



## St. Stephen Protomartyr Ukrainian Catholic Church

### views from the pews

*How it all began . . .*

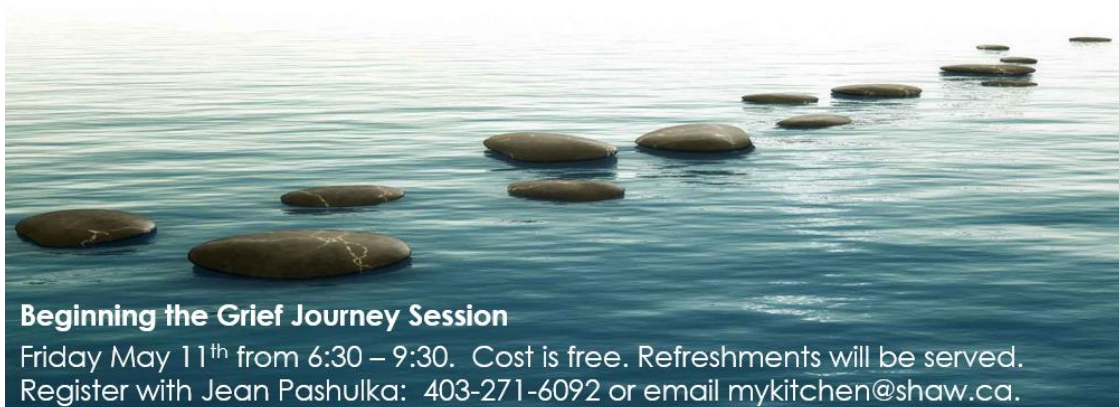
March 11, 2018

Exactly a month ago on February 11<sup>th</sup>, I had the pleasure of sharing a story that chronicled memories from two friends, Pauline Sachkiw and Stephanie Sakundiak. These two friends have shared much over the last 50 years, and experienced together many of the milestones that mark our St. Stephen's parish. This week they and their families shared the loss of their loved ones. On February 26<sup>th</sup> Pauline's husband Orest and one day later on February 27, Stephanie's daughter Carolyn. These two families came together along with their St. Stephen's parish family to support one another and celebrate the lives of Orest and Carolyn. *Vichnaya Pam'yat.*

## Beginning the Grief Journey

Someone you love has died. Your journey through grief will be unique, no one else will grieve exactly the same way. Treat yourself with the same care you would give to others.

- ❖ Persons of all ages experience grief in an individual and age-appropriate way.
- ❖ Each individual has the innate capacity to heal himself or herself.
- ❖ A supportive environment can help the process of healing



### Beginning the Grief Journey Session

Friday May 11<sup>th</sup> from 6:30 – 9:30. Cost is free. Refreshments will be served.  
Register with Jean Pashulka: 403-271-6092 or email [mykitchen@shaw.ca](mailto:mykitchen@shaw.ca).

I welcome YOUR stories, so please contact me: [laurie.kindrachuk@shaw.ca](mailto:laurie.kindrachuk@shaw.ca) or cell: 403-614-5581

- ❖ **Save the dates:** June 1 – June 3, 2018 for the 50<sup>th</sup> Anniversary **Commemorative Events** – details coming soon!
- ❖ **Recipe Collections** for the 50th Anniversary Cookbook - please send as many as you wish. **Deadline April 1<sup>st</sup>.** For more information contact Trish Popel at [50anivcookbook@gmail.com](mailto:50anivcookbook@gmail.com) or 403-835-3077.
- ❖ The 3<sup>rd</sup> session in our speaker series, **Beginning the Grief Journey** is on Friday May 11<sup>th</sup> from 6:30 – 9:30. Cost is FREE and refreshments will be served. Register with Jean Pashulka: 403-271-6092 or email [mykitchen@shaw.ca](mailto:mykitchen@shaw.ca).