia, as one of our church greeters, knew that we needed to make the church more accessible. Two years ago he made the suggestion to our then Treasurer, Marshall Kachmar, that a stair lift should be installed in the church to assist those with mobility issues. This was brought to the Parish Council and was approved in principle pending that funds could be raised for the project. In March 2015 the stair lift was installed in the southwest entrance to the church vestibule.

Thanks to your generous donations, we were able to provide this convenience for our parish membership.

## JOHN A. MCDougall ELEMENTARY SCHOOL 4TH ANNUAL PYROHY LUNCHEON

On May 22, 2015 the fourth annual John A. McDougall Elementary School Luncheon was held. The Parish Council has hosted this event since 2012, and every year since has invited all of the students and teachers to our Cultural Centre for lunch. With the help of our volunteers, we serve over 300 students a meal of pyrohy, chicken nuggets, chocolate pudding, and juice. We do this to show appreciation of our good, young neighbours at John A. McDougall School. Alongside the luncheon we donate \$1000.00 to the school's snack program.



Staff and students finding their seats. Many of the older students who attended the previous lunches were especially excited!



Volunteers Lil Boyko, Halyna Elkow, Sylvia Chomyc, and Donna Kowalishin serve the hungry kids pyrohy & chicken nuggets.



J.A. McDougall students eagerly waiting in line for their pyrohy! Over 300 students will be sitting down to eat.



Parish President Marshall Kachmar (right) presents a cheque for \$1000 to the vice-principal and principal of the school.

A few comments from the students in attendance:

*“Best day of the year!”*

*“The pudding was my favourite.”*

*“I want to go to school here!”*

*“I went back for seconds and had eight pyrohy!”*

## NEWS FROM UWAC ST. JOHN'S BRANCH

The Ukrainian Women's Association of Canada, St. John's Branch provided fellowship coffee on the following occasions: March 22, April 26, May 24 and July 26.

Our Casino was held June 2 and 3. Thanks to all those who volunteered!



Orysia Tracz of Winnipeg spoke to our members along with the members of TYC Edmonton and the Alberta Council for the Ukrainian Arts at St John's Institute on May 23. Her topic was "Eroticism in the Ukrainian Folk Song".



President, Leona Bridges, and a number of branch members attended the 90<sup>th</sup> Birthday Party for Kay Hunchak held at the General Hospital on August 3. **На многій літі!**



Five delegates from the Branch represented us at the 59<sup>th</sup> Biennial Convention of the USRL in Calgary August 5-9. Forty-eight CYMKivtsi were present and a National CYMK Executive has once more been put into place. The mood was very positive! Our new National President is Lesia Perritt of St. Andrew's Parish in Edmonton. Many thanks to the outgoing President, Dr. Geraldine Nakonechy!(From left to right: Pauline Mudry, Leona Bridges, Nadia Opyr, Oksana Ensslen, Donna Kowalishin)

Submitted by Leona Bridges, President

## ST. JOHN'S JUNIOR CYMK

The months of May and June were busy ones for St. John's Junior CYMK.

In early May, five of our Jr CYMK members along with advisor Pani Susan participated in the Western Eparchy Youth Retreat in Banff, Alberta. The weekend was highlighted with religious discussions lead by Be the Bee's Steven Christoforou. The weekend also allowed our cymkivsti to get acquainted with other Ukrainian Orthodox youth. Junior CYMK would like to gratefully acknowledge AB Provincial CYMK for sponsoring this excursion.

After a mid-month meeting, our Jr cymkivsti were next off to Birch Bay Ranch on Saturday, May 30 where nine of our members and advisors Pani Susan and Pan Gerald enjoyed a fun-filled day of horse trail riding, wall climbing, archery and ziplining. Needless to say, we were all pretty tired by the end of the day!

On July 8, to wrap up our successful year, we gathered at a park and outdoor pool in St Albert as a cymk family to enjoy the beautiful weather in great company.

On Monday, August 3, AB Provincial CYMK sponsored an evening at Heritage Days Festival. At the festival, cymkivsti enjoyed the various cultural performances and tasted different ethnic foods.

From August 5-9, 2015, three of our Jr CYMK members, along with advisors Pani Susan Jereniuk and Pan Gerald Kruhlak, participated in the National CYC Convention held in Calgary. Please see separate report for details on their activities.

St. John's Junior CYMK gratefully thanks the Ukrainian Self-Reliance Association (Edm) for their financial donation and continuing support

St. John's Junior CYMK will resume in September, 2015. Children from ages 8-14 (grades 3-8) can be a member of Junior CYMK. Please watch the church bulletin for notices regarding their opening activity. If you should have any questions, please contact Nikolai Kruhlak (780-468-9148) or Pani Susan Jereniuk (780-419-2276).

Enjoy your summer!

Submitted by:

Nikolai Kruhlak (President) and Gerald Kruhlak (Advisor)

## ST. JOHN'S SENIOR CYMK

The following is a summary of the activities of St. John's Senior CYMK over the past several months:

### May

**1-3-** 6 of our members along with advisor Pani Vivianne participated in the Western Eparchy Youth Retreat to Banff, Alberta. The religious sessions lead by Be the Bee's Steven Christoforou were very interesting and our youth had a wonderful time being religiously and socially connected. Sr. CYMK members who attended would like to thank AB Provincial CYMK for sponsoring their participation.

**24-** monthly meeting was held to discuss the last activities of the year

**30-** 7 of our members travelled to Birch Bay Ranch just outside of Edmonton for fun-filled day of activities including ziplining, horse trail riding, archery and rock climbing.

### July

**8-** wrap-up year end activity took place including pizza and ball in the park (St. Albert) followed by a cool evening at an outdoor pool

### August

**3-** members visited Heritage Days Festival which was sponsored by AB Provincial CYMK. We would like to sincerely thank AB Provincial CYMK for their sponsorship of this event.

**5-9-** National CYC Convention in Calgary Alberta (attended by 10 of our cymk members)- highlights of the convention included a day trip to Banff, workshop by David Irvine on how to revitalize an organization and CYMK Business Sessions where we elected an Ontario based National CYMK Executive. \*\*See attached report for more details

St. John's Senior CYMK would like to acknowledge and thank the Ukrainian Self Reliance Association (Edm) for their recent donation to our program. We appreciate your support!

In September, Sr. CYMK will resume activities. Please watch the bulletin for more information. Ukrainian Orthodox Youth from grade nine and up (15 years or older) are welcome to join our cymk family. For any questions, you can contact Lukian Kruhlak @ 780-468-9148.

Yours in Christ,

Lukian Kruhlak- President

## **ST. JOHN'S JUNIOR & SENIOR CYMK — NATIONAL CYC CONVENTION 2015 —**

From August 5-9, 2015, the National CYC Convention was held in Calgary with this year's theme being "Together as One". A total of 13 St. John's CYMKivsti (3 Junior and 10 Senior) attended as CYMK delegates along with advisors Pan Gerald, Pani Vivianne, Pani Susan and Pani Diana. There were a total of 34 CYMK delegates from across the country in attendance as well as Father Timothy Chrapko (Chaplain), Dennis Kuchta (Regional Advisor), 5 cymk guests and 9 advisors.

On Thursday, an interactive workshop entitled "Renewing our Organization" was lead by Mr. David Irvine. This workshop focussed on how to continue to preserve and enrich the Ukrainian Canadian culture while maintaining membership and attracting new generations to our component organizations. This day allowed us all to reflect on our component organizations and plan effectively for our future.

All day Friday, cymkivsti and advisors travelled to Banff and participated in a variety of activities including a hike at Johnson Canyon, lunch in Banff, white water rafting and a trip up the mountain in a Gondola. The weather was co-operative and it was a great chance to get to know other cymkivsti.

We began the day on Saturday with the first half of our CYMK business session followed by a religious talk by Father Timothy Chrapko and presentation on "Project Mexico" by St. Anthony Parish youth members Paula Yamniuk and Nikodemos Schaplowsky. Our business session continued after lunch culminating with the election of a National CYMK Executive based out of Ontario (after a two year absence of a National CYMK Executive). Our new president, Liza Zienchuk, and treasurer, Taras Chved, are eager to lead our CYMK organization towards a very bright future. The rest of the executive will be comprised of regional reps (provincial president or, where absent, an appointed representative). The new National CYMK advisor is Natalka Olynyk-Kowalenko. We congratulate our new executive and look forward to supporting them in their endeavors! On Saturday night, we enjoyed a banquet highlighted by a fun-filled performance by performer Ihor Bohdan. He had us dancing the night away!

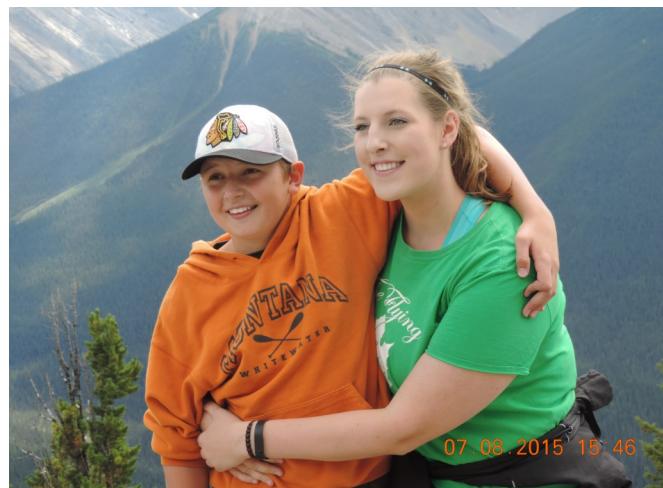
On Sunday, we wrapped up the convention with a Hierarchical Divine Liturgy at St. Vladimirs Parish followed by a closing luncheon and program. Many wonderful friendships and memories were made as well as re-connecting with old ones. St. John's Junior and Senior CYMK would like to gratefully acknowledge the financial support of the Alberta Ukrainian Self-Reliance League and the CYC Foundation of Canada for sponsoring the weekend for all cymkivsti who attended nationally. In addition, a special thank you is extended to Pan Dennis Kuchta for taking on the role of Regional Advisor this past two years and helping to organize the convention cymk activities with the Calgary Convention Planning Committee.

Submitted by:

Vivianne Kruhlak

AB Provincial Advisor/Sr. CYMK Advisor

## ST. JOHN'S JUNIOR & SENIOR CYMK — NATIONAL CYC CONVENTION 2015 —



## ST. JOHN'S JUNIOR & SENIOR CYMK — NATIONAL CYC CONVENTION 2015 —



## WHY VOLUNTEER?

By volunteering one performs an act of kindness. It is the unselfish act of giving of oneself to benefit someone else or any part of one's community in need whether it is a church or an organization. When people volunteer, they give a part of themselves, but they also give back to themselves. There are many benefits of volunteering and performing acts of kindness.

Kindness is much like laughter. When we laugh it makes us feel good. Kindness is good for both our emotional and physical well-being. Kinder people actually live longer and healthier lives. People who volunteer tend to experience fewer aches and pains while volunteering. They experience a feeling of satisfaction knowing that they were able to be of help and provide some service to others.

*We feel good when we give because we get what researchers call a 'helpers high', or a distinct physical sensation associated with helping. About half of participants in one study report that they feel stronger and more energetic after helping others; many also reported feeling calmer, with increased feelings of self-worth. Kindness makes us happy. Volunteer work substantially reduces symptoms of depression; both helping others and receiving help is associated with lower anxiety and depression.*

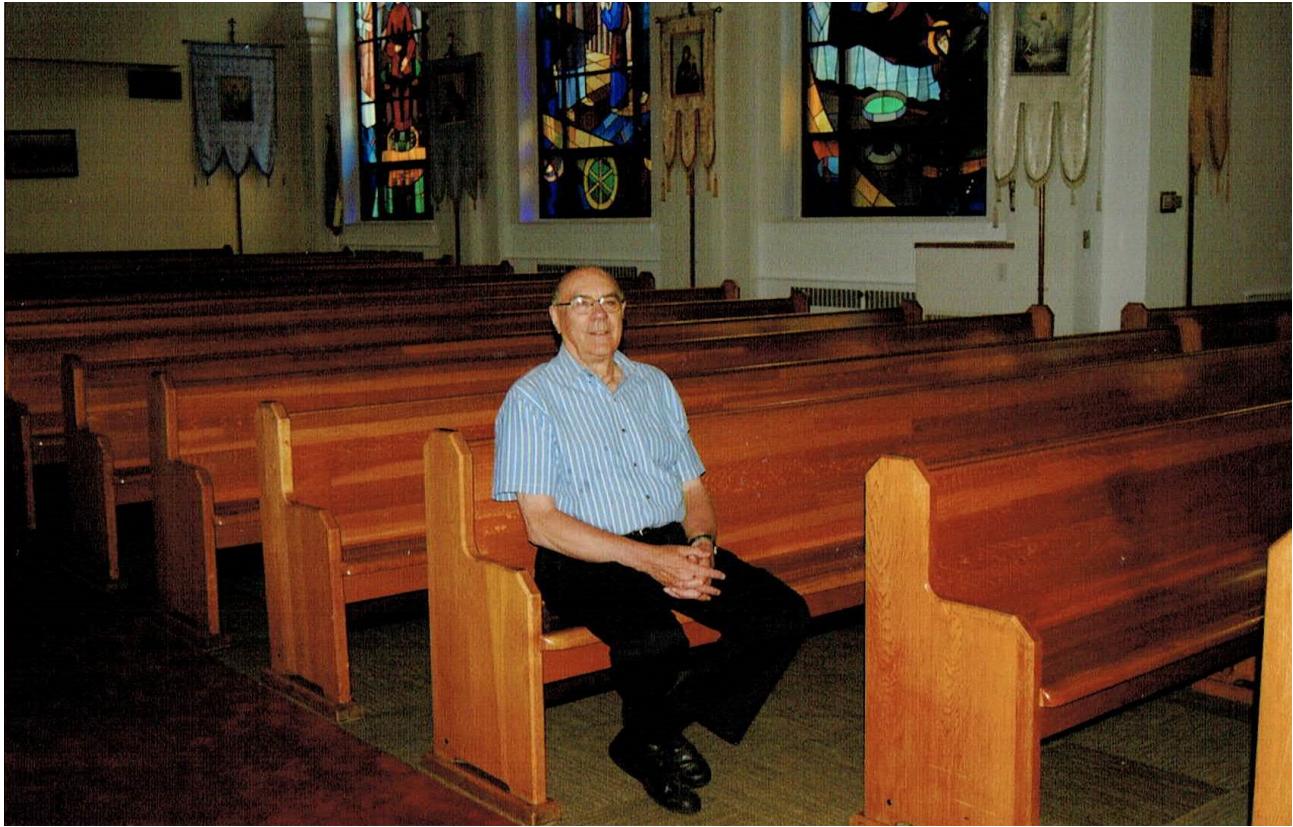
*It isn't just that kind people also tend to be healthier and happier, or that happy, healthy people are more kind. Experiments have actually demonstrated again and again that kindness toward others actually causes us to be happier, improves our health, and lengthens our lives.*

When a call is made for volunteers, remember that by volunteering you not only will help our Church community but you will also help your well-being!

Source: Christine Carter, Ph.D. "What We Get When We Give"

Respectfully submitted,  
Eugene Topolnisky, Past President





Parish Council President Marshall Kachmar appreciating the beauty of the Cathedral.

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## MEMBERSHIP PLEDGES

Membership pledges for 2015 are now due! Currently **55 single** pledges and **36 family** pledges are owing. Total receivables: **\$25,400**

For 2015, the pledge amount is **\$200 per person.**

## ELECTRONIC MONTHLY NEWSLETTER

In addition to our weekly church bulletin and quarterly Cathedral Connection, we now send out monthly emails with news and updates from the Parish and Cultural Centre.

To subscribe to electronic updates, you may sign up to our email list in the Cathedral vestibule or Church Office.

## IN MEMORIAM

The St. John's Cathedral Parish Family would like to remember the following individuals who have reposed to the Lord over the past months.



We pray that the Lord God will establish their souls where the righteous repose.

**Sergiy Korniyenko**



## UPCOMING EVENTS

**August 28th** - Pyrohy Supper

**September 18th** - Pyrohy Supper

**September 20th** - Choir-sponsored Fellowship

**October 18th** - Thanksgiving Day Dinner

**October 23, 24, 25th** - Western Eparchy Convention

**October 30th** - Pyrohy Supper

**November 7th** - Museum Exhibit

**November 8th** - Remembrance Day Memorial Service

**November 22nd** - UWAC-sponsored Fellowship

**November 27th** - Pyrohy Supper

**November 28th** - Annual Holodomor Commemoration (City Hall 12:30pm)

**December 6th** - UWAC Annual General Meeting & Fellowship

**December 18th** - Pyrohy Supper

**December 20th** - St. Nicholas Concert

**December 27th** - UWAC-sponsored Fellowship

### ST JOHN'S UKRAINIAN ORTHODOX CATHEDRAL

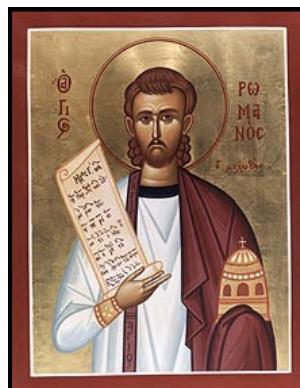
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Monday to Friday  
9:00am to 3:00pm



**SINGERS!** The Cathedral Choir invites you to join! Rehearsals: Thursdays at 7:30 pm. For information, call Lesia Chumer at (780) 418 1025.

**СПІВАКИ-ХОРИСТИ!** Просимо Вас вступити до Катедрального Хору. Проби кожного четверга о 7:30 год. веч. По дальші інформації: Леся Чумер, диригент - (780) 418 1025.