

## SUNDAY BRUNCH



## TODAY - Sunday, February 7th

St. Mary's Cultural Centre

Following the 9:00 am & 11:00 am Divine Liturgies

The Knights Would Appreciate your Support! Everyone Welcome!

DATE	Тіме	EPISTLE	CANTOR	USHERS	ORGANIST	GREETERS
SAT FEB 6	5:00 pm English	Tom Abrametz	Peter Kobylka	Don Gabora Julian Abrametz		
Sun Feb 7 Cheese-Fare Sunday	9:00 am Ukrainian	Elsie Stechyshyn	Ed Pindus	Ukrainian Catholic Brotherhood		
	11:00 am English	Susan Willson	Laurie Fedorowich Ron Wizniak	Mike Smud Paul Lazurko	Iris Skehar	Judy Diakow
SAT FEB 13	5:00 pm English	Vi Kluk	Peter Kobylka	Carl Pacholka Dennis Benko		
Sun Feb 14 First Sunday of Lent	9:00 am Ukrainian	lvan Bachynsky	Colette Karapita	Ukrainian Catholic Brotherhood		
	11:00 am English	Eleanor Shumay	Laurie Fedorowich Ron Wizniak	Henry Shumay Bill Krywulak	Iris Skehar	Gloria Rhinas

		Received in 195 Regular Envelopes\$3,480.00		
Co	OLLECTION	Loose Collection		
Ι,	JAN. 31	Loose Collection \$ 100.00		
2016	Received in 19 Other Envelopes \$ 330.00			
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#### WORLD DAY OF PRAYER

## FRIDAY, MARCH 4TH AT 7:30 PM ST. PAUL LUTHERAN CHURCH

Theme (from Cuba): "Receive Children, Receive Me"

**Bible Study Nights:** February 23<sup>rd</sup> & March 1<sup>st</sup> at 7:00 pm (Please bring your bible with you) All women, men and children invited to attend. Contact person: Judy Niebergall at 306-782-7196

#### CONTACT INFORMATION

**OFFICE:** st.mary.yorkton@sasktel.net **Pastor:** blukie@gmail.com

**EPARCHIAL PASTORAL COUNCIL** - Pat Thompson 306-782-9425 **PARISH COUNCIL PRESIDENT** - Geraldine Koban 306-782-0270

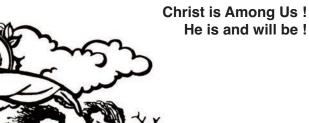
KNIGHTS OF COLUMBUS - Bill Prybylski 306-782-5259 UCWLC - Doreen Rathgeber 306-782-1527 UCBC - Peter Moroz 306-783-6293 CULTURAL CENTRE - Russ Thompson 306-782-9425 GOLDEN AGERS - Verna Moroz 306-783-6293 CULTURAL CENTRE MANAGER - Stan Shymanski 306-782-1010 YOUNG ADULT MINISTRY OFFICE - Phone: 1-204-799-1060 EMAIL: rymcssr@gmail.com Web: www.yorktonredemptorists.com

## ST. MARY'S UKRAINIAN CATHOLIC CHURCH

Церква Матері Божої Неустанної Помочі Our Mother of Perpetual Help 155 Catherine Street, Yorkton, SK S3N 0B9

Vol. 53, No. 6 Parish Bulletin February 7, 2016

Христос Посеред нас! € і буде!



The parish community of St. Mary's extends a warm *Welcome - Вітаємо* 

to everyone who is with us today, especially all Visitors. We are pleased that you have come to pray with us this Sunday. May the Lord bless You.

## Pastoral Care of the Ukrainian Redemptorists

Fr. Bohdan Lukie, CSsR - Pastor Fr. Raymond Lukie, CSsR - Assistant Pastor Fr. Methodius Kushko, CSsR - Assistant Pastor

**OFFICE HOURS** Monday - Friday 9:15 am - 12:00 pm 1:00 pm - 4:30 pm

Office 306-783-4594 Fax 306-782-4214 Info Line 306-782-0654

SICK CALLS - Anytime

BAPTISMS & MARRIAGES\* by Appointment
\*Please contact the pastor at least six
months before the wedding date.

## **DIVINE LITURGY SCHEDULE**

Saturday 5:00 pm English
Sunday 9:00 am Ukrainian
11:00 am English

**W**EEKDAYS

8:00 am Monday, Tuesday, Thursday 9:00 am Saturday

## LITURGY OF THE PRESANCTIFIED GIFTS

7:00 pm Wednesday & Friday English

### Way of the Cross

7:00 pm Sundays

English/Ukrainian

### Beloved Parishioners and Guests,

## Glory be to Jesus Christ! Glory be forever!

I almost dread reading the daily paper each morning and daily discover ever more fear and anxiety in the world - the horrible tensions of war, the heart-rending conflicts in the middle East, be it in Palestine, Irag or Syria, or in Ukraine, the heart-ache of broken homes and families, the painful loss of a loved one and PASTOR'S DESK anxious fear of unknown terrorist attacks.



FROM THE

Truly we live in a stress-filled and disturbing world that actually longs for peace and reconciliation, for a world where sisters and brothers of whatever colour, or creed, or nationality could live together in loving harmony. This is not only our desire, but the desire of **Jesus** who came into this world to show us how to live together as one large global family - that we help and serve one another, that we heal each other's hurts and misunderstandings, that we express our love to one another by, first of all, praying for one another and secondly, forgiving each other.

This invitation of Jesus to live the Christ-like life is for each and every one of us - that you and I, wherever we are, be "instruments of peace" and "channels of love." We must do this in our personal lives, in our homes, in our schools and in our places of work. If today you strive to establish more peace and love with every person you meet is there then not peace in the whole world. Our little individual efforts of forgiveness and love can also diminish the tension and conflict - yes, in Ukraine, in the Middle East, yes, even in Venezuela, in Columbia, in Pakistan, etc.

How often in the course of our daily and Sunday Liturgies we pray over and over again for peace, for forgiveness, for our leaders, for our governments, for those who serve and protect us, for the poor, the sick, the suffering, the lonely and the abandoned, for the removal of injustice and persecution in the world. Yes, we pray for these intentions in church, but they can only become real and life-giving, if you strive to "live our prayer" in our daily actions and in our personal lives.

We are on the threshold of Great Lent - a holy 40 day spiritual preparation for the Crucifixion and Resurrection of Christ - the very foundation of our faith in God. In these times of stress and fear, we are strongly encouraged to make this holy season a personal time of spiritual growth and prayer. We have so many special prayerful <u>lenten services</u> to assist us on our "peace-searching" journey of life!

Please - as a parishioner, as a citizen of the world, make an earthly difference! Come as a family, come as an individual - we implore you!

'NO GOD, NO PEACE: KNOW GOD, KNOW PEACE!'



UPCOMING EVENTS				
February 14	Adult Faith Formation Program	10:00 am		
February 14	Ukrainian Catholic Brotherhood Bingo	1:00 pm		
February 15	Ukrainian Catholic Brotherhood Meeting	7:00 pm		
February 16	February 16 Adoration of the Blessed Sacrament resumes			
February 20	ruary 20 All Souls Saturday - Divine Liturgy & Sorokousty 9:00 am			
February 24	Parish Council Meeting *Note change of date 7:00 pm			
February 24	Knights of Columbus Bingo	7:00 pm		
February 25	Golden Agers Birthdays and Anniversaries	1:00 pm		
February 27	All Souls Saturday - Divine Liturgy & Sorokousty	9:00 am		
March 6	First Solemn Holy Communion Class	9:45 am		
March 6	Knights of Columbus Brunch 10:15 am & 1			
March 6	Ukrainian Catholic Brotherhood Bingo	7:00 pm		
March 7	UCWLC Meeting	7:00 pm		
March 7	Knights of Columbus Meeting	7:00 pm		
March 13	St. Mary's Parish Annual General Meeting	2:00 pm		
March 14	Cultural Centre Board Meeting 7:30 pm			
March 15	n 15 Knights of Columbus Bingo 7:00 pm			

Yorkton Film Festival February Open Cinema will be screening

## JAJO'S SECRET

Film-maker James Motluk explores the internment of thousands of Ukrainian Canadians, including his grandfather during World War One.

Tuesday, February 16th at 7:00 pm at the Yorkton Public Library Everyone is welcome to attend. Free Admission.



Co-Missionary Fund Contributions can be made monthly, guarterly, semi-annually or annually. Our goal is to contribute \$250/month or \$3,000/yr. Please make your cheques payable to "St. Mary's" but memo the cheque Co-Missionary Fund.

## **MUSÉE UKRAINA MUSEUM Notice of AGM:**

Sunday, March 6th @ 1:00 pm

Musée Ukraina Museum (222 Avenue M South, Saskatoon) Hours of Operation: Sundays 11:30 am - 4:30 pm Website: www.mumsaskatoon.com

Facebook: 'Musée Ukraina Museum Saskatoon'



#### Listen for the UKRAINIAN HOUR

Sundays 3:00 - 4:00 pm Mondays 10:00 - 11:00 pm on 98.5 the ROCK



## St. Mary's UCWLC Easter Bread Bake Sale

Wednesday, March 2<sup>nd</sup> and Thursday, March 3<sup>rd</sup> Starting at 5:00 pm ~ St. Mary's Cultural Centre



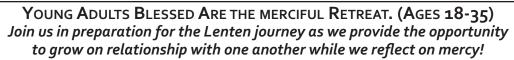
Traditional Ukrainian Paskas, Babkas and Easter Butter Lambs

\*Baked fresh same day!\*

Contact Number 306-783-6781 (Verlee)

## BAKING DAYS AT THE CULTURAL CENTRE AT 8:30 AM Wednesday, March 2<sup>nd</sup> and Thursday, March 3<sup>rd</sup>

\*\*We welcome the assistance of non-members with our Baking Days.\*\*



Starts 7:30pm Friday, February 12th Bishop Chancery, Saskatoon, SK (214 Ave M South) Ends Saturday, February 13th breakfast and continue with Fr.Gregory Hrynkiw at the Bishops Chancery. Proceed to Room Escape 1:15 pm (206 - 810 Dufferin Ave). Divine Liturgy at Ss. Peter and Paul Ukrainian Catholic Church at 5:00 pm (1202 11th St. E.)

Supper provided after liturgy by Sardinia Family Restaurant. 7:15 pm Guest Speaker Sarah Donnelly experience on "The Holy" at Ss. Peter and Paul Auditorium. Finish with Movie night at the Chancery. Costs: The registration fee is \$40 (\$26 dollars for the Room Escape, \$14 dollars for registration cost and meals). Cheques can be made out to the Eparchy of Saskatoon. You may want ask your parish if they will sponsor your registration fee and travel costs.

Who to contact for Registration? Sarah Buchko, email: uwitness2youth@gmail.com Phone: 306-380-5765 Fax: 306-665-2569 or Ivan Simko, email: @gmail.com Phone: 306-717-8958

Looking forward to seeing you there!



## K OF C FAMILY BOWLING \*\*CHANGE OF DATE - SUNDAY, FEBRUARY 21<sup>ST</sup>\*\*

2:00 PM YORKTON BOWL ARENA

All children accompanied by a bowling parent or adult will have their bowling fees paid for by the Council. (That's only for the children). This will be followed by a hot dog social and prizes at the Cultural Centre. Remember you don't have to be a Knight to participate.

Please sign-up in advance by calling: Bro. Darren Spelay at 306-621-4290

## YORKTON DISTRICT PARISHES

Schedule of Services in the Yorkton Pastoral District

CALDER

Sunday, February 28

11:00 am

Divine Liturgy

## Слава Ісусу Христу!

СЛОВО ПАРОХА

Я майже боюся читати часопис Free Press щоранку і щодня бачити щораз більше страху та неспокою у світі — жахливе напруження війни, тяжкі конфлікти на Середному Сході, чи в Палестині, чи в Іраку, чи ще дальше в Афґаністані, душевний біль розбитих домів та родин, болюча втрата дорогих нам людей та занепокоєний страх перед можливими терористичними нападами.



Ми справді живемо у напруженім та стурбованім світі, який дійсно прагне погодження та миру в світі, світі, де сестри та брати будь-якого кольору, віровизнання чи національности могли б жити разом в любовній злагоді. Це не лиш наше бажання, але бажання Христа, Котрий прийшов у цей світ показати нам, як жити разом, як одна світова родина — щоб ми могли помагати та служити одні одним, щоб ми загоювали одні одним болі та непорозуміння, щоб ми одні одним показували свою любов тим, що передусім будемо взаємно молитися за один одного та прощати один одному.

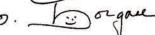
Ісус запрошує кожного і кожну з нас, щоб ми стали такими, як Хритос — щоб, де б ми не були, ми були «знаряддям миру» та «джерелом любови». Мусимо це робити у своїм особистім житті, у своїх домах, у своїх школах та у своїх місцях праці. Якщо Ви сьогодні будете стреміти до того, щоб утвердити мир та любов з кожною особою, якою Ви зустрінетеся, чи не буде тоді більше миру у світі? Наше мале особисте зусилля прощати та любити може зменшити напругу та конфлікти — навіть на Середньому Сході, навіть у Венезуелі, Колюмбії, в Пакістані та Північній Кореї і.т.д.

Як часто під час щоденних чи недільних Служб Божих ми ще раз і ще раз молимося за мир, за прощення, за наших провідників, за наші держави, за тих, хто служить, щоб нас охороняти, за убогих, за хворих, за страждаючих, за опущених та самотних, за знищення несправедливости та переслідування у світі. Так, ми молимося за ці намірення в церкві але вони можуть стати правдивими та життєдайними лиш тоді, коли ми будемо прагнути до того, щоб «перевести свою молитву в життя», нею жити щодня.

Ми стоїмо на порозі Великого Посту — святої 40-денної підготовки до розп'яття та Воскресіння Христа — самої основи нашої віри в Бога. В цих часах напруги та страху маємо заохоту використати цю святу пору року на особистий духовний розвиток та молитву. Ми маємо багато спеціяльних молитовних відправ, щоб допомогли нам у наших «пошуках за миром» у нашій мандрівці життя!

Прошу Вас, як парафіян, як громадян світу, вплиньте на світ. Прийдіть, як родина, прийдіть, як особа — ми благаємо Вас!

«БЕЗ БОГА НЕ МОЖЕМО ЗНАТИ МИРУ!»



#### **DIVINE LITURGY INTENTIONS**

SUNDAY, FEBRUARY 7

CONDAI, I EDITOARI I				
Sunday of Ch	eese-Fare / Forgiveness Sunday	Romans 13:11-14:4 ~ Matthew 6:14-21		
MON Feb 8	First Day of Great Lent	1 Corinthians 3:18-23 ~ Luke 21:8-36		
8:00 am	Health & God's Blessings for Lena Ty	miakUkrainian Catholic Brotherhood		
8:00 am	Health & God's Blessings for Sonia Po	opowichSt. Mary's Ukrainian Choir		
TUE Feb 9	Martyr Nicephorus	Romans 8:14-21 ~ Matthew 6:1-13		
8:00 am	God's Blessings for the Yorkton Redemptorists & Sister Servants of Mary ImmaculateUCWL			
8:00 am	Health & God's Blessings for Emil & Jeanette OucharekMary & family			
WED Feb 10	Martyr Charalampus	2 Corinthians 4:13-18 ~ Mark 11:22-25		
7:00 pm	Liturgy of the Presanctified Gifts			
THU Feb 11	Martyr Blaise	Romans 15:30-33 ~ Matthew 7:7-11		
8:00 am	+Stan Kyba	John & Heather Uhryn		
8:00 am	+Peter Byblow	Iris Cannon		
FRI Feb 12	Venerable Meletius	1 Timothy 2:1-7 ~ Luke 15:1-10		
7:00 pm	Liturgy of the Presanctified Gifts			
SAT Feb 13	Venerable Martinian	Hebrews 1:1-12 ~ Mark 2:23-3:5		
9:00 am	Health for Oksana	Nick & Maria		
5:00 pm	Health & God's Blessings for Gloria Li	schynskiElsie & Emily		
<b>DIVINE LITURGY INTENTIONS -</b> If you are paying for this service by cheque, please make your cheque payable to: Ukrainian Catholic Mission				

cheque payable to: Ukrainian Catholic Mission

## POPE FRANCIS' PRAYER INTENTIONS FOR FEBRUARY

Vatican City, 1 February 2016 (VIS) - *The Holy Father's universal prayer intention for February is*: "That we may take good care of creation – a gift freely given – cultivating and protecting it for future generations".

*His intention for evangelisation is:* "That opportunities may increase for dialogue and encounter between the Christian faith and the peoples of Asia".

## FASTING REGULATIONS FOR GREAT LENT

Simple Fasting requires the faithful not to consume meat, during all Fridays throughout the year, including the Holy Season of Great Lent, with certain exceptions.

Simple Fasting is recommended on Wednesdays, during the Holy Season of Great Lent for the intention of world peace, gratitude for the gift of life and for vocations to the priesthood and religious life.

Strict Fasting requires the faithful not to consume meat, eggs and dairy products. Strict Fasting occurs on the first day of Great Lent, February 8th and on Good Friday, March 25th.

The following have been given a general dispensation from fasting:

- persons who are spiritually or physically ill
- sick and convalescent
- pregnant women and nursing mothers
- those who work strenuously
- those who have reached the age of 60 years

Bishops, pastors and confessors may grant a dispensation from the fasting guidelines in case of necessity, in conformity with the spirit of our Church.

## Saint Mary's Building Fund Donations



Balance of the Fund to date: \$312,197.66 Thank you very much

Donations may be given anytime.

All funds collected will be used for the future renovations of our church. Building Fund Envelopes are available at the entrances of the Church

## St. Mary's Church Donations

In Memory of Nettie Woychesko
Larry & Sandra German \$20.00

## **GREAT LENT - SCHEDULE OF SERVICES**

Liturgy of the Presanctified Gifts (English) Wednesdays & Fridays - 7:00 pm

Divine Liturgy & Sorokousty (English & Ukrainian) Saturdays (Feb. 20 & 27, Mar. 5 only) - 9:00 am

Way of the Cross (English & Ukrainian) Sundays - 7:00 pm

# Attention Parish Council: This is a reminder to get your annual reports to the Parish Office by Wednesday February 17th. If possible, please submit by email to: st.mary.yorkton@sasktel.net



## Musée Ukraina Museum Inc. 2016 Lottery Winners for January

\$20.00 Winners: Tammy Ann Osatchuk-Lloydminster, Kathy Randle-Calgary(AB), St. Athanasius UCWLC-Regina, Duane, Diane Rick Dutchak-Weyburn, Corinne Palka-Regina, Pauline Venne-Wakaw, Beverly Cholowsky-Wakaw, Dorothy McCuaig-Yorkton, Roxanna Gabruch-Saskatoon, Walter & Albina Zaleschuk-Wakaw, Andy Sereda-Moose Jaw, Paul Kowalchuk-Tway, Diane Bazowski-Prince Albert, Marie Kischuk-Saskatoon, Stella Ewanchuk-North Battleford, Bernie Kot-Weyburn, Lynne Zadorozny-Moose Jaw, Lawrence & Lana Klemetski-Yorkton, Dwight Green-Moose Jaw, Joline Empringham-Regina, Dolores Klapak-Montmartre, Cathy & Brad Medernach-Saskatoon, Diane Boyko-Saskatoon, Rose Weisgerber-Weyburn. \$50.00 Winners: Kim Shalenko-Saskatoon, Sophie Zelesky-Prince Albert, Melvin & Donna Kurmey-Aberdeen, David J Bodnar-Prud'homme. \$100 Winners: Sts Peter & Paul UCWLC-Saskatoon. \$200 Winners: Mary Anne & Alex Horvat -Regina, Priscilla Halipchak-Ituna.

Congratulations to all the winners

There are still 335 chances to win cash prizes in the 2016 Calendar Lottery! Lottery License #RR15-0282

### **UKRAINIAN CHOIR:**

- ☆ Practices Thursday evenings until March 17th, 6:45-8:15 pm
- ☆ Sunday, February 14th: 9:00 am Divine Liturgy
- ☆ Sunday, February 28<sup>th</sup>?



## Thursday, February 11th

is the Feast Day of Lady of Lourdes ~ World Day of the Sick as declared by St. John Paul II

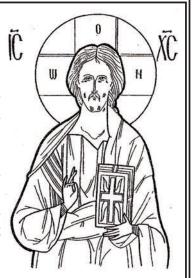


Let us pray for all the sick and suffering in the world.

## FORGIVENESS IS:

**FORGIVENESS IS A DECISION.** It is not a feeling. A decision to forgive is a first step. What happens then depends upon the individual.

FORGIVENESS US SHOWING MERCY EVEN WHEN THE INJURY HAS BEEN DELIBERATE. The challenge is not in forgiving when there is an excuse for what is done, but forgiving when there is none. This is when forgiveness is most needed.

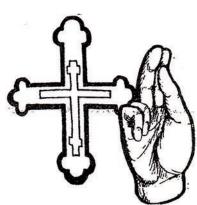


**FORGIVENESS IS ACCEPTING THE PERSON AS HE/SHE IS.** It is forgiving the child for being awkward, the friend for always being late. It is letting go of judgments.

**FORGIVENESS IS TAKING A RISK.** It is making myself vulnerable. Some would call it foolishness, but to renew my commitment to the friend who has betrayed my trust is to trust myself to handle being hurt again.

**FORGIVENESS IS ACCEPTING AN APOLOGY.** It is graciously to respect the effort of reconciliation, when the hurt is deep and when it is not.

FORGIVENESS IS A WAY OF LIVING. It is developing a readiness to forgive.



## FORGIVENESS IS CHOOSING TO LOVE.

James G.T. Fairfield, author of <u>When You Don't Agree</u>, sees forgiveness as the first skill of self-giving love.

## **FORGIVENESS IS NOT:**

IS NOT SENTIMENTAL...
IS NOT CONDESCENDING...
IS NOT RIGHTEOUS...
Above all. it is **NOT CONDITIONAL!** 

## SUNDAY OF CHEESE-FARE / FORGIVENESS SUNDAY

FEBRUARY 7, 2016

The theme of Sunday is always Resurrection. We invite you to refrain from kneeling during the Divine Liturgy.



Today's special liturgical parts & readings are found on pages 22-23 in the Tropars, Kondaks, Epistle & Gospel Readings booklets that are found at the entrances of the church.

Next Week's Readings: Epistle - Hebrews 11:24-26;32-12:2 Gospel - John 1:43-51

THIS WEEK AT ST. MARY'S				
SUN		Divine Liturgy & Forgiveness Service		
		Knights of Columbus Brunch		
	11:00 am	Divine Liturgy & Forgiveness Service		
	11:00 am	Little Angels Class		
MON	First Day of Great Lent			
	7:30 pm	Cultural Centre Board Meeting		
WED	7:00 pm	Liturgy of the Presanctified Gifts		
THU	1:00 pm	Knights of Columbus Bingo		
	6:45 pm	Ukrainian Choir Practice		
FRI	7:00 pm	Liturgy of the Presanctified Gifts		
SAT	9:00 am	Divine Liturgy		
	5:00 pm	Divine Liturgy		

**WEDDINGS PLANS ??-** If you are planning to be married at St. Mary's or any of the Yorkton District parishes, *please contact Fr. Bohdan (306-783-4594) at least six months before the wedding date.* 

**DEADLINE** for submissions to the bulletin is Tuesdays at 4:30 pm.

#### SOROKOUSTY

If you wish to have your deceased family members remembered during Sorokousty on the All Souls Saturdays, please use your yellow Sorokousty envelope and place it in the collection basket or drop it off at the Parish Office. Sorokousty is celebrated with the Divine Liturgy on "All Souls Saturday".

This year, the dates are: February 20 & 27, March 5 and May 14.



**EMAIL BULLETIN** - If you would like to have the Bulletin emailed to you please send your request to: cssrmonastery@sasktel.net

## **DEEPEST SYMPATHY**

We express our sympathy & prayers to the family & friends of **+Mary Yakiwchuk** and **+Jean Bilokraly** who passed away recently.

We also express our sympathy & prayers to the family & friends of **+Frances Sobkow** for whom funeral services will be held on Tuesday at 7:00 pm and Wednesday at 10:30 am at St. Mary's Church.

Вічная Память God Grant Them Eternal Rest Вічная Память

# Eparchy of Saskatoon Family and Life Office Bulletin: February 2016

## "The future of the world passes through the family" Familiaris Consortio, 79

With last year's SCC decision on Assisted Suicide and Euthanasia, the Government and society is considering the consequences of this major change in Canadian law. It is a time for somber reflection. However, it is also an opportunity for us as Church not just to make our views known on the importance of protection for the vulnerable and the suffering, but also to understand and promote the positive beauty of Catholic teaching on life—from beginning to end. Beginning with "end of life" issues this will be a 3 part series on being:

## "Positively" pro-life: Part I. Catholic teaching on the "end" of life-

- 1. "The end" is usually taken to mean something is finished. It also can mean "the goal". Although our life on earth finishes with death, it is important to consider the second meaning and consider that our goal is life not death. Though we must pass through death, our "end" is life eternal.
- 2. It is right and just to protect and promote human life from "Conception to Natural Death".
- 3. Protecting life means having laws that protect the vulnerable—even from themselves if they are desperate and despairing of their lives. It also means providing health care that enables the sick to find healing. It does not mean that we must cling to this earthly life by "extra ordinary" artificial measures, long after any hope for physical healing is gone.
- 4. Does this mean that we support Euthanasia or Assisted Suicide? No, of course not. They are the deliberate taking of a human life before it's natural conclusion.
- 5. What Catholic teaching has always supported is 'bene mortasia' which is literally translated from the Latin to mean a "good death".
- 6. In practical terms this means we can reject the "extra ordinary" and when appropriate (no hope for recovery) let nature take its course.
- 7. This means in some cases it is not only permitted, but can be an act of love when artificial respirators are turned off and feeding tubes can be removed, to let nature take its course.
- 8. This is not to say that where there is even a slim hope of recovery we cannot avail ourselves to these measures.
- 9. In every instance we promote the alleviation of suffering—known as palliative care.
- 10. One of the kindest things that we can do for our family is to talk to them about these issues or clearly spell out our wishes in an "advance care directive".

## WHEN IN DOUBT CHECK OUT THE GUIDE... WHAT GUIDE YOU MAY ASK? THE CATHOLIC HEALTH ETHICS GUIDE, OF COURSE!

It is written in clear concise language that is easily understood and is approved by the Canadian Conference of Catholic Bishops and is published by the Catholic Health Alliance of Canada. It covers such topics as Fundamental Moral Values, Catholic Health Care, Human Dignity, Care at the Beginning of Life, Care at the end of Life



and Organ Donation. A limited number of copies of this quide can be obtained from the Family and Life Office, email Deborah Larmour at ucfamilylifeoffice@sasktel.net Or they can be obtained directly from the publisher email: books@novalis.ca . An e-book copy can also be obtained on http://www.amazon.ca This is highly recommended reading for all the faithful but is ESSENTIAL reading for anyone in the educational, legal and of course, the health care professions.

## Thoughts from St. Pope John Paul II On Suffering:

Saint Paul speaks of such joy in the Letter to the Colossians: "I rejoice in my sufferings for your sake". A source of joy is found in the overcoming of the sense of the uselessness of suffering, a feeling that is sometimes very strongly rooted in human suffering. This feeling not only consumes the person interiorly, but seems to make him a burden to others. The person feels condemned to receive help and assistance from others, and at the same time seems useless to himself. The discovery of the salvific meaning of suffering in union with Christ transforms this depressing feeling. Faith in sharing in the suffering of Christ brings with it the interior certainty that the suffering person "completes what is lacking in Christ's afflictions"; the certainty that in the spiritual dimension of the work of Redemption he is serving, like Christ, the salvation of his brothers and sisters. Therefore he is carrying out an irreplaceable service. In the Body of Christ, which is ceaselessly born of the Cross of the Redeemer, it is precisely suffering permeated by the spirit of Christ's sacrifice that is the irreplaceable mediator and author of the good things which are indispensable for the world's salvation. It is suffering, more than anything else, which clears the way for the grace which transforms human souls. Suffering, more than anything else, makes present in the history of humanity the powers of the Redemption. In that "cosmic" struggle between the spiritual powers of good and evil, spoken of in the Letter to the Ephesians human sufferings, united to the redemptive suffering of Christ, constitute a special support for the powers of good, and open the way to the victory of these salvific powers. Salvifici Doloris 27 (Feb. 11, 1984) https://w2.vatican.va/content/john-paul-ji/en/apost letters/1984/documents/hf jp-ji apl 11021984 salvifici-doloris.html

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