



Love and Service to God since 1960!

The Plentiful Harvester

JANUARY/FEBRUARY 2018
VOL. 15, No. 1

ST. GEORGE'S SOCIETY BIMONTHLY NEWS BULLETIN

"You showed yourself a most honourable harvester of godliness, for it was God Who cultivated you."

- from the Kontakion of St. George, the Great Martyr

Now in its
15th
year!

TAKING ANOTHER LOOK BACK IN TIME

**The Reason Our Members (and Many Parishioners)
Look Forward to Every Issue**



The Plentiful Harvester



Bulletin Editor: MICHAEL WATRAL

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FRIDAY, MARCH 16, 2018

PYROHY MAKING DATES FOR 2018



PARISH SESSIONS

Monday, March 12
Monday, November 19

(Preparations on Saturday & Sunday before)

GOLDEN AGERS SESSIONS

Tuesday, May 29
Tuesday, September 25

(Preparations according to past practices)



Please note: Due to the rising costs of materials, and to be competitive with other venues, the price per dozen has risen to **\$6.00** (both cooked and raw frozen). Pick-up will be at the usual times as in the past.

Orders can be placed now. For the **March 12** making, you are encouraged to call Walter Warywoda at 475-3757 or e-mail him at warywodaw@gmail.com, or you can sign the order sheet in the church narthex (it will be on the table there for the few two weeks of February only). A number of individuals were not granted their orders in November because the goal of 425 dozen was reached by late October, so we encourage everyone not to hesitate this year.

To order with the Golden Agers for **May 29**, you can call Ann Kozlowski at 622-3006 or Ann (G) Opaski at 577-2805 now to get on their standing order list as well.

The cut-off dates will be announced in the weekly parish bulletin. Extra product remains at the discretion of those in charge. Many thanks for your support for both fundraisers!

Making Resolutions with Sticking Power

HOW MANY New Year's resolutions have you kept... for more than a week? If you haven't made it to a month milestone – let alone a year – maybe you've skipped the steps that helped you create resolutions that last.

Here are some 'secrets' by a few who have kept resolutions for two, three, and even ten years. And although the first month of the New Year is almost over, it's never too late to make new ones or re-examine them for 2018.

MAKE YOUR RESOLUTION REVOLVE AROUND SMALL CHANGES.

Fred Schebesta, cofounder of the personal finance comparison website finder.com, has kept the same resolution for the past 10 years: make one improvement every day, such as listening to audio books or removing apps from his smartphone that don't improve his efficiency. Schebesta puts the resolution at the forefront of each day. "I don't start anything else until I have ticked that off," he says. "This one resolution and daily habit has helped me grow revenue, improve company culture, and grow my business internationally."

WRITE DOWN YOUR RESOLUTION(S) EVERY DAY.

Three years ago, [Rabbi Shlomo Bregman](#) made a New Year's resolution to share valuable information and engage with his social media and website visitors in order to double his following. He believes he's been successful because he writes his goal down every morning in his journal. Continuously reminding himself of what he wanted to accomplish has helped Bregman stay focused. "I've hit almost 100,000 followers on my Facebook page and more than 350,000 people a week are consuming my videos, articles, and content."

HAVE A STRONG "WHY"

Eve Dawes, founder of [Fitness by Eve](#), created a New Year's resolution in 2012 that she's kept for the past six years. "My resolution was to do all of my meal prep for the week in advance so that I'd eat healthily and have portion control," she says. "It also has the added benefit of freeing up more time for work and life in general." Dawes says she's kept her New Year's resolution because her "why" is stronger than her "why not." "List why you're doing this and what you don't like about your life right now so that you always have a reference point, a why, and can see your progress," she suggests. "Then recognize potential barriers, and plan ways to overcome them before they happen."

MAKE THEM BENEFIT OTHERS

The Jim Carrey film *Yes Man* inspired Caleb Backe, marketing manager for [Maple Holistics](#), to make a New Year resolution two years ago. In the movie, Carrey's character is a bank loan clerk who routinely says "no" to customers. After promising to say "yes," he grants loans to customers he previously would have declined, and later finds that the recipients were so grateful they met their payments and effectively made the bank richer.

Backe believes he's kept his resolution because it has nothing to do with him. "People hear so many 'no's' in life; it is a refreshing and welcomed change to hear 'yes,' specifically at the workplace."

(continued on page 7)



The President's Letter

GREETINGS to all current St. George members, their families, and parishioners of Exaltation of the Holy Cross, Ukrainian Catholic Parish — and, of course, Happy New Year!

2018 is here, and for St. George's Society in particular, it marks the beginning of the 15th year of the return of our club's regular newsletter. Initially entitled "**The Harvester**", the word "**Plentiful**" was added to its name for the September/October 2013 issue during the 10th year (*forgive me for splitting an infinitive*) to further emphasize the fact that the Lord God continues to bless us, not just with an abundance of possessions, but with an abundance of life, and that for St. George's Society, as well as for our entire parish, there is much upon which to report and share, and give thanks. More on this later...



So with the New Year now in full swing, we continue our love and service to God, and despite the fact that numbers in our club and parish are diminishing, there is no need to become complacent or 'throw in the towel' for there are many reasons to keep on working together — paying off the loan for the kitchen A/C installation through bingos, raising funds to enhance the Special Projects Fund, which this past year was used to do structural repairs (remember the back entrance to the hall) and accessed for other concerns, and continuing to educate and nurture our youth for the future — just to name a few.

And in the spirit of cooperation, a Pancake Breakfast will be held on **Sunday, January 28** in our parish hall following the Divine Liturgy (after an absence of more than 3 years), with an added feature of a 'Mini-Penny Auction'. We encourage all parishioners and friends to attend and offer assistance.

The week after, on **Sunday, February 4**, our annual Super Bowl Meeting and Social follow, beginning at 4:30 p.m. Members are encouraged to attend and remain to take part in the traditional feast and enjoy the game and camaraderie. Will the Patriots take it for the sixth time or will the Eagles fly away with the coveted Vince Lombardi trophy? We'll be watching.

At this time, I would like to take the opportunity to recognize five members who recently celebrated and will celebrate some special milestone birthdays: our youngest member, **Brett Glena**, who turned 25 on January 4; **Richard Andrusky**, who turned 85 on January 14; to Tony Glena, who turned 80 on January 26; to Walter Wowk, who will reach 95 on **January 30**; and to **Edward Fedori**, as he prepares to celebrate his 100th birthday on **February 18**. We pray that our Lord continue to bless all these fine members with good health and happiness for many more years ~ Многая і благая літа!

With January almost complete and February on the horizon, the Christmas season officially ends with the Feast of the Presentation of Our Lord in the Temple on February 2, and ten days later, Great Lent begins. Please remember your spiritual obligations during that time — regularly attending Lenten services, receiving the Sacrament of Reconciliation, increased prayer and tithing, and abstinence and fasting. A Lenten Mission is scheduled for our parish on **March 6, 7 & 8** led by Rev. Msgr. Pat Stilla, rector of St. Patrick's Cathedral, beginning at 6:30 p.m. each evening. Your attendance is strongly encouraged — let's give Father Pat another warm welcome.

As the days and months go by, more activities will take place — the General Parish Meeting on Sunday, February 25, another cabbage roll making (date TBA), March 12 pyrohy making, and a movie night to view the film "A Bitter Harvest" (watch the weekly parish bulletin for more information), and of course, Easter — which falls on April 1 this year (the last time this occurred on the Gregorian Calendar was in 1956). Again, your cooperation, participation and support are always appreciated.

Before I close, on the occasion of the 15th year of this newsletter, I offer my sincerest thanks to all members and families for your continued support and encouragement since 2004. I really do enjoy my position as bulletin editor and still feel it as a learning experience and labour of love. I hope you find the extra features pleasing, as we, once again, take a look back.

Happy reading, and hope to see many of you at our annual Super Bowl Meeting on February 4 at 4:30 p.m.!



Fraternally yours in Christ,
Michael A. Watral, *President*

CHURCH SIGNS



St. Sebastian: Champion of Christ

WITH THE SUPER BOWL just around the corner, I thought it would be a good time to speak about the patron saint of athletes, runners, archers and sports, **St. Sebastian**, who is considered symbolic of the virtues and gifts of strength, stamina, perseverance, courage and justice in the face of adversity.

According to legend, he was born in Gaul, now part of modern France, into nobility. However, nothing is known about St. Sebastian's youth other than the fact that he was educated in Milan. He joined the Roman Army in 283 A.D., ostensibly to be of service to other Christians who were being persecuted by the Romans. St. Sebastian distinguished himself and for his excellent service, he was promoted to serve in the Praetorian Guard to protect Emperor Diocletian.

While serving as a Praetorian Guard, Marcus and Marcellian, twin brothers, were imprisoned for refusing to make public sacrifices to the Roman gods. The brothers were deacons of the Christian Church. During their imprisonment, their parents visited them to implore them to renounce Christianity. However, St. Sebastian convinced both parents to convert to Christianity. St. Sebastian also converted several other prominent individuals, including the local prefect.

This led to his discovery and he was reported as a Christian to Emperor Diocletian in 286. The Emperor, who was already infamous for ordering the deaths of hundreds of Christians, scolded Sebastian and ordered him to be killed by having him tied to a stake on a training field and used as target practice.



Archers riddled his body with arrows; his body was described as, "full of arrows as an urchin." Believed to be dead, the archers left his body for retrieval and burial. He was recovered by Irene of Rome, whose Christian husband was a servant to Diocletian and also martyred. Irene discovered that Sebastian was still living and she hid him and nursed him back to health. Once well, Sebastian went in search of Diocletian to surprise

him. He managed to catch Diocletian by a stairwell and proceeded to criticize him loudly and publicly for his persecution of the Christians. Diocletian, surprised that Sebastian was still alive, was immediately taken aback, but recovered his composure. This time, he would not permit Sebastian to escape with his life. He ordered his former guard to be beaten to death with clubs, then thrown into the sewers. His body was recovered by a Christian woman, named Lucina, and she secretly buried him in the catacombs beneath Rome.

So, why was St. Sebastian named as the patron saint of sports? Because he is considered to be one of the holy martyrs and an *athleta Christi* ("champion of Christ and guardian of the heavens") due to his physical endurance and his energetic way of spreading and defending the faith. He is also the patron saint of all soldiers, and declared patron saint of plague sufferers of his reported cures of those afflicted with many diseases. According to historical records, he defended the city of Rome against the plague in the year 680, and his association with the plague could be because he survived being shot full of arrows, and in pagan belief, pestilence was delivered by arrows shot by the gods above. Even Christian Romans would appreciate this symbolism. That symbolism is even captured in artwork as late as the Renaissance, where artists painted plague victims with black arrows in their body.

Likewise, St. Sebastian is depicted with arrows shot into his body, and often he is tied to a post or tree. His second execution is virtually never depicted.

Near 80 years after his death, around 367 A.D., his remains were moved to a basilica in Rome, built by Pope Damasus I. His body, or at least some relics from his body, were reported removed and shared with a community of monks in France. His cranium was sent to a German monastery where it was placed in a special silver case in the year 934. The relic remains in its case today in a special reliquary in Ebersberg.

The fact that many of the early saints made such a tremendous impression on the Church — awakening widespread devotion and great praise from the greatest writers of the Church — is proof of the heroism of their lives. As it has been said, legends may not be literally true, yet they may express the very substance of the faith and courage evident in the lives of these heroes and heroines of Christ. In the Eastern Church, his feast-day is December 18, while in the Roman Rite, it is January 20.

Father Stepan Didur

Shawn Grant, H.B.K., B.H.Sc.P.T.
Registered Physiotherapist, Member AFCE

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Thank you very much! Щиро дякую! Mille grazie!

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A VISIT FROM ST. NICHOLAS

ST. NICHOLAS paid a visit to Holy Cross on Sunday, December 10 after the morning Divine Liturgy and brought gifts and joy to all who were present to receive him.

Many thanks to **Jaclyn and Chris Strehlow, Cheryl Bain and son Rory Bain, and Jennifer Manion and son Jack Manion**, for organizing, preparing, and running things, of course, the parents, grandparents and friends of the children who also attended. It was truly a special occasion. Thanks also to our honoured guest, St. Nicholas, for bringing gifts, and his assistant (angel) **Emma Myslicki** for helping to distribute them to the children, who were all grateful and happy.



A delicious sandwich lunch was served that also included lots of yummy Christmas baking, and the kids were kept busy afterwards making holiday wreaths which they each took home. It was a truly a delightful event!

USHER SCHEDULE for February and March

FEBRUARY

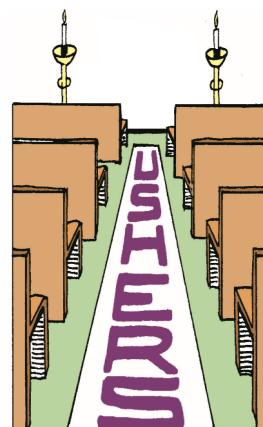
Saturday Morris Tarnawsky
5:00 p.m.

Sunday Eugene Zdebiak
10:00 a.m.

MARCH

Saturday Member needed
5:00 p.m.

Sunday Member needed
10:00 a.m.



Ushers are reminded to be present at least 20 to 30 minutes before the service. And remember to find a suitable replacement if, for any reason, you are not able to fulfill your obligation at the designated Divine Liturgy. *Thank you to all!*

Membership Matters

IT'S A NEW CALENDAR YEAR, and here are a few items of concern for all regular members, just in case you forgot.

❶ A reminder to submit your **\$25 yearly membership fee** as soon as possible if you have not already done so. If for some reason you cannot, please speak with our treasurer, Walter Warywoda, or any member of the Executive. Our Constitutional By-Laws state that financial inability to pay annual membership dues shall not exclude anyone from membership. (Article X, Section 4). Such special consideration is always taken into account, but we must be informed so as to avoid any misunderstandings or uncomfortable situations.

❷ The **Usher Schedule for 2018** is not yet posted, because, like 2017, there are a lot of empty spaces, especially for Sunday. The list will be circulated once more for members to sign up at the our monthly meeting after which it will be placed on the bulletin board in the narthex **as is**. It would look and be better if all the months were spoken for before that happens. Please volunteer your services. It's nice to have St. George's presence at Divine Liturgy, and it's not a difficult task at all.

❸ Our nominations for the **2018 Ontario Volunteer Service Awards** have now been submitted to the Ministry of Citizenship and Immigration. The list will be announced at our upcoming monthly meeting and consequently published in the next edition of this newsletter. The annual ceremony typically takes place in the spring, usually May, and honourees should receive their invitation to attend well in advance. If you do not receive yours before the end of April, please inform Michael Watral so he can investigate.

❹ Please remember in your prayers our members (and parishioners) who are ill, at home, hospital, or care homes, those shut-in or who are not able to join us actively. Sometimes they get missed due to our busy daily lives. And if you would like a hospital or home visit, or know someone who might like one, please call **Father Stepan (577-7721)** and let him know. Don't leave it to the last minute.

NO WINTER BREAKS

There's a lot to love about winter, but falling on the ice isn't one of them. Many Canadians are injured in slip and fall accidents each year, with the majority of these occurring while walking on slick surfaces.

The most important thing that you can do at home is to **shovel your driveway and walkways** after snowing. This will prevent the resulting snow from getting packed down under your feet and solidifying into blocks of lumpy ice.

Using rock salt is also useful, but it must be reapplied after new snow has fallen as it is often removed with the next shovelling.

Of course, having a good pair of winter boots helps. For warmth and stability look for these features: well-insulated, waterproof, thick non-slip tread sole made of natural rubber, wide low heels and light weight. Ice grippers on footwear can help you walk on hard-packed ice and snow, but be careful! Grippers become dangerously slippery and must be removed before walking on smooth surfaces such as stone, tile and ceramic. Before buying them, be sure that you are able to attach and remove them from your boots — this is best done sitting down.

If at all possible, the safest route to take is to avoid walking on ice altogether. Stay safe and sound this winter.

Love and Service to God since 1960!

Still Connecting With Our Members For Many Years

Taking Another Look Back and One Toward the Future

Compiled and written by Bulletin Chairman and Editor, Michael Watral

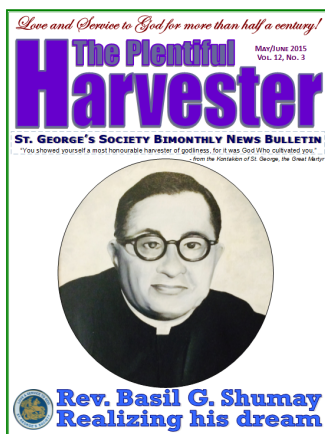


IT WAS AT THIS TIME, five years ago, that a ‘look-back’ at the previous nine years of this newsletter appeared, showing its development and evolution. Having now reached the beginning of the 15th year of this medium, I thought it might be nice to re-cap the last four years. So much has happened and I’d like to share with my fellow members.

As you can see at the left, our new pope, Francis, was elected and installed in March 2013 and it made a great cover for the March/April edition, which at that time, was still just “The Harvester.” Murray Salomon was the sitting society president, Father Andrija Petresin was our priest, our parish held its first authentic Ukrainian Takeout Meal on May 1, which proved to be an unqualified success, thanks to the vision of Murray Salomon, and the cooperative help of St. George’s and St. Anne’s members, parishioners, family and friends.

In the fall of that same year, as I mentioned in my President’s Letter on page 3, I decided to make a slight change to the bulletin for the September/October issue and renamed it “The Plentiful Harvester,” as I realized (as many agree with me) that we (our club and parish) are certainly blessed in many ways and share in the rich harvest that our Lord provides for us. It was also the first time that the picture on the front cover (see page 3) took up the entire space, and a lot more colour was added inside. Furthermore, in that same issue, the regular feature “Parting Sentiments”, my bi-monthly editorial, was inaugurated, and in it, I expressed my disappointment that we still did not have a vice-president and that the president himself was chair of both Parish Picnic and Parish Youth Committees, spearheaded the Ukrainian Take-out meal, and sat as our rep on Parish Council. That autumn, an effort to re-establish regular cribbage and darts tournaments did not pan out, but we can say that we had a lot of fun trying to resurrect the Recreation Committee.

2014 was the year of the massive amounts of snow and equally massive debt incurred due to the frequent snowplowing done, the 2nd Ukrainian Takeout Meal on March 26, a record attendance of the annual Corn Roast, my return to the helm as President in September, and the changeover to e-bingo and the newly-formed Superior Shores Gaming Association.



2015 was another important year — St. George’s turned 55! So, I took the opportunity during all of the issues to reminisce about our humble beginnings, both of St. George’s Society and Holy Cross, thanks to the dream of Rev. B.G. Shumay (pictured on the cover of the May/June issue), and included many pictures from the past (a two-page collage was included in the March/April edition). Unfortunately, the Ukrainian Takeout Meal concept did not continue, but a Ukrainian Food Fare and Bake Sale took its place that spring. And although it was not as profitable as the former “Authentic Ukrainian Take-out Meal,” it still served its purpose to gather parishioners, which included St. Anne’s and St. George’s members, Parish Youth and Golden Agers, as well as friends and family together to cooperatively work towards a common goal of gaining financial support for our parish, and furthermore, to maintain the community outreach that our societies and parish had traditionally and energetically pursued in the past.

Sadly, we bid ‘farewell’ to Father Andrija Petresin, wife Vera, and children David and Julia, who departed for Hamilton in late July, but welcomed Father Yuriy Tykkhy and wife Mariya to our parish. In September, we started the society year with another successful Corn Roast, and Golf Tournament, and lucrative pyrohy makings took place in October and November as usual.

Our club and parish began 2016 on a sad note as we saw the sudden passing of long-time society member †David Graba, and parishioner, matriarch of the Myslicki family, †Sophie. In the spring, Father Stepan Didur stepped in as our priest following the departure of Father Yuriy and in June, we returned to the Columbus Centre for our annual dinner meeting. It was also the year that we saw the demise of the Ladies of St. Anne’s Society in September. Despite this unfortunate happenstance, our society, with help from the ladies and the rest of the parish, still held a “Getting Ready for Christmas Sale”, and the Parish 50th Anniversary Committee was established and had its inaugural meeting in December.

2017 was to be a year to remember in a number of ways! It was the 150th year of the birth of our nation Canada, the 100th year of the appearances of the Virgin Mary in Fatima, and of course, our parish’s 50th year anniversary which culminated with a special Divine Liturgy on Saturday, September 16 followed by a celebratory banquet at the Slovak Legion. And here we are in 2018. I hope you have enjoyed looking back at our club and parish, and how **The Plentiful Harvester** served to capture the memories and will continue to do so, both happy and sad, as we continue our love and service to God for many more years to come! Сотвори, Господи, многая літа!



FROM THE BINGO BOOKS

MORE MEMBERS ARE NEEDED TO TAKE THE TRAINING

A few more directives have come done from the OLG and AGCO in regards to bingo volunteer training and conduct. Volunteers are now required to be trained to comply with the AODA (Accessibility for Ontarians with Disabilities Act). Current volunteers are mandated to read the specific document that pertains to this by February 1. Consequently, all future volunteers will also be required to comply.

This leads us to the next point and there is no good way to say it. Gentlemen, we are in a desperate situation. The number of St. George's volunteers has decreased to 7 and this is a concern. We need more members to take the training and help at bingo or we may run the risk of not being granted future sessions. This is unacceptable as we must have enough funds in our bingo account to continue to pay off the bank loan that was granted to us for the installation of the air conditioning in the parish kitchen. Payment cannot be transferred from any other account according to City by-laws.

With that said, the next training session will take place on **Sunday, February 11** from 4-5 p.m. at Superior Shores, and another one is scheduled for **Sunday, March 11** at the same time. Luckily, we have some leeway as our next bingo is not until **Tuesday, March 13** and that means more members can attend the training sessions.

More information will be forthcoming at our regular monthly meeting. As usual, we thank all members for volunteering their time and effort at bingos — you will not go unnoticed.

Thanks you from the Bingo Committee

Grandchild #6 Has Arrived!

IT'S AS IF IT WAS ALL pre-planned to the letter by God Himself. St. George's Society members congratulate fellow member **Stanley Myslicki and wife Lois** on the birth of their sixth grandchild, **Walter Christopher Rea Strehlow**, born to parents Jaclyn (née Myslicki) and Christopher Strehlow at Thunder Bay Regional Health Sciences Centre on Wednesday, December 13 at 10:06 p.m., the same day as his big brother Albert (now 3 years old). At birth, Walter weighed 8 lb. 1 oz. and measured 21½ inches long.

Also welcoming Walter are fellow members Joseph Myslicki and partner Michael Wilding, his Nana Shirley and Papa Jack Rea, and of course, the many aunts, uncles, and cousins of the Myslicki and Strehlow families — the list would probably fill up this whole page. And looking down from above are his great-grandparents Joseph Sr. and Sophie Myslicki.

Incidentally, Walter is named after fellow St. George's member Wally Zaremsky, and judging by the picture here, will be as jovial.

May the Lord bless His newborn servant Walter all the days of his life, grant him and his family good health and salvation, and many happy and blessed years!

Многая і благая літа!



Six Secrets for Making Resolutions (continued from page 2)

SEEK ACCOUNTABILITY

Jennifer Snyder, founder of [Neat as a Pin Organizing Experts](#), has consistently met at least 80% of her New Year's resolutions since she started doing them, and she says her secret is accountability. Every Monday she meets with a group of seven other women business owners. "We primarily focus on weekly goals, which are typically small steps toward the large yearly goals," she says. Snyder also holds herself accountable with quarterly check-ins. "Those serve as reminders to get back on track when I haven't made them a priority, or forgot them altogether," she says.

MAKE FAILURE DIFFICULT

When Kate Hanley, author of [How to Be a Better Person](#) and personal development coach, made a resolution in 2016 to exercise more, she made good on her promise by getting a dog. "And now I'm pretty much forced to take a 20-30 minute walk at least twice a day," she says, adding that it helps to do something that will not take a lot of effort and maybe even be embarrassing to wriggle out of. "If you want to grow your business, put some money on the line and join a mastermind," she says. "Or if you want to get in shape, sign up for a marathon in the fall."

FAILURE
is not an
option

WHY DO THESE STRATEGIES WORK?

People who are successful realize that resolutions are not just a one-time change, says Josh Zerkel, director of global customer education and community for [Evernote](#). "They understand that things won't change with the flip of a switch, and take into account the idea that there is not one straight path forward," he says. "Big goals — the type that people typically set as resolutions — are usually long-term projects or habit changes, and won't happen overnight."

People who make a long-term change stick with it because there's something about that goal that speaks to the kind of person they want to be, says Hanley. "For example, your doctor may tell you to lose some weight and move a little more, but if you're just following his/her directive you'll be only too happy to rebel when given the chance," she says. "But if you've decided you want to end up being the kind of grandparent who can get down on the floor and plays with the grandkids, you'll be much more likely to choose to do something active on a regular basis."

It also helps to practice forgiveness, adds Zerkel. "We're bound to go off track from time to time, but then we get back on the horse and follow our plan," he says. "Take time to think about what you may want to stop doing, or do more of. Resolutions aren't about making a list, and those who find success setting and attaining their goals build in time to reflect."

Source: www.fastcompany.com

Giggles & Guffaws

A GUY took his girlfriend to her first football game. Afterward he asked her how she liked the game.

"I liked it, but I couldn't understand why they were killing each other for 25 cents," she said.

"What do you mean?" he asked.

"Well, everyone kept yelling, 'Get the quarter back!'"

A WOMAN was complaining to her husband about remodeling her kitchen.

"You have been telling me you were going to get me new cabinets for ten years!" said the wife.

"They are a luxury and the ones we have are fine." the husband replied.

The next day the wife goes to visit her mother in Florida for two weeks. When she returns she is overjoyed to see a brand new kitchen waiting for her. She was so thrilled that every night when the husband got home she would have his favourite meal on the table and after dinner she would rub his feet as he read the paper in the recliner.

A couple of weeks later a neighbour came by for a visit. After admiring the new cabinets, she says, "All of us were so glad that the fire your husband had while you were gone was confined to the kitchen."

A THREE-YEAR-OLD BOY went with his dad to see a litter of puppies. On returning home, he breathlessly informed his mother, "There were 2 boy puppies and 2 girl puppies."

"How did you know?" his mother asked.

"Daddy picked them up and looked underneath. I think it's printed on the bottom."

A MERICAN PRESIDENT DONALD TRUMP walks into a fourth grade classroom.

Teacher, to Trump: "Mr. President, would you like to lead a discussion with the class on the word *tragedy*?"

Trump: "I'd love to. Can anyone here give an example of a tragedy?"

Davy: "A car runs over a boy playing in the street. That is a tragedy."

Trump: "No, that's an accident — it, unfortunately, never meant to happen."

Missy: "A school bus crashes, killing 50 kids on board. That would be a tragedy."

Trump: "Sorry, honey, I'm afraid that would be a great loss."

Little Johnny raises his hand: "If Air Force One, carrying Mr. and Mrs. Trump, is struck by a missile and blown to smithereens, that would be a tragedy."

Trump: "Fantastic! Can you tell us why that would be a tragedy?"

Little Johnny: "Because it wouldn't be an accident, and it's certainly no great loss."

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Сміх: Найкраще Ліку

ХЛОПЕЦЬ вчить дівчину до телефону як користуватися фотошопом (Adobe Photoshop)...

"Вікрий перше вікно, потім друге. Потім закрив перше. Вийшло?"

"Вийшло."

"Що стало?"

Вона відповідає, "Холодно стало."



ТИ ВИЙДЕШ за мене заміж? — запитує молодий чоловік дівчину.

Ні. Чоловік, за якого я вийду заміж, мусить бути відважний і кмітливий! — відповідає вона.

А ти вже не пам'ятаєш, як я спас тебе, коли ти потопала?

Ну так, відважним ти був, але ще не означає, що ти кмітливий.

А як ти думаєш, хто човна перевернув? — скромно посміхнувся той.

ПЕСИМІСТ бачить тунель. Оптиміст — світло в кінці тунель. Реаліст — світло фар швидкісного поїзда у тунелі. І тільки машиніст бачить трьох дебілів, що стоять на рейках.



Taking Your Destiny in Your Own Hands

EVIDENCE KEEPS MOUNTING that men who regularly eat vegetables can cut their risk of prostate cancer in half. How much is 'regularly'? At minimum, three servings a day, though experts advocate something more on the order of five to ensure your prostate cells get enough phytochemicals to be dissuaded from ever mutating. So how are you supposed to do that? Well, it's easier than it sounds.

VEGGIE LOADING For breakfast, drink *tomato juice* and put a slice of tomato on your toast or add sautéed vegetables to your eggs. For lunch, have a salad with lots of *carrots and red cabbage*, or a cup of vegetable soup. Maybe have a side of cooked vegetables. Snack on *raw baby carrots, broccoli, or cauliflower*. For dinner, have two vegetables with your main course or a vegetable and a salad. Oh, and liberally sprinkle *peas* on pasta and casseroles.

THE BAD GUYS Other studies have shown a link between prostate cancer and dietary fat. So go easy on butter and mayo, and stick to five-ounce servings of lean meat. Also, make grilling a treat, not an every-meal thing. Beef actually emits carcinogenic hydrocarbons when seared.

SUPPLEMENTS There's intriguing data in favour of selenium and vitamin E (a multi should do). There's also some evidence that *green tea* and *soy (tofu)* have a protective effect. Knock yourself out. Just remember to 'read the label' anytime you wish to add supplements to your diet and advise your health care professional what changes you have made.

A Prayer for Lent

Our steps are slow,
Our breathing ragged,
Our burdens heavy.
This walk to the cross,
It is not easy,
Yet Christ walked it for us.
For the joy that was set before Him,
He despised the shame,
He bore our blame,
And shared our pain.
Now let us build on the rock
That is Christ.
Let us walk the way
Of the cross together,
Moving forward without fear,
Into God's eternal purposes.
For Christ Himself is with us,
Every step of the way.
Let us trust in God alone,
And find the joy that Christ did,
Obedience to our loving God.

- Christine Sine

In Blessed Repose

S T. GEORGE'S SOCIETY offers its sincerest condolences to fellow member Ted Trush and his wife Alice on the passing of Alice's mother †**Jennie Wilchynski** on Wednesday, December 27 at Lakehead Manor after a brief illness. In her 97 years, Jennie (and her late husband Walter), raised three daughters (Carol, Alice, and Adele), and was blessed with 9 grandchildren and 15 great-grandchildren, who will all miss her dearly.

May Christ our God, Who has power over the living and the dead, grant eternal rest to His servant †Jennie, number her among the just, and may her memory be everlasting.

Вічна їй пам'ять

Quotable Biblical Quotes

"Confess your trespasses to one another,
and pray for one another,
that you may be healed.
The effective fervent prayer
of a righteous man avails much."



~James 5:16

"Where Your Confidence is Well Placed"



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Funeral Director /
President

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PHOTOGRAPHY

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IMPORTANT DATES TO REMEMBER

FRIDAY, FEBRUARY 2 - HOLY DAY OF OBLIGATION

Feast of the Presentation of Our Lord into the Temple
(Candles are blessed after the Divine Liturgy)

SUNDAY, FEBRUARY 4

4:30 p.m. - Annual 'Super Bowl' Meeting and Social

MONDAY, FEBRUARY 12

First day of Great Lent - day of fasting & strict abstinence

WEDNESDAY, FEBRUARY 14

Valentine's Day

SUNDAY, FEBRUARY 19

Family Day in Ontario



SUNDAY, FEBRUARY 25

11:15 a.m. - Annual General Parish Meeting
Lunch will be served

SUNDAY, MARCH 4

Regular monthly meeting (time to be announced)

MARCH 6, 7 AND 8

6:30 p.m. - Parish Lenten Mission led by Msgr. Pat Stilla

FRIDAY, MARCH 9

Deadline for submissions for the March/April issue

MARCH 10, 11, AND 12

Spring Pyrohy Making - regular schedule of tasks to be followed as customary.

SUNDAY, MARCH 11

Daylight Saving Time begins - set your clocks 1 hour
ahead at 2:00 a.m. (or earlier)
4:00 p.m. - Bingo Training at Superior Shores

TUESDAY, MARCH 13

12 noon - Bingo at Superior Shores

THE WEEK OF MARCH 12-16

March Break for elementary and secondary students

SUNDAY, MARCH 25 - HOLY DAY OF OBLIGATION

The Annunciation of Our Lady, the Mother of God
and Palm Sunday - The Lord's Entrance into Jerusalem
7:00 p.m. - Regular monthly meeting (time TBA)

*Please note that the dates and times of certain events
listed above are subject to change without notice.
Consult the weekly parish bulletin for verification
of services and events published here.*

ENJOY THE REST OF THE WINTER!

God In the Winter

By Charles Spurgeon

*"It was you who set all the boundaries of the earth;
you made both summer and winter!"*

- Psalm 74:17

THE COLD SNOWS and the piercing winds all remind us that God keeps His covenant day and night, and assures us that He will also keep the glorious covenant which He made with us in the person of Christ Jesus. God, Who remains true to His Word during the turning of the seasons in this poor sin-polluted world, will prove faithful in His dealings with His own well-beloved sons and daughters.

Winter in the soul is often an uncomfortable season. If now you are facing uncomfortable circumstances or discouraging experiences, it will feel very painful to you. But there is comfort in the fact that the Lord makes both summer and winter. He knows your pain. He sends the sharp blasts of adversity to nip the buds of expectation. He scatters the frost like ashes over the once lush meadows of our joy.

He does it all. He is the great Winter King, and rules the realms of frost. Therefore, you should not murmur against Him. Losses, crosses, heaviness, sickness, poverty, and a thousand other ills can, if we choose, be turned into a blessing of the Lord, and such trials come to us with wise design. Frosts kill deadly insects, and restrain raging diseases.

Let us wrap ourselves in the warm garments of His promises, and go forth to work for His glory during this season, for those who slack off in their work during the winters often are forced to beg in summer due to their inactivity, and end up with nothing. Just as during winter we cherish a fire's pleasant glow and warming heat, let us cherish our Lord, Who is the constant source of warmth and comfort in every time of trouble. Let us draw near to Him, and in Him find joy and peace in believing.



Christ is With Us! He Is and Shall Be!



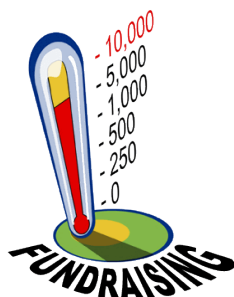
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Ways & Means for 2018

REPRESENTATIVES from Parish Council, St. George's Society and the Holy Cross Golden Agers met this past November to finalize the schedule for the 2018 pyrohy makings, as well as cost per dozen. A price increase to \$6.⁰⁰ was agreed upon as other venues (churches, legions, etc.) were already selling them at that rate, and cost of materials has also risen. The Schedule for 2018, for both parish and Golden Agers, appears on pg. 2 of this bulletin. You can pick up a copy of the schedule in the narthex as well. Want to place an order? You can do so for the March 12 pyrohy making anytime now. As suggested by a fellow member, an order sheet will be left in the narthex (for the first two weeks of February only) for your convenience. We encourage you not to wait as the list gets populated very quickly these days. Again, if you have any questions or can be of any assistance with tasks beforehand, please speak with Gordon Ibey as a few of our regular members are away and will not be returning in April. Your assistance is always appreciated.



Cabbage Roll Making that took place in early December under the new Parish Fundraising Subcommittee was a resounding success with sales netting a profit of approx. **\$1,440.⁰⁰** Many thanks again to those members who helped in any way. It is in this spirit of cooperation that we, as a parish, will continue to thrive and survive. Another making is planned for the near future and will be announced in upcoming parish bulletins. And if you have any fundraising ideas, please feel free to bring them to the attention of any current member of the Parish Council who will pass them on to the Fundraising Subcommittee leads.

And again, as stated in the last bulletin, this is a continuing challenge. In order to keep our parish and society alive and thriving, together we must keep growing and increasing engagement. It's not always about the money, but rather getting people involved and bringing them to Holy Cross, while maintaining our tradition of love and service to God.

ASK A SILLY QUESTION...

If a book about failures doesn't sell, is it a success?

Why is it doctors call what they do a 'practice'?

How do they get deer to cross at that yellow road sign?

Is reading in the bathroom considered multi-tasking?

What's another word for 'thesaurus'?

If you tied buttered toast to the back of a cat and dropped it from a height, what would happen?

Why do people who know the least know it the loudest?

If flying is so safe, why do they call the airport a terminal?

Why do croutons come in airtight packages? Aren't they just stale bread to begin with?

Can you be a closet claustrophobic?

If you're supposed to learn from your mistakes, why do some people get married more than once?

Do cemetery workers prefer the graveyard shift?

You know that little indestructible black box that's used on planes? Why can't they make the whole plane out of the stuff?

RELIEF FROM THE COMMON COLD: FOUR WAYS



Chicken soup — "Good for your soul and great for your cold." The yummy concoction releases a natural amino acid called *cysteine* that helps break down mucus in the lungs and clear the airways. Add chopped garlic, onions, pepper or other hot spices to give the healing powers an extra boost. M'm, m'm, good!

Vitamin C — Studies show that those who eat foods rich in this essential vitamin have far fewer cold complications. It also helps reduce the risk of bronchitis. Some great natural sources are: all citrus fruits (lemons, limes, oranges, grapefruits and tomatoes), apricots, asparagus, cantaloupe, guava, kiwi, strawberries, the cabbage family, (broccoli, Brussels sprouts, cauliflower, etc.), onions, and peppers. Consult your doctor if you wish to take a daily supplement, however.



Pineapple juice — If you have laryngitis with your sneezes, try sipping this delicious beverage. Add a pinch of ginger, nutmeg, rosemary and spearmint. You'll have your voice back in no time — it actually works!

Horseradish toddy — Relieve a sore throat with this curing concoction by mixing one tablespoon of grated fresh horseradish, one teaspoon honey and one teaspoon ground cloves into a cup of hot tea. Sip slowly and keep stirring because the horseradish has a tendency to settle. Hurray for beet relish as well!



Take note: If you are suffering from a cold, but need to use your voice, stay away from **all dairy and milk products** (sorry, no tea or coffee with milk or cream either), and bananas. They can cause mucus to build up in your throat and in some cases, the fat content in dairy causes the mucus to become thicker. And finally, stay away from alcohol as it can dry your throat causing irritation and discomfort.



Recycling is one of the best ways for you to have a positive impact on the world in which we live.

Recycling is important to both the natural environment and us each and every day.

When you put the whole picture together, recycling is the right thing to do, and it's not difficult at all.

Please help keep our world
CLEAN AND GREEN
Recycle on a daily basis.

LENTIL SOUP WITH WILD RICE

3/4 cup red or green lentils, sorted and rinsed
 3/4 cup diced carrot
 3/4 cup diced celery
 3/4 cup chopped onion
 1/4 cup wild rice
 1/4 cup converted rice (like Uncle Ben's)
 2 cloves garlic, minced
 1 teaspoon dried oregano
 1/4 teaspoon dried thyme
 5 cups water
 4 teaspoons vegetable bouillon seasoning
 1 bay leaf
 1 14-1/2 oz. can cut up tomatoes
 1 tablespoon Worcestershire sauce
 1 tablespoon apple cider vinegar
 1/4 cup minced fresh parsley
 2 tablespoons minced fresh basil, optional
 V-8 or tomato juice or water, optional

Delicious
Lenten
Recipe
for
Meatless
Fridays

Combine all ingredients on the list through the canned tomatoes in a large pot (do not add the Worcestershire sauce, vinegar, parsley or basil yet). Bring to a boil, then simmer until lentils and rice are tender (about 35-45 minutes). Remove the bay leaf. Scoop out about two cups of the soup and blend well in the blender. Return the blended soup to the pot. Now stir in the Worcestershire sauce, the apple cider vinegar, the fresh parsley (and the fresh basil if using). You should have about 8 cups of soup. If you don't have 8 cups, or if you prefer a thinner soup you can stir in some V-8, tomato juice, or water as you wish. Makes 4 servings, 2 cups each.

P.arting S.entiments

Editorial by Michael Watral, Bulletin Editor

IT'S STILL HARD TO BELIEVE that 2018 marks the start of the 15th year of the publication of this society newsletter. And for me, as bulletin editor, the old saying, "time flies when you're having fun" couldn't be more true! And if you can believe it, I'm still learning new things and techniques that I can use when putting it together — not only to make it easier to do, but even more esthetically pleasing.

And as I have said on many occasion, "I'm not looking for the glory", but rather my objective has always been what this bulletin was meant to do from its beginnings: to keep members 'in the loop' at all times, for it is constant communication with each other that has always been in God's plan, and is further emphasized by Jesus, the Good Shepherd, in His own words, from the Gospel of St. John, "I came that they might life and have it to the full." (John 10:10) God's gift of languages was bestowed upon us so that we could put words and labels on the ideas, feelings, and concepts we experience in life. And Jesus, Himself, is the 'Word of God' given to us as a guide, a testimony of His love, an aid during troubled times, and a visible, real connection between us and God. We are truly blessed!

In closing, as we embark on another year in His service, let us continue, as we have done in the past, to keep the lines of communication open, while sharing our daily lives with each other, for we are all messengers of God. And as we read in the Kontakion of the Feast of St. George, our patron saint, "You showed yourself a most honourable harvester of godliness, for it was God who cultivated you," *MW*



Looking Ahead

Future Dates and Events

Friday, March 30/Saturday, March 31
 Easter Vigil (Guarding the Lord's tomb)

Sunday, April 1 ~ Easter Sunday

Sunday, April 8 ~ Parish Easter Dinner
 following St. Thomas Sunday Divine Liturgy

Sunday, April 22 ~ Legacy Project Dedication Ceremony
 after Divine Liturgy and reception

Sunday, April 29 ~ Regular monthly meeting

Thursday, May 10 ~ Ascension Day

Sunday, May 13 ~ Mother's Day Breakfast

Sunday, May 20 ~ Pentecost Sunday
 (Graveside services)

Monday, May 21 ~ Victoria Day

Sunday, May 27 ~ Regular monthly meeting

Sunday, June 10 ~ Parish Picnic

Thursday, June 21 ~ Annual Dinner Meeting

Note: the above dates and times for certain events are **tentative** only. Please consult the weekly parish bulletin and future issues of this newsletter for verification.

