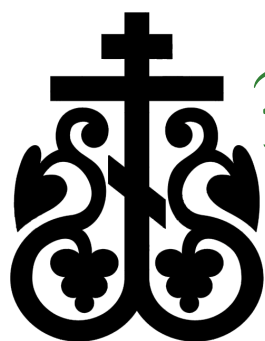


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District President: Andrew Misiak - 780-573-5386
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May 2014
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Bonnyville & District Parish News

From the Editor

By Dobr. Erin Haugen

Христос воскрес! Воистину воскрес! Christ Is Risen! Indeed He Is Risen!

Please excuse me as I recover from the busy Paschal season and pause to catch my breath! It was a joy to experience PASCHA within the District and I am already looking forward to next year.

I will keep this greeting short, and ask that you take the time to pour over the other submissions in this issue and as always, check the schedule!

Yours in Christ,

Dobr. Erin Haugen

Notes from the President

By Andrew Misiak

We are surrounded by lives of the saints that can help model our daily prayerful lives when the need arises. We should be so 'lucky' that we have modern resources like computers and the internet to assist us in our search for living proof of the faithfulness of God's creation – Man. Not just any man or woman, mind you.....but people of faith, love and devotion to God that they ultimately became saints for intercessory miracles attributed to them. God's power works through these people of faith, and what a better instrument to chose!

Fr. Peter recently alluded to the fact that I know something about one Holy Martyr who is attributed to 'lost things' that are found. We all have lost or misplaced some item due to our short or long term memory loss such as your keys that you just had your hands on a couple of minutes ago to go to a file that for the life of you, you could not remember where you stored it six months ago! We ask those near to us to help find what is lost, and the frantic search begins! OR we can pause and pray that the Holy Martyr Phanourios can intercede for us.

Let's reflect on our personal lives for a moment. Do we pray when life becomes difficult? One can easily become swamped with doubt, despondency and despair if we forget to include God in our daily moment to moment lives. Praying to God



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**Ukrainian Orthodox
Church of Canada**

www.uocc.ca

Western Eparchy

www.uocc-we.ca

**Bonnyville/St. Paul
Parochial District**

www.bonnyvilleanddistrictuoc.ca/

Ancient Faith Radio

www.ancientfaith.com



District President continued from page 1:

and asking His saints to intercede with their prayers on our behalf has assured me recently that I'm not alone in my struggles. I can choose to seek help from a higher power, if not to help me immediately, but in the long run to ease my burden and centre my life with a bright light that has the power to obliterate the temporary darkness in my life. I find solace in prayer for all facets of my life, in so doing I place God at the forefront of everything I do during my waking hours. I take great comfort in that. So can all of you. ☺

Yours in Christ,

Andrew Misiak

Parochial President

Back to my introduction of a saint in my life....

mother".

Many to this day pray for his mother, and have her listed in their personal diptychs used for commemorations in the Divine Liturgy as "The Mother of St Phanourios" since her name is not known.

On the day of the Saint, there is a tradition that the faithful bake a special bread, and according to some accounts, give it to the poor as alms in the name of his mother, and others, share it with at least seven other people.

St Phanourios' name gives a hint about another tradition concerning the Saint. "Phanourios" comes from the Greek word, "phanerono", meaning "I reveal". He is known to help people in finding lost things. Some have therefore also referred to him as "Saint lost and found"!

*"O Lord Jesus Christ, Son of God. Have mercy on me, a sinner ."
-Jesus Prayer*

*Bonnyville
Cookbooks are
here!*

**St. Elias Parish in
Bonnyville has
produced a cookbook!**

Books can be purchased upstairs at **Brosseau's Department Store** in Bonnyville or **contact Janet Hutska** at **780-826-4547 or 780-826-3973**. The cost is **\$10.00**. A great addition to your kitchen or gift for your neighbour.

2

The Holy Martyr Phanourios

On Aug 27th, according to the Greek Synaxarion, we remember the Holy Martyr Phanourios. He appeared to people on the island of Rhodes in 1500. Several people had a vision of the saint and then his icon was discovered. The icon depicted a young soldier holding a sword in one hand and a lit candle in the other.

There is a tradition concerning him and his mother, who was a harlot and great sinner. His love for his mother caused him to pray for her incessantly. At the time of his martyric death by stoning, he could not even then forget his mother, and with the boldness that is peculiar to athletes of Christ, prayed: "For the sake of these my sufferings, Lord, help all those who will pray to Thee for the salvation of Phanourios' sinful

This is not just an idle story repeated without basis, as the author of this piece, I have experienced incidents myself, and know a few people who have also been helped by St Phanourios to find lost items. The 'tradition' is that after the lost item is found, one should bake a Phanouropita, (basically a loaf of sweet bread) in memory of St. Phanourios' mother, and give to the poor, as above. I never have gone that level of baking a cake, but in hindsight, it is a tasty way of celebrating once an item is found. Secondly, I would always begin my baking task with a prayer to clear my mind and heart of any bitterness that may transfer to the food I'm preparing. But that is another story....

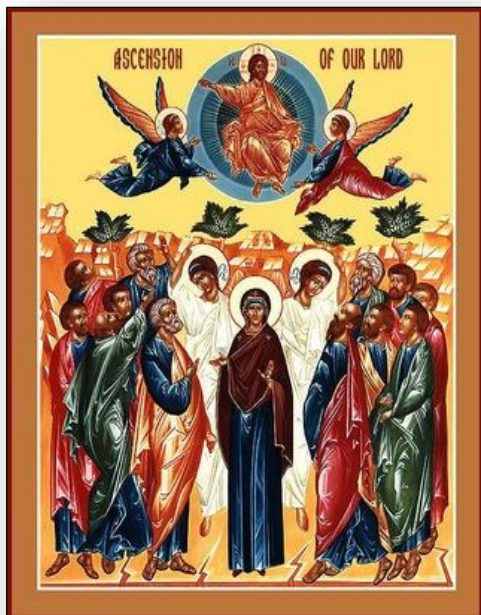
Pastoral Message

By Fr. Peter Haugen

Христос посеред нас! Christ is amongst us!

Dear Brothers and Sisters in Christ,

Icons play a very important role in our relationship with Christ and the Church. In this month's article we will be examining the Icons of the two upcoming feasts of the Ascension and Pentecost. You can find these images online or take a look for them next time you are in Church.



Ascension of Our Lord—May 29th

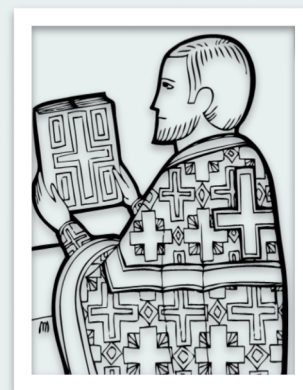
Ascension

Although it is said that the icon is a visual description of the events as described by Luke, it should be noted that the icon is not meant to be a historical representation of the Ascension of Christ but a symbolic representation of the Church.

When you first look at this icon your eyes will most likely be drawn to one of two places, the top of the icon where Christ is figured or the bottom where the Theotokos and Disciples stand. Let's look at what each of these symbolizes:

Christ: Christ is pictured in what is called a "Mandorla". A mandorla is drawn as two circles coming together to make an almond shape design. This symbol was used in ancient Christianity to identify Christians to each other. It is also a symbol of two sides coming together or in this case the two natures of Christ coming together. The Mandorla is normally almond shaped, but some icons do have a circle pictured. Christ Himself is pictured blessing with His right hand and a scroll in his left. This is to remind us that God is the source of all blessings and is the source of all teaching and knowledge in the Church.

Theotokos and the Disciples: The Theotokos is figured in a position of prayer and waiting. She and the disciples represent the Church waiting for the second coming of our Lord Jesus Christ. While the Theotokos is seen in a prayerful and calm state, the Disciples are shown to be confused, talking to one another, some looking up and some looking down. This was not a historical representation, but a symbol that the Disciples were now waiting the descent of the Holy Spirit.



Liturgical Scripture Readings

May 2014

Sunday, May 4th
3rd Sunday of Pascha
Epistle: Acts 6:1 - 7;
Gospel: Mark 15:43 - 16:8.

Sunday, May 11th
4th Sunday of Pascha
Epistle: Acts 9:32 - 42;
Gospel: John 5:1 - 15.

Sunday, May 18th
5th Sunday of Pascha
Epistle: Acts 11:19 - 26, 29 - 30;
Gospel: John 4:5 - 42.

Sunday, May 25th
6th Sunday of Pascha
Epistle: Acts 16:16 - 34;
Gospel: John 9:1 - 38.

Newsletter Submissions Needed!

Please keep the submissions for the newsletter coming! This has been a busy couple of months for all of us, and following PASCHA, I will begin sending out a monthly reminder. Please feel free to submit to me anytime, however.

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St. Paul, Alberta
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587-252-2715

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pmthaugen@hotmail.com

If anyone you know is in the Hospital, or are at home ill and would like a visitation from me, please contact me and I will make immediate arrangements to meet with them.

Pastoral message continued:

Angels: As we read in Luke Acts 1:11 Christ is figured being carried by two Angels however, what is purposely left out is any sense of direction. This is done to show that Christ will return in the same manner in which he ascended and that we must always be waiting and ready for Him.

Pentecost

The icon shows a fairly calm and orderly situation which is somewhat opposite to what the bible states. The apostles are seated in a semi-circle; this is symbolizing the unity of the body of the church. As well the figures on top are larger than those on the bottom, this is to show the strict and majestic rhythm to this event and icon. There is a space empty in the center of the icon; this is the place of the invisible head of our church, being Christ (Some older icons have a prepared altar in that space). In the hands of the apostles, are either books or scrolls, this is to show that they have received the gift of teaching. Beyond the segment of the circle at the top of the icon, is showing that area to be heaven.

There are two ways that the fiery tongues are expressed to have come down onto the apostles. One: either out of the circle or edges of the icon are 12 distinct tongues of fire, or two: above the heads of the apostles in their halos will be a tongue of fire. The one other thing to notice about the apostles, is that even though they are all seated in uniform seating arrangement, they are all positioned or doing some-

thing different. This is to show that although we all receive the same Holy Spirit, we each have our own grace, and our own gifts that are bestowed upon us that no one else has.

At the bottom of the icon is an older man with a crown, known as cosmos. He represents the people that were present and as well all the people of the church. He stands in a dark place, to show that at one time man was without faith. He is shown as an old man to show that mankind has been corrupted by the sin of Adam and his red garment represents the devil's blood sacrifices. The royal crown represents sin which for so long ruled in the world and the white cloth in his hands which holds twelve scrolls is representative of the twelve apostles who with their teachings brought light to the world.

This icon expresses most strongly the fulfillment of the Triune God, and the connection with the life of the church.

To view these icons online:

Ascension

http://www.goarch.org/chapel/saints_view?contentid=943&PCode=6PTh&D=TH&date=5/29/2014

Pentecost

http://www.goarch.org/chapel/saints_view?contentid=961&PCode=7PS&D=S&date=6/8/2014

Yours In Christ,
Fr. Peter Haugen



Above: Paschal
Matins in
Glendon



Above: Paschal
procession in
St. Paul



Center:
Dwayne
Ternovoy in St.
Paul



Above: Midnight PASCHA service
in Bonnyville

Left: Basket Blessing in St. Paul



HIS GRACE
BISHOP
ILARION WILL BE
VISITING OUR
DISTRICT AND
JOINING US FOR
DIVINE LITURGY
ON

SUNDAY
MAY 4TH, 2014
IN ST. PAUL.



WORTH A TRY:

Recipes submitted by Andrew Misiak

Easy St. Phanourios Bread

Fasting (with oil)

Preheat oven to 350.

1 cup sugar

1 cup oil

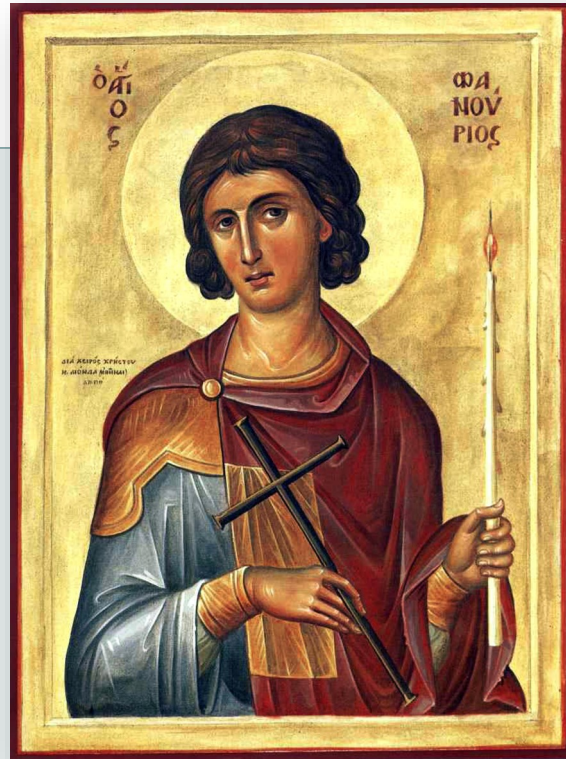
2 cups orange juice

3/4 cup raisins

3/4 cup chopped walnuts

1 tsp. baking soda

4 cups flour



Mix oil and sugar, and beat until it's a creamy yellow. This may take a long time.

Put the baking soda IN the orange juice, and stir until dissolved. [NB: this can be spectacularly dramatic if you use a two cup measuring cup with two cups of o.j. in it. (Please don't ask how I found out.) It might be easier to hold a two cup measuring cup OVER the bowl full of oil and sugar and pour in *one* cup of o.j., mix in 1/2 tsp. baking soda, watch the fireworks, pour it into the bowl, and again mix *one* cup of o.j. with 1/2 tsp. baking soda, stir and pour again. If you don't dissolve the baking soda completely, you get lumps of it in the cake. So, stir well.]

Add the flour, then the raisins and nuts.

Pour the batter into an ungreased 9"x13" pan and bake at 350 degrees F. for 45 minutes (or until a clean toothpick dipped in the cake emerges clean.)

I use a bundt pan instead of one 9" x 13", and my kids prefer this with chocolate chips in the place of the raisins and nuts. It doesn't really need a frosting, but if you wanted to drizzle a stiff glaze made out of, say, powdered sugar and lemon juice and a little water over it, that would be okay, too.

If you wanted to put spices in the batter, I'd go with a tiny amount (1/4 tsp. or less) of ground cloves.

Modified from a recipe in Greek Traditions and Customs in America, by Marilyn Rouvelas

Fancy St. Phanourios Bread (Phanouropita)

Not even close to fasting!

(This recipe originally came from a cookbook for a Greek parish in Chicago, but I've tampered with it, mostly by editorializing.)

Doubles well; the recipe given is for one loaf pan worth, but Doubled it makes a bundt pan's worth.

Preheat oven to 325 degrees F.

In a large, heavy bottomed saucepan, combine:

1 cup orange juice

1/2 cup brandy

2 Tablespoons unsalted butter

1/2 teaspoon salt

2 cups golden raisins

3/4 cup sugar

1/2 cup honey

1 Tablespoon ground cinnamon

1/2 teaspoon ground cloves

Bring to a boil. Reduce heat, and simmer for exactly ten minutes -- any longer, and you'll have a good caramelized smelling door stop instead of a cake.

Set pot in cold water to cool mixture completely.

Sift into cooled syrup:

2 cups all-purpose flour

2 teaspoons double-acting baking powder

1/2 teaspoon baking soda.

Beat vigorously for eight to ten minutes (Takes muscles! We use a wooden spoon for this) or until batter is smooth and bubbly.

Stir in: 2 Tablespoons grated orange peel

Turn into well greased 7" fluted pan or 8" loaf pan.

Sprinkle with 1/2 sesame seeds (optional; skip if you like).

Bake for 1 to 1 1/2 hours, until a knife inserted in the center comes out clean.

Sprinkle with 1/4 cup brandy and cool cake in pan.

Bring to church to have blessed, and then share with parishioners or the poor.

Smells amazingly wonderful while cooking.

Your District

Executive:

President:

Andrew Misiak

Vice President:

Ron Rusnak

Secretary:

Krystal Johnson

Treasurer:

Sandra Yuschynshyn

Past President:

Caroline Yewchin

A Visit from CYMK (attempt #2!):

On **May 3rd** members from **Provincial CYMK** will be coming to our **service in St. Paul** to do a presentation on CYMK and hold activities for our youth in the district. **We are asking families will children to join us on this day as this will present us with an excellent opportunity to kick start a youth group within the district.**

What is CYMK?

Founded in 1931, CYMK allows youth to learn about and experience everything our Ukrainian culture and Orthodox faith have to offer. CYMK branches can be found in many Ukrainian Orthodox parishes across Canada.

CYMKivtsi cherish their heritage and are proud of their roots. They have a deep respect for the church and their Orthodox faith. CYMK is a place to socialize, make new friends, and build bonds that will last a lifetime. Parents play a vital role in CYMK, providing guidance and support through their commitment. CYMK is a vital part of our parish family.

“СЛАВА ІСУСУ ХРИСТУ! СЛАВА НА ВІКИ!

Glory Be To Jesus Christ! Glory Be Forever!”

Don't forget we have a website! It is under a bit of construction, but you can find updates, locations, and a long term schedule there. Photos will be coming soon as well. Check it out!

www.bonnyvilleanddistrictuoc.ca/

We're also on Facebook!
Look up:

Bonnyville District of the
Ukrainian Orthodox Church of
Canada



All Saints
St. Paul, AB
Dwayne Ternovoy
780-614-0858

Holy Trinity
Glendon, AB
Joyce Drapaka
780-645-3760

St. Elias
Bonnyville, AB
Janet Hutska
780-573-3470

All Saints
Sandy Rapids, AB
Ron Rusnak
780-826-2062

Sts. Peter & Paul
Nowa Bukowina, AB
Sandra Yuschynshyn
780-645-4815



May 2014

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1	2	3
4 Divine Liturgy 10:00 AM St. Paul PROVODY	5	6	7	8	9	10
11 Divine Liturgy 10:00 AM Nowa Bukowina PROVODY	24 Bonnyville AGM 7:00 PM Bonnyville	13	14	15	16	17
18 Divine Liturgy 10:00 AM Sandy Rapids PROVODY	19	20	21	22	23	24 Great Vespers 4:00 PM Bonnyville
25 Divine Liturgy 10:00 AM Bonnyville PROVODY	26	27	28	29 Ascension of Our Lord Divine Liturgy 10:00 AM Bonnyville	30	31

A more detailed and long-term schedule is available on the website and of course from Fr. Peter and your District Executive members. The schedule above and those in future newsletters are meant to serve as a visual reminder of services for the month. Please be sure to take note of the time and location of each service (again, due to space I could not include full names of parishes, locations, etc.). Fr. Peter will continue to announce upcoming services and events at church as he has been doing. Think of this as 'the month at a glance'!