



Love and Service to God since 1960!

The Plentiful Harvester

September/October 2019
Volume 16, Number 5

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

2019 Fish Tournament Update

There's Still Time to Get Your Catch on the Board

8 Fall Steps to Healthy Living

Small Changes that Yield Big Results

ANNUAL CORN ROAST

Another successful summer event

Our Parish Praznyk

St. George's Members Provide Assistance

To Your Health

The Humble Sweet Potato

Pyrohy Making Season Begins

Golden Agers & November Sessions

*Let Us Give Thanks to God
for His Abundant Blessings!*

plus...
October & November
calendars of events



8 FALL STEPS FOR HEALTHY LIVING

AS THE DAYS GET SHORTER and the temperatures drop, change is in the air. That's what makes autumn a great time for renewal and fresh starts. It's time to fine-tune your health by making one or two small changes that yield big results. Try these eight easy health-boosting tips -- they're sure to give you a fresh start this fall.

1. Let Beans Be a Part of Your Diet

If you do one thing to improve your diet this fall, eat 3 cups of beans each week. Beans are rich in protein, iron, folic acid, fibre, and potassium. Besides being a comfort food, beans add flavour and texture to soups, chili, and casseroles. They're also a great salad topper. So, pick a bean, any bean -- lima, black, garbanzo, pinto, or others -- and enjoy.



2. Defuse Stress with Friendship

Fall is a good time to come back together after the summer scattering of vacations and busy schedules -- a great time to relax with friends. Soothe away stress by making contact in person or by phone with someone you have a connection with, someone you haven't talked to in a while because life got in the way. The positive emotions will make you feel good, and when joy and stress meet up, the joy wins out.

3. Be Tender with Your Teeth

If you do one thing to improve your dental health this fall, turn over a new leaf by ditching habits that are hard on your teeth. That means no more chewing on ice or popcorn kernels. Ice is a crystal and tooth enamel is a crystal -- when the two meet, one of them has to give. Sometimes it's the tooth. Popcorn kernels can break teeth or fillings too, and the hull, if lodged in gum tissue, can irritate and cause bacteria buildup.



4. Have Fun with Fitness

Improve your fitness this fall: Try a less-conventional workout to spruce up your regimen. Break out of your fitness rut by taking a ballroom dance class or a mind-body workout such as yoga, Pilates, or Tai chi. You'll be energized and more likely to stick with it.

(continued on page 11)

DATES TO REMEMBER

SUNDAY, SEPTEMBER 29

7:00 p.m. ~ First regular monthly meeting of the new year

TUESDAY, OCTOBER 1

Feast of the Protection of the Mother of God

FRIDAY, OCTOBER 4

12 noon ~ Bingo at Superior Shores Gaming Centre

TUESDAY, OCTOBER 8

9:00 a.m. ~ Holy Cross Golden Agers' Pyrohy Making
Extra help by members is always appreciated

MONDAY, OCTOBER 14

Thanksgiving Day



SATURDAY, OCTOBER 19

10:00 a.m. ~ Bingo Training at Superior Shores GC
6:00 p.m. ~ Halloween Party for the children

MONDAY, OCTOBER 21

Federal Election Day (our parish hall is a polling station)

SUNDAY, OCTOBER 27

10:00 a.m. ~ Annual Corporate Communion followed by the breakfast meeting at the Airline Hotel
Last day to submit weigh-in slips for the Fish Tournament

SATURDAY, NOVEMBER 2

6:00 p.m. ~ Fish and Game Banquet in our parish hall

SUNDAY, NOVEMBER 3

2:00 a.m. ~ Daylight Saving Time Ends
Turn your clocks back one hour



FRIDAY, NOVEMBER 8

Feast of Archangel Michael and All Bodiless Powers
Deadline for submissions for The Plentiful Harvester

Sunday, November 10

4:00 p.m. ~ Bingo Training at Superior Shores GC

MONDAY, NOVEMBER 11

Remembrance Day



NOVEMBER 16, 17 & 18

Pyrohy Making (regular schedule)

WEDNESDAY, NOVEMBER 20

5:45 p.m. ~ Bingo at Superior Shores Gaming Centre

THURSDAY, NOVEMBER 21

Feast of the Entrance of the Mother of God into the Temple
10:30 a.m. ~ Frozen pyrohy packaging and sales

SUNDAY, NOVEMBER 24

4:30 p.m. ~ Annual Grey Cup meeting and social

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.

Biblical Words of Wisdom

*He changes times and seasons;
He deposes kings
and raises up others.
He gives wisdom to the wise
and knowledge to the discerning.*



~ Daniel 2: 21 ~



WELCOME BACK GENTLEMEN! It looks like summer is going to continue for a while longer, so let's all take advantage of this unexpected blessing.

We are starting off our 60th year with a meeting at 7:00 p.m. on **Sunday, September 29** at which time you may remit your annual membership fee (\$25). I will be mentioning this quite often throughout the year: we are always looking for new members, so if you know of a potential member, get in touch with Michael Watral, our membership chairman as we'd like to see our number total over 50 once again.

The annual Corn Roast was a success again, and I would like to personally thank all those who helped out and those who attended.

Just a reminder that **Sunday, October 27** is the date of our Corporate Communion. We will attend Divine Liturgy (Mass) as a group, and then have a breakfast meeting at the Airline Hotel – all the arrangements have been made.

Saturday, November 2 is the Fish and Game Banquet (6:00 p.m.), pyrohy making takes place on **November 16-18**, followed by the Grey Cup meeting at the end of the month (**Sunday, November 24**). Your presence at these events is strongly encouraged.

That's about all for now - enjoy the good weather!



Fraternally yours in Christ,
Joseph Z. Myslicki, *President*

Compensation

I'd like to think when life is done
That I have filled a needed post.
That here and there I've paid my fare,
With more than idle talk and boast;
That I had taken gifts divine.
The breath of life and manhood fine,
And tried to use them now and then
In service for my fellow men.

I'd hate to think when life through
That I had lived my round of years
A useless kind, that leaves behind
No record in this vale of tears;
That I had wasted all my days
By treading only selfish ways,
And that this world would be the same
If it had never known my name.

I'd like to think that here and there,
When I am gone, there shall remain
A happier spot that might have not
Existed had I toiled for gain;
That someone's cheery voice and smile
Shall prove that I had been worth while;
That I had paid for something fine
My debt to God for life divine.

~ Edward Albert Guest ~

Memories from Our Storied Past



A HAPPY GROUP OF GOLFERS 30 YEARS AGO

St. George's members pose for a picture in the parish hall following the 1989 St. George's Golf Tournament. Back row from left to right are: Jim Petrunka, Murray Salomon, Deacon (now Father) Terry Cherwick, George Palaniuk, †Joe Mikulinski, Phillip Hordy, Myron Warywoda, Dr. Patrick Opaski, Larry Opaski, †Dr. Lawrence Opaski, Mars Brescacin; front row from left to right are: †Steve Nycheck, †Walter Halabecki, †Mike Zatulsky, †Ron Fedori, Steve Chyrril, †Dan Watral, †George Wytrykush, and †Gene Opaski.

2019 Ontario Volunteer Service Awards Ceremony Announced

GREAT NEWS! In late August, we received a confirmation email that the 2019 Ontario Volunteer Service Awards ceremony would take place on **Thursday, September 26 at 7:30 p.m.** in the Embassy Ballroom at the **Victoria Inn and Convention Centre**, 555 West Arthur Street.

By now, our six nominees should have received their invitations to this event for themselves and one guest each. Our president Joseph Myslicki and nominator Michael Watral are also invited to attend and join in the celebration of all the volunteers.



We look forward to seeing all our nominees and guests at this special occasion as we again come together to recognize our members who freely offer their time and effort as they continue their 'love and service to God.'



Five Generations of the Myslicki Family!

WE ARE PRIVILEGED to introduce the newest member of the Myslicki family, **THEA NANCY JEAN**, born to parents Emma Myslicki and Brandon Toneguzzi on Saturday, August 17 at 5:29 p.m. at Thunder Bay Regional Sciences Centre. At birth, Thea weighed 8 lb. 15 oz. and measured 21½ in. long. Thea is the first great-granddaughter for fellow member Stanley Myslicki and wife Lois, and great-grandniece for fellow members Joseph Myslicki and Michael Wilding — and that's just the tip of the iceberg!



Thea was also welcomed by her grandmother Stacy, uncle Henry, great-aunt and great-uncle Jaclyn and Christopher Strehlow, great-uncle Travis, and great-great-grandparents Jack and Shirley Rea (daughter of the late †Rose Kowalchuk), and many more aunts, uncles and cousins.

Many members and parishioners have already met Thea who made her 'debut' at this year's Corn Roast and who was seen at our Parish Praznyk. Grandma Stacy says everyone is doing great. Congratulations from all of us at St. George's Society!

~~~~Fishing Lines~~~~



ANNUAL TOURNAMENT UPDATE

by Maurice Zakrewski, Fish and Game Chairman



THE COUNTDOWN HAS BEGUN. As you can see below, the leaderboard still has a number of vacant spaces. However, there are now only five weeks left (and who knows how the weather will treat us) to get your name and catch on the board as our 2019 Fish Tournament will officially close on **Sunday, October 27**. All weigh-in slips should be turned in at your earliest convenience to any of the Committee members (Morris Tarnawsky, Myron Warywoda, Eugene Zdebiak, and myself, Maurice Zakrewski), so I can update the Board on a regular basis. Here are the current standings as of Saturday, September 21, 2019.

Bass
Dr. Larry Watral ~ 3 lb. 13 oz.
Dr. Don Lysak ~ 3 lb. 3 oz.
Dr. Pat Opaski ~ 3 lb. 2 oz.

Pickrel
Maurice Zakrewski ~ 6 lb. 8 oz.
Eugene Zdebiak ~ 6 lb. 4 oz.
Dr. Pat Opaski ~ 4 lb. 9 oz.

Pike
Murray Salomon ~ 9 lb. 3 oz.
Morris Tarnawsky ~ 7 lb. 6 oz.

Lake Trout
Gordon Ibey ~ 9 lb. 12 oz.
Gordon Ibey ~ 7 lb. 9 oz.

Rainbow Trout
Dr. Pat Opaski ~ 4 lb. 6 oz.
Dr. Pat Opaski ~ 3 lb. 7 oz.
Gord Ibey ~ 4 lbs. 6 oz.

Speckled Trout
Maurice Zakrewski ~ 3 lb. 4 oz.
Maurice Zakrewski ~ 2 lb. 12 oz.

Salmon
There are no entries

It's good to see some speckled trout entries as there were none last year. On the other hand, however, the salmon category is currently blank, so there's still time to venture out on the lakes for those "pink-fleshed, ray-finned" swimmers.

The Fish and Game Banquet is set for **Saturday, November 2** at 6:00 p.m. in our parish hall and all members, fishermen or not, are invited to attend. So, best of luck between now and October 27. And remember: stay safe on the lakes; wear a life-jacket at all times, observe all fishing regulations, and do not drink alcohol while operating a motorized vehicle.

Tight lines and keep your tip up!

Pastor's Corner

Are You Listening?

DEAR MEMBERS, fellow brethren in Christ! I want to share with you a passage from Christian author Gloria Copeland's book *Are You Listening? Hearing His Word, Doing His Will*.

GOD'S VIEW ON REAL ESTATE

Real estate is very important to God. He wants His children to own land and have homes in which to live. After all, God made this earth for His family. In fact, I'll even say this: Anyone who has a piece of this earth that God didn't give him is actually living on land that doesn't belong to him!

How can I say that? Because even though the devil thinks the earth is his, it isn't. The Bible says the whole earth and everything in it belong to God (Psalm 24: 1). Well, only the owner has the right to give the deed to his property to someone else. If I were to give you a house that wasn't mine to give, you wouldn't be living there very long!

Therefore, every piece of real estate on this planet still belongs to God unless He has already given that specific title deed to someone.

If you study the account of the Israelites' travels through the wilderness to the Promised Land, you will find that God does give land to people. Israel journeyed through places where God said, "Don't bother these people. Pay for anything you receive for them. I will not give you this land because I have already given it to so-and-so (a specific person)."

But of the Promised Land, He said, "You will dispossess these people, for I have given the land and all that is in it to you" (See Deuteronomy 2:4-9 and Numbers 33: 52-53, author's paraphrase). In this case, the people lost the land they lived in because of sin and disobedience. They had no covenant with God. He hadn't given them the title deed to that property.

The earth belongs to God, and He wants His family to have it. This wasn't a new revelation for Israel. God told Adam to subdue and have dominion over the earth. It has always been His will to give His people real estate. God wanted to give His people the Promised Land, so He told them to go in and possess it. All the people had to do was hear His words and obey them.

Dear brothers in Christ, we have recently celebrated our parish's glorious feastday, the Exaltation of the Holy Cross, at which we sang, "*Most Holy Cross...You opened wide your all-welcoming arms over our blessed and fruitful land. May we continue to be blessed by God with abundance and prosperity as 'we, with faith, hear and obey His words, gather in one fold and as Christians all united stand.'*"

Father Stepan Didur

Serving the Lord: Ushers for **October** & **November**

MANY THANKS to those who have signed their names to the Usher List for the next few months. There are still a few spaces left for others to volunteer.

OCTOBER

Saturday Ches Chomycz
5:00 p.m.

Sunday Tony Glena
10:00 a.m.

NOVEMBER

Saturday Dr. Don Lysak
5:00 p.m.

Sunday Morris Kibzey
10:00 a.m.

Just a few reminders: 1) Try to be in position at least **20** minutes before each service; 2) Remain still during the more solemn parts of the Divine Liturgy (do not take down the collection during the Great Entrance or the praying of "Our Father"); and 3) Plan to stay until the end of the liturgy, just in case you are needed to help distribute items (holy bread, palms, etc.).

The Usher List for 2020 will begin to be circulated at this month's regular meeting. Please consider signing your name for a month during the coming year — our club's 60th anniversary.

Thank you for your service and cooperation!



Understanding the Feast of the Exaltation of the Holy Cross

A REAL UNDERSTANDING of this feast is not to be found in the historical descriptions of those events and what followed them. Instead, one has to go to Scripture and look especially at John's Gospel and the way in which it treats the story of Moses and the bronze serpent (Numbers 21: 4-9). In that story, Moses is commanded by the Lord to set up a bronze fiery serpent on a pole, so that whenever a person was bitten by a serpent, that person would look at the bronze serpent and live. In John 3:13-17, Jesus tells Nicodemus that He, as the Son of Man, must be 'lifted up', as was the serpent, so that whoever believes in Him may have eternal life. In His exaltation, Jesus is Lord with a new bodily identity, no longer with its exclusively Jewish traits, but one that has become lovingly inclusive of all, and covenanted to all. To be in (the risen) Christ, is to begin acquiring a new identity which is likewise inclusive of all, and this new identity that emerges preserves our innermost character, both spiritually and physically, making us Jesus' brothers and sisters.

~ Harry Elias SJ, from www.thinkingfaith.org

ANNUAL CORN ROAST

WHAT CAN WE SAY? In our humble opinion, the annual Corn Roast on August 24 was 'fantastic' and once again drew more than 130 hungry folks of all ages (as you can see by the pictures) to this traditional 'end of the summer' event.

Thanks to the efforts of the Corn Roast Committee, guests enjoyed the usual fare: mouth-watering corn-on-the-cob, succulent sausages, a variety of savoury salads, delectable desserts and liquid refreshments.

We would be remiss if we did not extend our appreciation to the many ladies who assisted in the kitchen and hall to make sure the evening was a success ~ *thank you very much*. Finally, we sincerely thank those who donated food (tomatoes, desserts, etc.), prizes (there was a good selection), and their time and energy to ensure everything ran smoothly, despite a few snags along the way.

The move to the second last Saturday in the month was not an issue, due to the fact that only advance tickets were sold, which alleviated any surprises at the door that evening. However, next year, the cut-off date may be earlier as ordering the corn and sausages must be done by the second week of August. Furthermore, as mentioned last year, we would like to see *more* of our own members present to provide a bit more help. This will again be brought up among the Executive, Committee members, and at a subsequent monthly meeting. Until then, thanks to all who attended, and we hope to see (more of) you next year!




Memorable Moments from the Corn Roast

Pictured above, left, is one of the buffet tables where the many guests fill their plates, while at the right, our bartender Jim Petrunka, and chef Dr. Larry Watral pose for the camera.

Seen below left, are cousins Nola Duce and Mikayla Sinfield (Roger and Mary Ann Swerdlyk's granddaughters) posing for a pic; (middle) Lois Myslicki proudly holding her one-week-old great-granddaughter Thea Myslicki; and (right) the more than 50 (die-hard) bingo players who stayed until nearly 11 p.m. to have fun and win money!

Pictures courtesy of Dr. Jennifer Swerdlyk, Dr. Larry Watral, and Michael Watral.





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Membership Matters

AS WE BEGIN our 60th year of love and service to God, here are a few reminders for all regular members.

❶ Membership Dues (\$25) are payable to our Treasurer, Walter Warywoda, at your earliest convenience. Cash or a cheque addressed to St. George's Society will be accepted.

❷ If your personal contact information (address, email address, phone number) has changed, please inform Michael Watral as soon as possible so that the records can be updated and the new roster prepared.

❸ Please consider becoming a chairman or member of a committee that could use your expertise, talent, and vision. It's important that whoever is physically able to do so, help keep our society strong and viable. Don't rely on "someone else" to do it — we all need to set a fine example to others. You may inform the Executive anytime of your decision.

❹ We ask all members to keep in their prayers those of our society (and parishioners) who are ill, shut-in, in the hospital, or dealing with a personal crisis. Remember to inform the Sick and Visiting Committee so that arrangements can be made to stay in contact and monitor whatever the situation may be. You may also phone Father Stepan at 577-7721 at anytime to inform him of any special circumstances — he will appreciate the call.

To Your Health: This Spud's No Dud

THE HUMBLE SWEET POTATO has all this and more: potassium, protein and fibre; vitamins C, B-6 and beta-carotene. Often called a yam (though they are two different vegetables), the sweet potato was ranked sixth among 53 veggies by the U.S. Centre of Science in the Public Interest. The spud may even help ward off cancer and heart disease. Try it in the recipe that follows.

Orange-Maple Sweet Potatoes

1 kg (2.2 lb) sweet potatoes, peeled and thickly sliced
6 cloves garlic, peeled and thinly sliced
4 mL salt (about 1 teaspoon)
2 mL pepper (about ½ teaspoon)
16 mL olive oil (about 1 tablespoon)
45 mL maple syrup (about 3 tablespoons)
8 mL grated orange zest (about 1½ teaspoons)

1. Preheat oven to 230°C (450°F). Place sweet potatoes and garlic in a medium saucepan. Add 1 mL (¼ teaspoon) salt and enough water to cover. Bring to a boil over medium heat and cook until tender.

2. Drain and transfer to bowl. Add remaining salt, pepper and 8 mL oil (½ tablespoon). Mash until not quite smooth.

3. Transfer to 28 x 10 cm (14 in. x 5 in.) baking dish. Bring 8 mL oil (½ tablespoon), syrup and orange zest to a boil over low heat. Drizzle over potatoes. Bake 25 minutes. Serves 6.

(Per serving: 200 calories; 3 grams total fat; 0.5 gram saturated fat; 4 grams fibre; 3 grams protein)



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Rev. Stepan Didur

Love and Service to God since 1960!

St. Paul said, "In every church service I want the men to pray, men who are dedicated to God and can lift up their hands in prayer without anger or argument." – 1 Timothy 2:8

Five Ways to Show People Respect and Gratitude

1. **Listen.** Look them in the eye, put down your cell phone, and offer feedback when necessary. Everyone appreciates the person who is willing to listen — truly listen — and shows interest in what they say and do.
2. **Encourage.** If you've ever had a bad day, you know the power a little encouragement can have. A smile & uplifting word can truly brighten someone's day, and he/she will remember that — and so will you.
3. **Congratulate.** If someone does a great job, let him/her know about it — in fact, let *everyone* know about it. People will work harder and feel better knowing others have mutual respect for them.
4. **Be helpful.** Offering some advice or throwing in a bit of your time will mean a lot. "Returning the favour" is a nice way to show respect and gratitude.
5. **Say "thank you."** Make sure people know you appreciate them and their actions. Simply saying it sincerely in front of someone else can make a big impact.

Author: Bill Bastian II



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Happy Grandparents' Day

NATIONAL GRANDPARENTS' DAY, the second Sunday in September, was officially recognized in Canada in 1995 to acknowledge the importance of grandparents to the structure of every family and in the nurturing, upbringing and education of children, especially when both parents have to work hard for economic reasons. For us, baba and dido are special people whom we love. Here is a puzzle in their honour. The unused letters, beginning at the top left-hand corner reveal a hidden message. Good luck and happy searching!

I	T	C	E	N	N	O	C	M	P	A	I	R	L	N
T	M	V	E	I	N	G	T	Y	O	N	U	R	A	O
K	O	R	U	T	A	L	E	H	H	N	O	D	I	I
L	T	E	N	F	A	W	L	E	G	E	D	E	C	T
G	H	S	I	A	E	R	R	A	S	I	N	R	E	I
D	E	P	T	M	W	I	B	T	I	D	S	D	P	D
R	R	E	N	I	T	P	N	E	Y	S	L	N	S	A
R	E	C	O	L	D	E	L	S	L	O	O	I	I	R
E	L	T	C	Y	S	M	P	A	T	E	U	K	H	T
H	A	O	H	E	A	O	Y	O	Y	U	C	T	N	C
T	T	G	R	G	I	E	N	P	I	R	T	M	H	I
A	I	P	N	L	U	M	A	N	C	E	S	T	R	Y
G	V	S	E	I	B	A	B	I	R	T	H	D	A	Y
D	E	U	N	C	O	N	D	I	T	I	O	N	A	L
S	T	O	R	Y	C	A	G	E	L	B	L	O	O	D

ANCESTRY
BABIES
BLOOD
BIRTHDAY
CELEBRATE
CHILD
CONNECT
CONTINUE
DAUGHTER
FAMILY

GATHER
INHERIT
INSIGHT
KINDRED
LEGACY
LOVE
MOTHER
NAME
PLAY
PRESENTS
RELATIVE

RESPECT
SON
SPECIAL
SPOIL
STORY
TALE
TRADITION
TRIP
UNCONDITIONAL
YOUTH

Answer on page 12.

Make 'Em Smile

CHARLES GOT INTO a hospital elevator with an orderly who was wheeling an elaborate machine. The device had several pipes, dials and gauges.

"Man, I'd hate to be connected to that thing," said Charles.

"So would I," agreed the orderly. "It's a carpet shampooer."

AFTER A LONG NIGHT at the bar, three friends hail a taxi. Upon its arrival, the driver — seeing that they're wasted — decides to pull a fast one. So he switches the engine on, then quickly turns it off and announces, "We're here!"

The first guy hands him the fare, the second guy says, "Thanks," but the third guy angrily smacks the cabbie's head.

"What was that for?" asks the cabbie, afraid he's been caught.

"That," says the passenger, "is for driving so fast!"

DID YOU HEAR about the retired chef who decided to become a cowboy rancher? He named his horse Radish.

JACK, AN ELDERLY MAN, visited his doctor for help with a problem. "Doc, I don't know what's wrong, but I pass gas all the time. It's weird because they are silent and odourless, but they keep coming out. In fact, I've done so about 6 times just sitting here. What can I do?"

The doctor replied, "Here, take one of these pills every morning and then come see me in a week."

A week later, the old man came back to the doctor and he was upset. "Doc, those pills didn't help - they made it worse! I'm still passing gas, but now they stink something fierce!"

The doctor replied, "Calm down, sir. Now that we've cleared your sinuses, we can work on your hearing."



Graphic courtesy of Susan Soldan



Iris McCoy-Slongo, Charity Manager, and Susan Maloney, Floor Manager, both of Superior Shores Gaming Centre present a 'ceremonial' cheque to our parish representatives, Treasurer Susan Soldan, Council Chair Cheryl Bain, and St. George's Society Bingo Committee members and signing authorities Fred Humeniuk, Joseph Z. Myslicki and Michael Watral.

Photo courtesy of Roger Swerdlyk

IT WAS TRULY A HISTORIC MOMENT on **Sunday, September 15** at the Parish Praznyk when Iris McCoy-Slongo and Susan Maloney, representatives from Superior Shores Gaming Association, were in attendance to present an oversized "ceremonial cheque" in the amount of **\$44,696.00**, signifying the cumulative funds that St. George's Society has raised through bingos at Superior Shores Gaming Centre since its opening in December 2017 until July 31, 2019. That translates to an average of a little more than \$9,750 per year which has already been used to cover the cost of 'big ticket' items such as snowplowing and kitchen air conditioning. Without our participation as a member group, payment would have taken much longer and would have probably depleted the Special Projects fund instantly. All the more reason why we must continue to benefit from involvement and partnership with Superior Shores Gaming Association.

And this is why we urge all members (and parishioners — men and women 18 years and older) to consider attending the training sessions and to become volunteers at bingo. No prior (bingo) experience is necessary as duties are considerably less than they were years ago. And as an added incentive, those who volunteer to work a bingo are rewarded with a \$25 Shell gas card in appreciation for their time and energy spent to assist in making the session run smoothly, while at the same time, making the general public aware of the good work we continue to do in our community.

With that said, the next four training sessions at Superior Shores Gaming Centre, 435 Memorial Avenue, are as follows:

Sunday, September 22 @ 4 p.m. to 5 p.m.

Saturday, October 19 @ 11 a.m. to 12 noon

Sunday, November 10 @ 4 p.m. to 5 p.m.

Saturday, December 14 @ 11 a.m. to 12 noon.

The bingo schedule for the next quarter has been released. St. George's Society has been given the following sessions:

Friday, October 4 @ 12 noon - 4 p.m.

Wednesday, November 20 @ 5:45 p.m. - 9:45 p.m.

Friday, December 20 @ 12 noon - 4 p.m.

Please note that we would like to have a minimum of three (3) volunteers on duty at all sessions (four if it's a 'mini-monster' bingo) so that breaks can be taken when necessary.

And just a reminder, if you are going to attend a certain training session, please state your intentions to Gerry Bullock or Michael Watral so that either of them can inform the staff at Superior Shores how many to expect from our club/parish.

Many thanks from your Bingo Committee

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

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EVEN BELIEVERS NEED REMINDERS

How many times do you need to be told that God is close to you before your heart is reassured? His words, "Surely I am near" are preserved for eternity. So when your heart quivers with uncertainty, look no further than His Book - the Bible. You can read it a million times and still find Him telling you, "Surely I am near."

PARISH PRAZNYK PICS

IT WAS ANOTHER SPECIAL CELEBRATION on Praznyk Sunday at Holy Cross as those present were treated to a delicious meal and even had a chance to win a prize.

Here are a few more Praznyk moments caught for our archives. Below left, members of the Myslicki and Baranyk families listen to the presentation; and at the right, Clara Olynyk and son Michael, with Elsie Oleksuk and Ann (G) Opaski in the background await the food service.



Pictured at right, clockwise from the top, waiting patiently are: Phillip Hordy, Ken Boshcoff, Morris Kibzey, and John Zaroski; below left, the ladies are ready to serve; and bottom right, from left to right are Madison and Kaylen Gemmell, with their smiling mom Sharleen and grandma Teresa Van Teeffelen.



Many thanks to Catherine (Watrall) Corbett for taking these candid shots at the dinner. There are more, however, due to space limitations, they could not be included here. You may speak to Michael Watral if you wish to have copies made.



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Children's Halloween Party

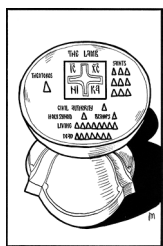


PLANs ARE ALREADY in the works for a Halloween Party for the children of our parish and the date has been tentatively set for **Saturday, October 19** in our parish hall beginning at 6 p.m. There will be games, crafts, and fun, and, of course, delicious and nutritious food will be provided at no cost.

If your children and grandchildren/great-grandchildren are interested in attending (*parents and Baba and Gigi can come and help, too*), please call **Jackie Strehlow** no later than Tuesday, October 15 (the day after Thanksgiving) at **252-1789** to indicate your intentions. And you don't have to worry as it usually wraps up around 8:00 p.m. That's plenty of time to return home and get ready for bedtime — for the little ones and a few bigger ones, too! ☺

Corporate Communion and Breakfast Meeting

ON SUNDAY, OCTOBER 27, St. George's members will gather together to attend the Divine Liturgy celebrating the Feast of Christ the King. All members are requested to meet in the church hall no later than 9:45 a.m. after which we will proceed into the church as a whole. All members are asked to wear your St. George's blazers with the crest, a dress shirt and St. George's tie (or another appropriate one), with grey trousers. And because this is a very important occasion, we encourage all members to attend services on the Sunday of that weekend rather than the Saturday before.



This has been a society tradition, and for many members (and those looking in), it is always a proud display of unity and fellowship that strengthens the bonds of brotherhood as we continue to love and serve God and His Church. Therefore, your attendance is important.

Shortly afterwards, we will gather at the Airline Hotel (room TBA) with breakfast being served @ 11:45 a.m. followed by our regular monthly meeting. Cost will be \$10/member. We hope to see many members participating in this annual event.



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The Reason We Honour Mary, the Mother of God

AS UKRAINIAN CATHOLICS, we particularly honour Mary because of her role in God's plan of salvation. She is closer to Jesus than anyone else, more so not because she is the physical mother of Jesus but because she is immaculate. She is sinless as her Son in sinless. Of course, if she were merely the mother of a great man, we would not be venerating her. But because she is the mother of Jesus Christ, the true Son of God, we pay homage to her as the "Theotokos", the Mother of God. In Ukrainian, it is *Bohorodytse Divo* — "Virgin Birthgiver of God."

Mary's motherhood is radically and essentially different from any human motherhood, not because she conceived differently than any human mother, but because she conceived a Divine Person. God gave her the unique privilege of conceiving His eternal and Divine Son in her womb.



The term 'Ever-virgin Mary' attests equivocally that Mary was a virgin *before, during, and after* the birth of Christ because it was God's eternal decree that Jesus would have a virginal conception and a virginal birth, in order to begin a new era of salvation. Thus, a radically new relationship between God and mankind began in the conception and birth of Jesus Christ.

Rev. Anthony Holowaychuk, OSBM

8 Fall Steps for Healthy Living (continued from page 2)

5. A Checkup: The Eyes Have It

If you do one thing to improve your vision, take a cue from kids, who often need back-to-school vision exams. Schedule a checkup with your eye doctor. A comprehensive exam should include an evaluation of how clearly you see, how well your eyes work together, and an assessment of your overall eye health.

6. Heart Health: Know Your Numbers

Give your heart health a boost this fall, capitalize on the seasonal sense of renewal to focus on prevention. That means scheduling an appointment with your doctor to get your blood pressure and cholesterol checked, and to see if your blood glucose levels are healthy. Knowing your numbers will help you figure out your personal risk for heart disease.

7. Warm Up with Wine

Diversify your alcohol choice with a room temperature glass of table wine. The warmer drink will take the chill off and the wine, especially red, has heart health benefits. Remember a standard size glass of wine is just 4 ounces. [Note: Pregnant women and others with health reasons who should not drink should abstain.]

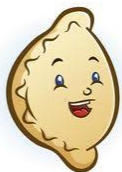
8. Synchronize Your Sleep

Manage the more demanding fall schedules by synchronizing your internal sleep-wake clock to the outside environment. In the morning, get outside within 5 minutes of getting up and expose yourself to bright light for 30 minutes. At night, avoid bright light within two to three hours of bedtime because it might delay your sleep onset. This will keep you alert in the morning and make you sleepy at bedtime.

Source: www.webmd.com

It's Pyrohy Making Season

THE FIRST DAY OF AUTUMN is officially on Monday, September 23, but for us at Holy Cross, it's time to make pyrohy again. The Holy Cross Golden Agers will have their pyrohy making session on **Tuesday, October 8**, starting at 9:00 a.m. Unfortunately, they have reached their order limit, but a waiting list has been created, but product is not guaranteed — sorry. Once again, they are requesting help from any St. George's member, in particular to help man the dough machine and to cut circles, as well as to help boil the pyrohy.



Our St. George's pyrohy making will take place on **November 16, 17 and 18** — that's less than two months away — and orders can be placed with Walter Warywoda anytime. Call 475-3757 and leave a message or send him an email at warywodaw@gmail.com at your earliest convenience as last year the limit was reached by mid-

October and many folks were out of luck. So, if you want any product, you had better place an order soon. As usual, we are relying on having as many members as possible come out to peel and prep the potatoes on Saturday morning, make balls on Sunday morning, and of course, help with all the tasks on Monday morning, so we ask that you make sure you are available to remain until everything is done. Help will be needed as well the following Thursday morning around 10:30 a.m. to help package and sell the frozen product, and to clean up the trays and liners. ☺

P.arting S.entiments

by Michael Watral, Bulletin Editor

BY THE TIME MANY OF YOU read this newsletter, summer will be officially over, despite the fact that we received a little reprieve in the weather this past week. We could have done without the high humidity, but it was still a welcome change. Many of my tomatoes (and this is the case with many others') are still green, but no doubt the warmer days and nights allowed them to continue to ripen.

And so, here we are, having started another liturgical year, and about to embark on our 60th year of love and service to God. I can still remember the celebrations at our 50th jubilee at the former Port Arthur Prosvita Cultural Centre — a building which is now home to Wacky's and recently featured on CTV's The Amazing Race Canada. That evening ten years ago seems like yesterday, but we know it's been longer.

But I digress. What I'd like to focus upon is the fact that despite our aging membership and parish, it's still nice to see many individuals (including friends, family members and non-parishioners) come out to help at social and fundraising events. This was exemplified by the number of ladies and gentlemen who came out to help with cabbage roll making, food preparation, serving, and clean-up — it was indeed a concerted and cooperative effort from everyone. And that's what it's all about, for to serve God is to serve others and is the greatest form of charity — the pure love of Christ. Let's have another good year — another year of progress, another year of blessings, another year with God. MW

IMPARTING YOUR KNOWLEDGE
AND WISDOM TO A YOUNG MIND.

Hidden message answer to the Grandparents Wordsearch

Simple ways to cherish every moment



Return to the now

Stopping to take a minute to be mindful — to pay attention to what you feel, hear or see in the present moment — is a powerful way to escape daily worries. Simply pause during your day and focus on one beautiful aspect of the moment you're in. Give whatever you choose to focus on — be it a thing or a feeling or a scent — your complete attention.

Take a picture

Though many people think that snapping photos takes us out of the moment, a study in the journal *Psychological Science* showed that taking a picture of a shared experience or nature scene can both enhance your enjoyment of it and improve your visual memory of what you're most enjoying.

Keep a written record

A study in *The Quarterly Journal of Experimental Psychology* showed that people who journal happy events they experienced that day significantly increased their recall. And it doesn't matter how much you write: Even one line can help keep a treasured moment fresh in your mind for years to come.

Go on a gratitude walk

If stress is making it hard to fully cherish each moment, take stock of your blessings with a gratitude walk. To do: walking slowly while looking down, silently say something you're thankful for each step. Do this for two minutes for a mood boost that will focus your heart and mind on all you cherish. And remember to obey all traffic laws!



The Plentiful Harvester



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