



1948-2018 - celebrating its 70 years
Dormition of the Mother of God
Ukrainian Catholic Church



Українська Католицька Церква Успення Пресвятої Богородиці

1091 Coronation Avenue, Kelowna, BC V1Y 7A8

Tel.: 250-860-7295 Email: dormitionkelowna@gmail.com

Parish web-site: <http://kelowna.nweparchy.ca/> Pastor: Rev. Fr. Pavlo Myts / о. Павло Миць

Facebook page: **DormitionKelowna Parish**: <https://www.facebook.com/dormitionkelowna.parish.5>

If you need to meet with the parish priest, please, call or email in advance to arrange time and a day.

Ukrainian Catholic Eparchy of New Westminster: www.nweparchy.ca

19th Sunday after Pentecost - September 30th, 2018 A.D.



THE VIBRANT PARISH - A PLACE TO ENCOUNTER THE LIVING CHRIST: Through the Word, the Holy Mysteries & Prayer, Serving One's Neighbour, Leadership, Fostering & Serving Unity and Missionary Spirit – Pastoral Letter of His Beatitude Sviatoslav Shevchuk

“All the challenging circumstances of our life on earth – these are for us an invitation to active love, which is an expression of living faith!” - Pastoral Letter of His Beatitude Sviatoslav Shevchuk

“The Vibrant Parish”

“Всі ці прикрі явища нашого земного життя – це для нас запрошення до чинної любові, яка є виявом живої віри.”

- Пастирський Лист Блаженнішого Святослава Шевчука “Жива Парафія”

Christian Greetings: Glory to Jesus Christ! – Glory to Him Forever! Slava Isusu Chrystu! – Slava na Viky! Слава Ісусу Христу! – Слава на Віку! Christ is among us! – He is and will be!



Liturgical and Sacramental celebrations during week:

Mon., Oct. 1st (**PROTECTION OF THE BLESSED VIRGIN MARY**)

– 10:00 a.m. The Divine Liturgy: **God's blessings for all parishioners.**

4:00 p.m. Akaphistos to the Blessed Virgin Mary Mother of God

Tue., Oct. 2nd – 9:00 a.m. Divine Liturgy: **God's blessings in good health for Metropolitan-Emeritus Steven Sulyk** (requested by Mrs. Lidia Devonshire and Family)

Wed., Oct. 3rd – 9:30 a.m. Divine Liturgy:

Thurs., Oct. 4th – NO SERVICES

Fri., Oct. 5th – 9:30 a.m. Divine Liturgy:

Saturday, Oct. 6th – 4:00 p.m. The Divine Liturgy: **God's blessings for all parishioners** (Service in Penticton, BC)

Sunday, Oct. 7th – 9:00 a.m. The Divine Liturgy: **God's blessings for all parishioners.** (in English language)

– 11:00 a.m. The Divine Liturgy: **God's blessings for all parishioners** (in Ukrainian language)

Pastoral and Sacramental Ministry: **Baptisms:** by appointment. **Funerals and Memorials:** by appointment.

Marriages: six months' notice should be given to the parish priest, and he should be contacted before any other arrangements are made.

Holy Unction (Anointing of the Sick): Those anticipating surgery, hospitalization or treatments and who would like to receive anointing (by appointment, any time)

Reconciliation: on Sundays and Holy Days: before Liturgies and other days, by appointment.

Holy Communion: for the sick, by appointment, any time * **Please, contact Fr. Pavlo if you want to have the Divine Liturgies celebrated in your special (such as: In thanksgiving for favours received, the Infirm, General Intentions, the Deceased, Help of the Holy Spirit, for the Travelers, etc.) intentions.**



Liturgical Propers in English language:



Tone 2, text from book "*The Divine Liturgy of Saint John Chrysostom*"; pages 91-93

Epistle: *A reading from the Second Letter of Saint Paul to the Corinthians: (2 Cor. 11:31:12:9)*

Brothers and Sisters, The God and Father of the Lord Jesus knows – blessed be He forever – that I do not lie. In Damascus the ethnarch of King Aretas was keeping a close watch on the city in order to arrest me, but I was lowered in a basket through a window in the wall and escaped his hands.

I must go on boasting, however useless it may be, and speak of visions and revelations of the Lord. I know a man in Christ who, fourteen years ago, whether he was in or outside his body I cannot say, only God can say – a man who was snatched up to the third heaven. I know that this man – whether in or outside his body I do not know, God knows – was snatched up to Paradise to hear words which cannot be uttered, words which no man can speak. About this man I will boast; but I will do no boasting about myself unless it be about my weaknesses. And even if I were to boast it would not be folly in me because I would only be telling the truth.



But I refrain, lest anyone think more of me than what he sees in me or hears from my lips. As to the extraordinary revelations, in order that I might not become conceited I was given a thorn in the flesh, an angel of Satan to beat me and keep me from getting proud. Three times I begged the Lord that this might leave me. He said to me, "My grace is enough for you, for in weakness power reaches perfection." And so, I willingly boast of my weaknesses instead, that the power of Christ may rest upon me.

Gospel: (Lk 6:31-36)

The Lord said, do to others what you would have them do to you. If you love those who love you, what credit is that to you? Even sinners love those who love them. If you do good to those who do good to you, how can you claim any credit? Sinners do as much. If you lend to those from whom you expect repayment, what merit is there in it for you? Even sinners lend to sinners, expecting to be repaid in full. Love your enemy and do good; lend without expecting repayment. Then will your recompense be great. You will rightly be called sons of the Most High, since he himself is good to the ungrateful and the wicked. Be compassionate, as your Father is compassionate.

Our Eparch, Bishop Ken is requesting that at the conclusion of every Divine Liturgy we say an additional prayer for Peace in Ukraine until the end of the war. For peace in Ukraine, let us pray: Our Father ... Hail Mary ... Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.



VIBRANT PARISH PRAYER: O Lord Jesus Christ, our Good Shepherd, as you once gathered lost sheep that they might hear Your voice and be your flock, so also today graciously look down from heaven upon our parish community, and send down on it your Holy Spirit, that it might be a place to receive the joy of Your Good News. Strengthen us with your presence, and always gather us together in prayer. Grant us the spirit of serving others, so that in our parish all might encounter You, the merciful God. Bless our spiritual leaders with Your wisdom, and inspire us to generously give of our time, talents and treasure for the building up of Your Kingdom. Unite us in peace and harmony, as befits Your community of love. Instill in us a missionary spirit, and let our parish community shine with the light of the Gospel, with prayer and good works, inviting all to share in the divine life, so that Your Name, O Saviour, may be praised, together with Your eternal Father, and Your most-holy, good and life-giving Spirit. Amen.

❖ **Basic Guidelines for Reception of Holy Communion:** You are a member of the Catholic Church (faithful of the Orthodox churches are very welcome to receive Holy Communion); 2) You have participated in the Sacrament of Confession at least during the Easter or Christmas seasons this past year if not more frequently; 3) You attend Divine Services regularly; 4) Your lifestyle is consistent with the teaching of the Catholic Church; 5) You have kept the Liturgical fast – no food at least one hour prior to the Divine Liturgy (water and medicine does not break the fast). 6) You have been in church from the beginning of the service, or at least heard the Gospel. 7) To the best of your

ability, you are in the state of Grace. *If for any of these or other reasons you cannot receive Holy Communion, you are very welcome to come for a blessing. Please indicate to the priest that you would like to receive his blessing.*



Літургійні частини Українською мовою:

Глас 2, текст "Божественна Літургія Святого Івана Золотоустого"; сторінки 90-92

Апостол: *До Коринтян другого послання Святого Апостола Павла читання: (2 Кор. 11, 31 - 12, 9)*

Браття і Сестри, Знає Бог і Отець Господа нашого Ісуса Христа, а Він благословенний навіки, що я не говорю неправди. У Дамаску намісник царя Арети стеріг місто Дамаск, щоб схопити мене, але по мурі мене спущено в коші віконцем, і я з рук його втік! Не корисно хвалитись мені, бо я прийду до видінь і об'явлень Господніх. Я знаю чоловіка в Христі, що він чотирнадцять років тому чи в тілі, не знаю, чи без тіла, не знаю, знає Бог був узятий до третього неба. І чоловіка я знаю такого, чи в тілі, чи без тіла, не знаю, знає Бог, що до раю був узятий, і чув він слова невимовні, що не можна людині їх висловити. Отаким похвалюся, а собою хвалитись не буду, хіба тільки своїми немочами. Бо коли я захочу хвалитись, то безумний не буду, бо правду казатиму; але стримуюсь я, щоб про мене хто більш не подумав, ніж бачить у мені або чує від мене. А щоб я через пребагато об'явлень не величався, то дано мені в тіло колючку, посланця сатани, щоб бив в обличчя мене, щоб я не величався. Про нього три рази благав я Господа, щоб він відступився від мене. І сказав Він мені: Досить тобі Моєї благодаті, бо сила Моя здійснюється в немочі. Отож, краще я буду хвалитись своїми немочами, щоб сила ристова вселилася в мене.



Євангеліє: (Лк. 6, 31-36)

Сказав Господь: бажаєте, щоб вам люди добро чинили, так само добро чиніть їм і ви. А коли любите тих, хто любить вас, яка вам за те ласка? Люблять бо й грішники тих, хто їх любить. І коли добре чините тим, хто добро чинить вам, яка вам за те ласка? Бо те саме і грішники роблять. А коли позичаєте тим, що й від них сподіваєтесь взяти, яка вам за те ласка? Позичають бо й грішники грішникам, щоб одержати стільки ж. Тож любіть своїх ворогів, робіть добро, позичайте, не ждучи нічого назад, і ваша за це нагорода буде великою, і синами Всевишнього станете ви, добрий бо Він до невіддячних і злих! Будьте ж милосердні, як і Отець ваш милосердний!



Молитва Живої Парафії: Господи Ісусе Христе, Пастирю Добрий, як колись Ти пригорнув заблуканих овечок, щоб вони пізнали Твій голос і були Твоїм стадом, так і сьогодні глянь ласкаво з небесних висот на нашу парафію та зішли на неї Твого Святого Духа, щоб вона була місцем пізнання радості Доброї Новини. Скріпленою нас Твоєю присутністю та єднай нас кожночасно в молитві. Даруй нам духа служіння ближньому, щоб у нашій парафії кожний міг зустріти Тебе, милостивого Бога. Благослови наш духовний провід Твоєю мудрістю і дай, щоб ніхто з нас не шкодував ні часу, ні талантів, ні матеріальних дібр для розбудови Твого царства. Єднай нас у мирі та злагоді, щоб ми були Твоєю спільнотою любові. Всели в нас місійного духа, щоб ми стали тим світилом євангельського слова, молитви і добрих діл, що кличе кожного до участі в Божественному житті, щоб славилося, Спасе, Твоє Ім'я з безначальним Твоїм Отцем та пресвятим, благим і животворящим Твоїм Духом нині, і повсякчас, і на віки віків. Амінь.

THANK YOU VERY MUCH! ЩИРО ВАМ ДЯКУЄМО!



May the Almighty God bless in good health and salvation in many, happy and blessed years of life to all those who celebrate their birthdays, name-days, wedding anniversaries and any other special anniversaries this week – Mnohaya i Blahaya Lita!



NEWS and ANNOUNCEMENTS:

WELCOME TO OUR PARISHIONERS, GUESTS AND VISITORS WHO HAVE JOINED US IN THIS DIVINE LITURGY. THANK YOU FOR PRAYING WITH US AT THE CHUCH TODAY! WISHING YOU A BLESSED,

RESTFUL WEEKEND AND FRUITFUL, HEALTHY AND SAFE WEEK! EVERYONE IS VERY WELCOME TO COME AND PARTICIPATE IN OUR PARISH COFFEE-SOCIAL AT THE CHURCH HALL TODAY.

❖ We also pray for the people of Ukraine, that with the help of the Holy Spirit, they may obtain social peace, political harmony and economic stability: Lord, hear us and have mercy.

❖ **CATECHISM ANNOUNCEMENT:** *"And they were bringing to Him also the infants, in order that He may be touching them; but after the disciples saw it, they rebuked them. But Jesus called them to Himself and said, Let alone the little children to come to Me, and cease hindering them; for of such is the kingdom of God."* (Matthew 19:14) We are happy to welcome all children to our Dormition of the Mother of God parish catechism program. We want your children to learn more about their orthodox faith in the Catholic Church, sacred scripture, feast days, icons, singing and religious practices and customs of the Ukrainian Catholic Church. If you have any questions, please, do not hesitate to contact Mrs. Marilyn Daulat or Rev. Fr. Pavlo Myts.

❖ **REMEMBER TO PRAY FOR:** yourselves, Most Reverend Bishop-Emeritus Severian Yakymyshyn, Fr. Mark Fesniak., Lucy D., Janet F., Alex R., Volodymyr P., Ivan L., Fr. Edward Ewanko., Ray Saranchuk, Cameron V., Rose Ostopowich, Keyton A., Ric B., Rocio A., Kit C., Shirley C., Peter Dranchuk, Sandra Sh., Patricia U., Olga Kuzyk, Anthony and Victoria Huziak, George and Mary Dashkewytch, Olga Romanyshyn, Myron Stec, Kay Ilnitski, Kalyna Kociuba, Bronie Huska, Peter Huska, Stanley and Roma Nowakowski (Bishop Ken's parents), Barbara and Vincent Pasternak, Dorothy Scott, Lorraine Turcotte, all members of our parish and those who are not able to join actively in our community, your families, relatives, friends; governments and

TODAY'S GOSPEL REFLECTION:

Christianity is not at all "Rocket Science." We simply follow what the Son of God our Lord and Saviour Jesus Christ tells us, and what He tells us in many cases are our conscious and common sense, that, unfortunately, are generally ignored in the world today. Those moral compasses remind that if you want people to be and do kind things to you, you must be and do kind things to them as well, but beyond, that, supernaturally beyond that, is that you do and wish good to people regardless of what they do or say to you.

Do you see the revolution the Lord calls us to? Common sense is that when you do good to people and expect them to do good in return. Every culture and nation understand this, and there is even honor, negotiation and agreements made among criminals.

Christianity is much more beyond this, way beyond. We do good to everyone, regardless of what they do or say to us. We do not have a choice in the matter, it is a commandment and requirement of us, because our Lord has told us exactly to act and live in this way daily.

armed forces, especially the shut-in or those in the hospitals, traveling, working or studying, nursing and senior homes, those seeking God's answer to their prayers or those rejoicing with God's answer; those celebrating birthdays and anniversaries; those called to their eternal reward and for the family they leave behind; widows and widowers, orphans, homeless and all people who have asked us pray for them. Please, also in your kindness keep praying daily for vocations to the priesthood and religious life. Remember to ask for special blessings to all Christian families!

REMINDER for families of individuals, who are admitted to hospital - If you or a family member is admitted to hospital and you wish to have a priest visit, please be sure to have someone call our parish rectory office to make this request. Your pastor may have no other way of knowing that you are in hospital, as privacy legislation. **SPIRIT OF**

CHRISTIAN AWARENESS: Dear parishioners, if our brother / sister in Christ, who usually sits next to you, is not in the Church today, please phone him / her and ask how he / she is doing. Let him /her know that our parish community misses him / her very much!

❖ **Recording Secretary position is vacant at our parish executive council.** This parishioner (sister or brother in Christ) is recording and keeping the minutes of all monthly Parish Council Meetings; together with the Pastor and the Chairperson signs the adopted minutes of the Council. **If you have a gift and wish to share it as a recording secretary, please contact Mr. Neil Lalach or Fr. Pavlo.**

❖ **Please, share to Kelowna Food Bank.** A special box is located at the entrance to the church.

- ❖ **JOIN OUR CHOIR:** Do you enjoy singing? Please consider joining our Dormition Parish Choir and remember that we are looking for new members! Contact Mrs. Lesia Achtymichuk for more information and details.



Traditional and Very Delicious Ukrainian Food is available for sale at our parish: Perogies – \$ 6.00 per dozen, Borshch – \$ 7.00 per a jar, Pies – \$ 9.00. For more information, please contact Mrs. Alice Pelechaty at 250-763-4870.

- ❖ **A SPECIAL REQUEST:** After each Divine Liturgy and every church service, please, keep silence in the House of the Lord as some of the faithful are still praying at the church. As well, please, do not forget close all Liturgy and/or hymnbooks and return them to their proper place. Also, please do not leave any church bulletins or any other material in the pews. Let each of us do our part to be true stewards of our parish church by helping to keep the church building clean and neat. Thank you very much!

- ❖ **BOX FOR USED CHURCH BULLETINS** – since our Sunday bulletins contain Sacred Scripture readings & icons, they need to be disposed of properly/respectfully after use. Please do not throw them into the garbage but recycle them after shredding if possible. In order to assist with this request, we have provided a special box for used bulletins at the church entrance.



- ❖ **BE A STEWARD:** Have you ever wondered what more can you do to help our parish? Here are some suggestions: Steward of property security; Steward of grounds cleaning; Steward of cleaning church; Steward of church linen; Steward of outreach; Steward of caring; Steward of prayer; Steward of service. Quite often, our homebound or senior members, once active in their younger years, want to find purpose in their senior years. It's not only about doing but about "BEING" present to others! **Please, feel very welcome to participate in our church choir singing, reading of the Epistles and others inspiring Bible texts, holding the candles during the Gospels readings, processions, welcoming, parish cleaning, projects, etc.** **VOLUNTEERS NEEDED:** to help out with weekly cleaning in the church and organizing of coffee social after the Divine Liturgy on Sundays, work-bees, etc. If you can help out, please, let us know. Please, Contact Mr. Neil Lalach or Fr. Pavlo for more information. You will be amazed how "BEING" can make a difference at our spiritual, parish life!

- ❖ **PILGRIMAGE TO FRANCE AND UKRAINE:** Sept. 4 - 22, 2019, an unforgettable experience with Sr. Angelica SSML, brother & sister pilgrims. For details and price call Mrs. Myrna Arychuk at 604 - 617 - 7200

- ❖ **Volunteers for Sunday coffee socials and clean-ups are needed** – please continue putting your name on the calendar posted in the church hall. If you can help out, please, let us know. Your help is truly appreciated!

- ❖ **Glasses Prescription Box for Ukraine** is placed and located at the left side by the entrance to the parish hall. Please, feel free to participate in and support this important project.



Rachel's Corner: *"It doesn't matter how fragile you might feel when it comes to your relationship with God. Everything is possible. God took my life torn to pieces and re-created me with the fire of His love."* - Testimonial

Since the day you had your abortion, have you felt like your life has been torn to pieces? Join us on a Rachel's Vineyard™ Retreat and let God, with His merciful love, make you whole again by putting the pieces back together.


Healing after Abortion Ministry 250-762-2273 info@rachelsvineyardkelowna.com or information and registration visit: www.rachelsvineyardkelowna.com, Facebook:

Rachel's Vineyard Kelowna **Rachel's Vineyard Retreat: Our next retreat, for anyone suffering from an abortion experience, will take place October 12, 2018. It is not too early to register. Please contact us at info@rachelsvineyardkelowna.com, 250-762-2273. Strict confidence assured.**

- ❖ **FAITHFUL GIVING** ... Please, remember that we never take a day off or a vacation from God, or from our obligation to attend Divine Liturgy on Sundays and Holy Days. **When traveling, working, participating in different sport's tournaments, activities or studying, please, make sure you check out the service schedule for the area churches at our eparchial website: www.nweparchy.ca and attend the Divine Liturgy.** Remember as well, that while parishioners may be away and on vacation, the parish-church is not. Expenses continue as they do

throughout the year. Please, remain consistent in your gifts to parish. Your weekly Sunday offering is important to our financial well-being. If you are away, we appreciate it when you forward your “make-up” donations. The financial stability of the parish counts on regular Sunday contributions. Please, continue to be supportive and generous! **“Remember, O Lord, those who bear fruit doing good works in Your holy churches and remembering the poor. Send down Your mercy upon all of us!”** (*Divine Liturgy of Saint John Chrysostom*)

❖ **Home Blessing and Pastoral Annual Visitations** sign up list to arrange the actual date is available at the entrance to the church and at the church hall. Please assist Fr. Pavlo in planning these visits by letting him know your most convenient time and day.

❖  **Annual Life Chain** is at the corner of Harvey Ave./97 Hwy and Gordon Drive in Kelowna, BC between 2:00 p.m. – 3:30 p.m. on Sunday of September 30th, 2018 A.D.! Please, come and join us in this very important manifestation of our Christian faith. Life Chain is a peaceful witness of pro-Life Canadians standing for one hour praying for our country, for an end to abortion and against the implementation of euthanasia and assisted suicide. It is a visual statement of solidarity in support of human life from the moment of conception to natural death. Kelowna has been participating in Life Chain for many years! Believe, we can make a difference....TOGETHER!

❖ **ATTENTION TEENS! grades 8-12, NET Encounter Retreat Day Saturday October 24th from 9am - 9pm at Our Lady of Lourdes Roman Catholic Parish Centre (West Kelowna).** Theme: 2 Billion People! Our World has been influenced by many people who have gone before us. Martin Luther King had a dream and from that equal rights was born. Terry Fox was determined not to let his cancer trump his passion for life and so he ran for cancer awareness. Jesus Christ came to die for the Salvation of the world and from that 2 Billion People call themselves Christians today and have transformed the world. In a world that tries to wipe out Jesus’ relevance, how can we begin to understand the magnitude of His sacrifice in our day-to-day lives? Join us and the other youth from the parishes from the North and South Okanagan for an awesome Retreat Day. There is a live band, fun and games, praise and worship, prayer, friends, mass celebration and guest speaker Fr. Ron Dechant and much more! Cost is \$30.00/participant includes, lunch, dinner and snacks. Registration forms are available [here](#) or from your church/school office. Join us!



OUR HISTORY

ON OCTOBER 1ST, IN ADDITION TO THE FEAST OF THE PROTECTION OF THE MOTHER OF GOD, THE UKRAINIAN GREEK CATHOLIC CHURCH COMMEMORATES PASSING INTO ETERNAL LIFE OF BLESSED NYKYTA BUDKA.

BISHOP BUDKA WAS BORN IN 1877 IN DOBROMIRKA (THEN AUSTRIA-HUNGARY, NOW UKRAINE), NYKYTA BUDKA IS ORDAINED IN 1905 IN LVIV. SEVEN YEARS LATER HE IS CONSECRATED BISHOP BY GREEK CATHOLIC METROPOLITAN ANDREY SHEPTYTSKY FOR THE UKRAINIAN CATHOLIC IMMIGRANTS IN CANADA. HIS NOMINATION AS THE FIRST GREEK CATHOLIC BISHOP IN CANADA IS A RESPONSE TO A WAVE OF IMMIGRATION FROM CENTRAL EUROPE. WHEN HE ARRIVES IN WINNIPEG, MANITOBA, IN DECEMBER 1912, THE UKRAINIAN POPULATION IN CANADA EXCEEDS 150,000. FOR FIFTEEN YEARS HE TRAVELS THROUGHOUT THE COUNTRY VISITING SCATTERED UKRAINIAN COMMUNITIES. HE WORKS HARD, ADMINISTERING SACRAMENTS, TEACHING, FOUNDING SCHOOLS, TRAINING CATECHISTS, ORDAINING LOCAL PRIESTS AS MISSIONARIES, AND ENCOURAGING PRIESTS AND LAITY BACK HOME TO COME TO CANADA. BISHOP BUDKA DEVOTES HIMSELF TO SUSTAINING CANADIAN UKRAINIAN GREEK-CATHOLICS IN THEIR FAITH. DURING HIS TENURE THE UKRAINIAN CATHOLIC CHURCH IN CANADA GROWS FROM 25 TO 170 PARISHES. AMONG HIS PRIORITIES, HOWEVER, IS LEGAL RECOGNITION FOR THE EASTERN CATHOLIC CHURCH IN CANADA, WHICH THEN INCLUDED UKRAINIANS, RUTHENIANS, SLOVAKS AND

HUNGARIANS; THE VARIOUS COMMUNITIES ARE INCORPORATED AS THE RUTHENIAN GREEK CATHOLIC EPISCOPAL CORPORATION OF CANADA IN 1913.

DESPITE HIS COMMITMENT TO THE MISSION IN CANADA, BISHOP BUDKA IS FORCED TO RESIGN IN 1928, MAINLY DUE TO HIS POOR HEALTH. HE RETURNS TO UKRAINE, WHERE HE SERVES AS A CANON AND LEADS THE RENOVATION OF A MARIAN SHRINE. BISHOP BUDKA'S MISSION IS NOT OVER BY ANY MEANS. HE WORKS FOR EIGHTEEN MORE YEARS AMONG THE UKRAINIANS AND SERVES IN LVIV AS VICAR-GENERAL FOR HIS FRIEND, AND SUPERIOR, METROPOLITAN SHEPTYTSKY. THE VALIANT DUO SUFFERS THROUGH THE RUSSIAN OCCUPATION IN 1939 AND THE NAZI OCCUPATION IN 1941. SHEPTYTSKY DIES IN 1944 AT SEVENTY-EIGHT YEARS OF AGE, NOT BEFORE PETITIONING ROME TO HAVE THE HEROIC DRY MARTYR, JOSEPH SLIPYJ, APPOINTED AS HIS SUCCESSOR. ONE YEAR LATER, BISHOP BUDKA, METROPOLITAN SLIPYJ AND ALL THE UKRAINIAN CATHOLIC BISHOPS ARE ARRESTED AND THROWN INTO PRISON OR LABOR CAMPS BY THE SOVIET COMMUNISTS. BISHOP BUDKA HAD ALWAYS MAINTAINED HIS CANADIAN CITIZENSHIP AND, DURING HIS IMPRISONMENT, THE VATICAN AND CANADIAN OFFICIALS COLLABORATED TO NEGOTIATE HIS RELEASE BUT WITHOUT SUCCESS. HE DIES IN A PRISON HOSPITAL OF KAZAKHSTAN ON OCTOBER 1, 1949. POPE JOHN PAUL II BEATIFIED HIM IN 2001, ALONG WITH 26 OTHER UKRAINIANS MARTYRED BY THE SOVIET REGIME.

Study finds religious upbringing linked with healthier, happier young adulthood **Take your kids to church early and often.**

A new study released by the Harvard T.H. Chan School of Public Health suggests that participation in spiritual practices during childhood can lead to better health and well-being during early adulthood. Researchers found that those who attended religious services or prayed daily throughout their upbringing reported greater positivity and more satisfaction in their lives in their 20s.

Science Magazine has first author Ying Chen remarking on the study results:

“These findings are important for both our understanding of health and our understanding of parenting practices. Many children are raised religiously, and our study shows that this can powerfully affect their health behaviors, mental health, and overall happiness and well-being.”

The study, published in the *American Journal of Epidemiology*, showed subjects were less likely to exhibit depressive symptoms, smoke, use illicit drugs, or have a sexually transmitted infection than people raised with less regular spiritual habits. Previous studies have also suggested a link between religious upbringings and a reduced risk of premature death.

The study drew data from the Nurses' Health Study II (NHSII) and their children in the Growing Up Today Study (GUTS). These samples included more than 5,000 youths who had been followed for between 8 and 14 years.

The results found that children who were exposed to religious services regularly were 18 percent more likely to report higher happiness during their young adulthood (age 23-30). These people were also 29 percent more likely to volunteer in their communities and 33 percent less likely to use illicit drugs.

The study also found that those who practiced daily prayer or meditation were 16 percent more likely to have a happier outlook in their early adulthood. These people were 30 percent less likely to begin having sex at a young age and 40 percent less likely to contract a sexually transmitted infection.

The study did note that it had limitations, primarily that the sample size was mostly children of white females with relatively high family socioeconomic status, although previous research by senior author Tyler VanderWeele suggests that the effects of early life religious service attendance may be greater for black versus white populations. Another limitation was that the study did not take into account the influences of family and peers.

Overall the lasting effects of regular attendance to religious services and private daily prayer were practically the same. VanderWeele concluded:

“While decisions about religion are not shaped principally by health, for adolescents who already hold religious beliefs, encouraging service attendance and private practices may be meaningful avenues to protect against some of the dangers of adolescence, including depression, substance abuse, and risk taking. In addition, these practices may positively contribute to happiness, volunteering, a greater sense of mission and purpose, and to forgiveness.”

Presented by J-P Mauro: <https://aleteia.org/2018/09/18/study-finds-religious-upbringing-linked-with-healthier-happier-young-adulthood/>

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