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# Ukrainian Catholic Youth and Young Adult News

Volume 10, Issue 1

UCY/UCYA Winnipeg

## From The Director's Chair

### EVENTS AT A GLANCE

#### Sun, Nov 27

Unity team at St Basil's Parish

#### Sat, Dec 3

Unity & UCY Executive mtg

#### December 4

Unity Team at The Cathedral

#### Tues, Dec 6

EYML workshop

#### Sun, Dec 11

Unity Team at Gonor, West & East Selkirk

#### Fri, Dec 16

Youth Christmas Party at Immaculate Conception Parish

#### Sun, Dec 18

Unity Team at St Andrew's Parish

#### Sun, Dec 25

#### Christmas Day

#### Sun, January 1

#### Happy New Year!

Caroling at Holy Family Nursing Home 4pm

#### Inside this issue:

Youth Article 2

Puzzles & Comics 3

Light Reading 7

Upcoming Events 10

Saint's Corner 10

Contact Us! 10

Welcome back!

We are now in the season of the Nativity Fast or **Philip's Fast** (or the Philippian Fast), that started on November 15th which is the day following the Feast of St. Philip the Apostle (November 14). For 40 days of this fasting time, until December 24, I invite you to; as Fr. Andrew Greeley said, "become holy people—kind, patient, generous, loving, laughing people—no matter how maddening is the Christmas rush..." In the

hassles and rushing of preparing for Christmas, take the time to remember the "Reason For the Season" ~ Jesus' Birth. I would like to wish everyone a Blessed Christmas Season and a Wonderful New Year in 2012!

I know my office will be very busy in the next year with all the events planned from Unity 2012 to the Patriarchal visit in September! Speaking of Unity, I would like to thank the parishes that welcomed the Unity Team to hear our presentation: Thalberg on Oct 9, 2011 ~ St Jo-

Advent says, 'Wake up and realize the gifts of love you have received.  
Rev. Alfred McBride



sephat's on Oct 30, 2011 ~ St Joseph's on Nov 5 & 6, 2011 ~ Holy Ghost & Christ the King on Nov 13, 2011 ~ St John's on Nov 20, 2011 ~ St Basil's on Nov 27, 2011. By the end of 2011, the Unity 2012 Team will have visited 25 parishes in Manitoba to share the enthusiasm that they have for Unity 2012 and

what it promises to bring to the province! We will be visiting the Cathedral on December 4, Gonor, West Selkirk and East Selkirk on December 11, and finishing the touring year off at St Andrew's Parish on December 18.

The UCY has been invited to join the youth group at Immaculate Conception Parish in Cooks Creek, MB at their youth Christmas party on December 16 starting at 6pm. If you are planning to attend, please bring an food item for the potluck dinner, your favourite board or card game to play and a \$5-\$10 wrapped present for the gift exchange. We would love to see you all out there! It promises to be a fun evening!

### A Recently Spotted Bumper Sticker:

Don't follow me, follow Jesus!



The UCY office will continue its annual tradition of carolling at the Holy Family Nursing on January 1, 2012 at 4pm. We will meet at 233 Scotia at 2:30pm to prepare and then sing for the Metropolitan at 3pm. After we finish carolling for the residents of the nursing home, we will head over to the Sister's residence to sing for them!

As always, don't forget to send in your registrations for Unity 2012! Spots are filling up fast...it's a first come first serve basis for room assignments. You can find the registration and all Unity 2012 information on our Unity website at <http://unity2012.wordpress.com/>

That is all for this year! All the best to you and yours,  
Tamara Lisowski



"What creation is more beautiful, what treasure more valuable, than a warm, encouraging friend?"  
William Arthur Ward



# What's Up with Singing?

The Songs of Advent by: Ed Rowell

Most of us love to sing Christmas songs, since we only get to do it once a year (unless you work in a department store that plays Christmas music). As familiar as we are with the songs of Christmas, there are four songs we may not be familiar with that celebrate the birth of Jesus.

## Zechariah's Song

Zechariah and his wife were going to have a baby—John—and that baby would be a prophet who would be like Elijah, calling people to repentance and back to God. The news (given by an angel) that he and his wife were going to have a baby at their advanced age was hard to believe. It's no surprise that Zechariah questioned the angel, causing him to lose the power of speech. Was Zechariah being punished? Maybe not. Maybe in the silence, God was preparing Zechariah for Christmas. Zechariah must have poured over the Scriptures, trying to understand what was happening. He must have spent long hours in prayer trying to understand what the angel had said and what the role of his son would be in introducing the Messiah. Read his song in Luke 1:68–79.

## Mary's Song

Most of us know that Mary had to travel away from her home when she was close to delivering a child. But there is another journey Mary made; an internal journey that involved significant change of heart for this teenage girl who was about to give birth



to the Chosen One. It's a journey of trust—the emotional distance she traveled after finding out that her life's plan was about to be forever changed. Look at Mary's song, also referred to as "The Magnificat," in Luke 1:46–55.

## Angels' Song

This is the most familiar of the songs. It was short, but powerful. These angels did not bring the wonderful message of Christ's birth to those who had influence. Instead they came to the least significant, least respected, least likely people in the community—the shepherds. So when God's messenger said he came to bring good news to all people, he demonstrated it by starting at the bottom. First there was one angel, who was joined by "a great company of angels." That phrase means "more than could be counted." If you think one angel is scary, how'd you like to see angels from here to infinity? Read their song in Luke 2:14.

## Simeon's Song

It was a dark time in Israel. There had been no new revelation from God through either the Scripture or the prophets in over 400 years. But although Simeon's body was failing, his spirit grew stronger, because the hope that was in him was greater than the hopelessness around him. Day after day, month after month, year after year, Simeon waited. He must have known the prophecies—known what to look for. And when the day finally came, he broke into

Found at: [ChristianBibleStudies.com](http://ChristianBibleStudies.com)

song. Read Luke 2:29–32.

*Go to ChristianBibleStudies.com to download the Bible study, "The Songs of Advent," by Ed Rowell, for an expanded study of these songs.*

## Affirmations of Christmas

Anonymous

I believe that Christmas is more than a time for parties and ornaments; it is a time for remembering Christ and the incarnation of God's love in human flesh.

I believe there are gifts more important than the ones under the Christmas tree, the things we teach our children, the way we share ourselves with friends, and the industry with which we set about reshaping the world in our time.

I believe that the finest carols are often sung by the poorest voices; from hearts made warm by the wonder of the season.

I believe in the angel's message that we should not be afraid – that the Child of Bethlehem is able to overcome all anxieties and insecurities.

I believe in prayer and quietness as a way of appropriating Christmas – that if I wait in silence I will experience the presence of the one born in the manger, for he lives today as surely as he lived then.

I believe in going away from Christmas as the wise men went: "another way." I want to be different when these days are past – more centered, more thoughtful, more caring.

And I believe God will help me. Amen





All the words listed are in the puzzle - left, right, up, down or diagonally. Find each word and click its first letter then its last letter to highlight it. After you have found all the words, click the leftover letters in the correct order to spell the **Mystery Word**. To work the puzzle on paper instead: Print this page and circle each letter of the words you find.

## WORD LIST

Angels, Bells, Blessings, Bows, Candles, Decorations, Friends, Fruitcake, Gingerbread, Greetings, Holiday, Ivy, Joy, Lights, Magi, Malls, Mistletoe, Nativity, Nutcracker, Ornaments, Peace, Poinsettias, Presents, Reindeer, Rejoicing, Rudolph, Santa, Shepherds, Shopping, Sleigh, Stockings, Tannenbaum, Tree, Wrap, Wreaths, Yule

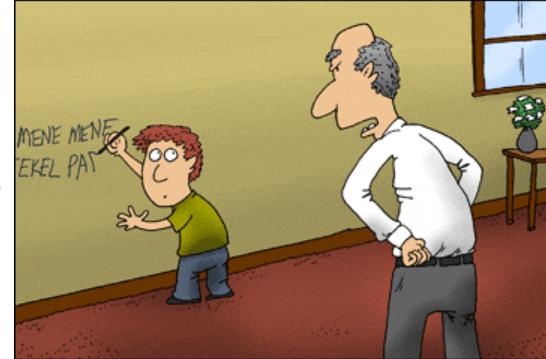
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11-11-2011

BOGEY!

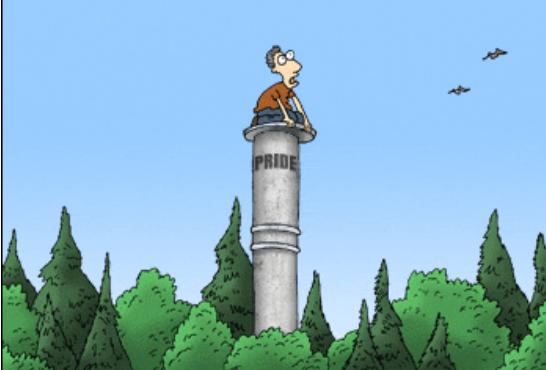
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11-07-2011

(See Daniel 5)  
IT'S NOT A MIRACLE WHEN YOU DO IT

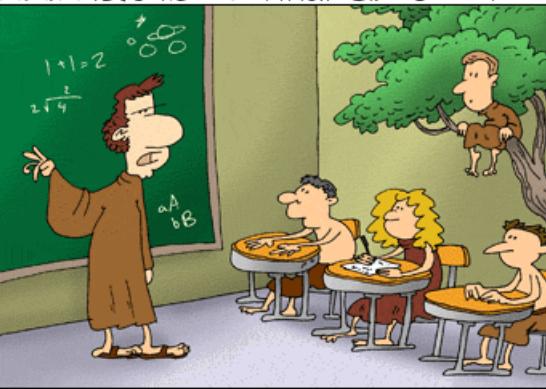
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11-25-2011

Thanks to Martha K  
HELP! I'VE FALLEN AND I CAN'T GET DOWN

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11-28-2011

(See Luke 19:1-10)  
YOUNG ZACCHAEUS IN SCHOOL

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## Quiz: The History of Christmas

- How did the celebration of Christmas begin?** A: The apostle Paul initiated the celebration of Christ's birth in the Church at Jerusalem. B: The Church began Christmas as a feast day for Christ in 336 A.D. C: Pope Nicholas II began the Christmas tradition by giving gifts to children in 1059 A.D. D: English merchant Sir Joseph Prestwich convinced the people of London to give gifts to celebrate Christ's birthday.
- When was the celebration of Christmas outlawed in England?** A: The 10th century B: The 12th century C: The 17th century D: The 19th century
- Who wrote the famous book, *A Christmas Carol*, that tells the story of Ebenezer Scrooge?** A: Lewis Carroll B: Charles Dickens C: William Shakespeare D: Upton Sinclair
- Where did the modern Christmas tree originate?** A: Canada B: Czechoslovakia C: Germany D: The United States
- When was the Christmas carol, *Silent Night, Holy Night*, composed?** A: 10th century B: 14th century C: 19th century D: 20th century

5.C See explanations on page 9  
QUIZ ANSWERS: 1.B 2.C 3.B 4.C

Mystery Word: Worship

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Thanks to Wilma Melendez (See Luke 2:1-16)

THIS IS LIKE TOTALLY THE COOLEST THING THAT HAS EVEN HAPPENED IN THIS STABLE!

12-20-2010

12-24-2010

NY

## Please Join Us...

Thank you Saint Therese for favors received novena. JS

# About Unity 2012

**Mission Statement** Unity 2012 is a Ukrainian Catholic national gathering of young adults to further understand, embrace and celebrate our faith through prayer, education and fellowship.

**UNITY 2012 Theme: Into the Wild** Through keynotes, prayer, personal witnesses and workshops we will be exploring the theme, *Into the Wild*. The theme is inspired in part by our surroundings. We are gathering at Wilderness Edge Retreat Center, which is surrounded by awe inspiring wilderness. As Christians, we also must venture out into the wilderness; one that is both a challenge and an adventure. What is 'wilder' than setting out on a path with Jesus Christ as his disciple?

### Event

**Prayer Program:** Daily morning, evening and meal prayers, Divine Liturgy, Reconciliation Service and opportunity to participate in the Holy Mystery of Penance

**Educational Program:** One keynote speaker Fr Athanasius McVay. Interactive and experiential workshop will be offered by gifted young adult educators in the Ukrainian Catholic Church from across Canada.

**Fellowship Program:** Welcome BBQ and bonfire, "Taste of the Eparchies" – An event in which each Eparchy can showcase their talent, their accomplishments within the Church, and their hospitality., Zabava (Banquet and Dance), Opportunities to meet as a small groups for reflection and discussion based on the theme of the weekend, An opportunity to meet as individual Eparchies to discuss young adult ministry

### Participants

All Ukrainian Catholic Young Adults (ages 18-35) are invited to share in the weekend. Attendance is anticipated from post-secondary students, young professionals and young married couples. The weekend is being planned to accommodate 150 participants.

### Location

Wilderness Edge Retreat Centre is located in Pinawa, MB. Wilderness Edge provides a tranquil retreat from hectic city life. Step outside our doors and take in the stunning river and boreal forest views. Find yourself in awe of the many deer and wildlife that wander their property.

### Cost

\$225 before May 31, 2012; \$250 after June 1, 2012

## The Unity2012 planning team would like to visit your parish!!

They would like to make a presentation to each parish in the city and to the different rural communities in MB this Winter and Spring about what Unity 2012 is all about.

Note: we have visited 25 parishes already in 2011!

There will be a Unity Representative contacting each parish in the near future, but if you have a specific date that you would like the group to visit, please e-mail Tamara at youth@archeparchy.ca or call 338-7801 ex 2 or Stefan at tomorrow's voice@hotmail.com

The best time would be a service or event where your majority of 18-35 year olds would be in attendance. This will be a 15 minute PowerPoint presentation.



## YOUNG ADULT PILGRIMAGE TO UKRAINE

We are inviting young adults to join us in honouring the 10<sup>th</sup> Anniversary of the Bishop Velychkovsky Martyr's Shrine in Winnipeg. We are organizing our 3<sup>rd</sup> Blessed Vasyl Velychkovsky Pilgrimage to Ukraine, visiting the sites where Blessed Vasyl lived, worked and suffered. The Pilgrimage will take place August 20<sup>th</sup> to September 5<sup>th</sup> 2012 (just after Unity 2012). We will visit such places as Lviv, Kovel, Ternopil, Zarvanytsia, Kamianets Podilsk, the Karpaty, Ivano-Frankivsk, Kyiv and more. This year we are encouraging young people to experience not only the homeland of their forefathers, but also to walk in the footsteps of Blessed Vasyl and hear about his faith-filled life. The approximate cost will be \$3500.00 which includes air-fare, travel in Ukraine, all meals and accommodations. Your own travel and medical insurance is not included. There is limited space for this tour. Yes, there will be some free time and adventure.

If you require more information, please contact Mary Jane at [bvshrine@mymts.net](mailto:bvshrine@mymts.net) or (204)338-7321.

The UCY office would like to thank our sponsor for the Thirty Fifth Convention of the Ukrainian Catholic Council Of The Archeparchy of Winnipeg ~

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# Highly Recommended!!!



## MOVIES YOU SHOULD SEE!

### **Arthur Christmas**

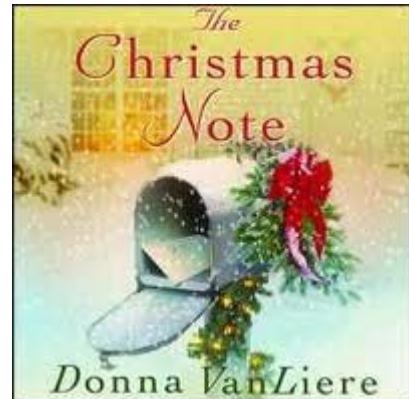
Let's give a big "Ho, ho, ho!" to director Sarah Smith, who succeeded in capturing the Christmas festivity and putting it onto the big screen! Diving right into action, "Arthur Christmas" tackles the question that is asked every year "How does **Santa Claus** deliver presents

to 2 billion children all over the world in one night?" In the North Pole, there is a mass operation underground composed of mostly elves. Every Christmas Eve, the elves are hard at work delivering presents without being seen, using high-tech gadgets and gizmos to stay undercover. The current Santa ([Jim Broadbent](#)) helps out a little, but it is his older son Steve ([Hugh Laurie](#)) who overlooks the entire operation. Grandsanta ([Bill Nighy](#)) doesn't do much of anything. It is the unlikely hero Arthur ([James McAvoy](#)), the youngest, bumbly, good-natured son, who actually embodies the spirit of Christmas. He works in the department which answers children's letters addressed to Santa and finds a way to help in spite of his clumsiness. When an elf named Bryony ([Ashley Jenson](#)) discovers an undelivered present, she finds herself on an unexpected mission against time, along with Arthur and Grandsanta. He nearly gives up midway through the journey, but then realizes that it doesn't matter how the present is delivered, just as long as it gets there. Their adventures lead the grandfather, father, and the older son to learn to love, embrace, and appreciate the Christmas spirit. Of course, the true meaning of Christmas can be discussed with your family—that Christmas trees, Santa Claus, and jingle bells are only incidental things. The meaning of Christmas is giving, for God has given us his very best present, the birth of Jesus Christ—our hope of eternal salvation. Arthur has a never give up attitude. He overcomes his fears, determined that no child—not even a single one—will be forgotten on Christmas Eve. He is bent on making sure every child feels loved and accepted, and it is through this knowledge that he became the hero he is meant to be. In this way, I was reminded that God is our shepherd, and He will search and search for just one little lost lamb. [Luke 15:4](#) states, "Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it?" I recommend this fun film for any family. It's not just your average Christmas movie; it has its own funny and sentimental, but not gushy, moments, as well. Most adults will also enjoy it. As for the Justin Bieber fans out there, you'll get to hear one of his latest Christmas songs, "Santa Claus is Coming to Town,"

## BOOKS YOU SHOULD READ!

### **The Christmas Note**

*From author of The Christmas Hope series, which has enthralled millions of readers, comes a new inspirational novel about an unlikely friendship between two women, but one that will change each of their lives forever.*



Gretchen Daniels has recently moved into an apartment with her two children to be closer to her mother, Miriam. She and her children are building a life together in a new community when a mysterious young woman, Melissa McCreary, moves into the apartment next to them.

Melissa has few possessions, little personality, and keeps to herself. One day, a local landlord who is looking for Melissa knocks on Gretchen's door for assistance. Melissa's mother has died and in the coming weeks the landlord needs Melissa to empty her mother's apartment. Gretchen reaches out and offers to help, but the apartment is a gut wrenching shamble of a home. There is little worth saving except for a few photos and a note that is discovered on the crate beside the bed. It is unfinished but in the two scribbled lines, Melissa discovers she has a brother and a sister that she never knew about. Even more shocking, she begins to uncover family secrets that show her who she really is.

Can two very different women embark on a journey that explores a long-buried need for forgiveness, hope, and redemption?

"While this story certainly has a holiday setting, the emphasis is on love and generosity which will warm hearts at any time...Many will be adding this to their list of favorite holiday stories." – *All Things Good and More*

**Donna VanLiere** is a *New York Times* and *USA Today* best-selling author. Her much-loved Christmas Hope series includes *The Christmas Shoes* and *The Christmas Blessing*, both of which were adapted into movies for CBS Television; *The Christmas Secret*; *The Christmas Journey*; and *The Christmas Hope*, which was adapted into a film by Lifetime. She is also the author of *The Angels of Morgan Hill* and *Finding Grace*. VanLiere is the recipient of a Retailer's Choice Award for Fiction, a Dove Award, a Silver Angel Award, an Audie Award for best inspirational fiction, and a nominee for a Gold Medallion Book of the Year. She is a gifted speaker who speaks regularly at conferences. She lives in Franklin, Tennessee, with her husband and their children.

# An Indescribable Gift

By Dave DeLuca

**P**erhaps you've heard about the little girl who came home from Sunday school triumphantly waving a paper. "Mommy!" she said, "My teacher says I drew the most unusual Christmas picture she has ever seen." Her mother studied the picture and concluded it was indeed a very peculiar Christmas picture. "This is wonderfully drawn, but why are these people riding on the back of an airplane?" "It's the flight into Egypt," the little girl said, with a hint of disappointment that the picture's meaning was not immediately obvious. "Oh," the mother said cautiously. "Who is this mean looking man at the front?" "That's Pontius the pilot," the girl said now visibly impatient.

"I see. And here you have Mary, Joseph, and the baby," the mother volunteered. Studying the picture silently for a moment, she summoned the courage to ask, "But who is this fat man sitting behind Mary?"

The little girl sighed. "Can't you tell? That's round John Virgin."

That conversation could occur in any home with a creative child. But let's change the scene to a commercial airplane. In fact, let's make it the world's first totally computerized airliner ready for its maiden flight without pilots. The plane taxies to the loading area. Its doors open and the steps come out automatically. The passengers board the plane and take their seats. The steps retreat automatically, the doors close, and the airplane taxies toward the runway. "Good afternoon ladies and gentlemen," a voice intones. "Welcome to the debut of the world's first fully computerized airliner. Everything on this aircraft is run electronically. Just sit back and relax. Nothing can go wrong... Nothing can go wrong... Nothing can go wrong... go wrong... go wrong..."

Now let's go to a busy city street. A man's car is stalled in the middle of an intersection and the woman behind him honks her horn continuously as he tries to start it. Finally he gets out and walks to her car. "I can't seem to get my car started," he said, smiling. "If you'll go down and start it for me, I'll stay here and lean on your horn."

Finally, a trip to the local golf course. We see a golfer becoming so angry that he throws his brand-new set of golf clubs into the lake. A few minutes later he wades into the lake to retrieve his clubs. He proceeds to take his car keys out of the bag and then throws his clubs back into the water.

Fun stories that we can all relate to. But let's make a few observations about the Christmas season based on these common everyday situations. Each story has a lesson:

1. **Our world is full of people who, like the little girl, misunderstand the Christmas message. We can help them get it right by introducing them to the true Christ in our words and deeds (John 20:31).**
2. **Our world is full of things that go wrong... go wrong. We can be there when that happens with the best news ever announced (Luke 2:10–11).**
3. **Our world needs to see our patience, as we look beyond the surface of what's happening, stop honking, and try to help (Galatians 5:22–23).**
4. **Our world is full of people who are frustrated. We need to tell them about the One who forgives and helps us change—in more than golf shots (1 John 5:18–20).**

We may not like all the commercialization, but let's not throw out the baby with the bathwater (or the keys with the golf clubs). Don't forget 2 Corinthians 9:15: "Thanks be to God for his indescribable gift!" Some versions say "unspeakable" or "gift too wonderful for words." Amidst all the hustle and bustle, let's keep in mind that this is what Christmas is all about.

**For more articles, free resources, and Bible studies, go to [ChristianBibleStudies.com](http://ChristianBibleStudies.com).**

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## - On the Lighter Side -

### What do you have in December?

What do you have in December that you don't have in any other month ?  
The letter "D"!

### What is a stable like?

Every Christmas morning, when my kids were little, I read them the nativity story out of the big family bible.  
When my son was old enough to talk, he asked me what a stable was.  
I thought for a moment how to explain it to him in terms he could understand, then told him, "It's something like your sister's room, but without a stereo."

### God may not be deaf but ...

As it was coming up to Christmas a young boy is praying upstairs while his mother sits by him and his dad and grandma are downstairs. He prays "Lord I pray for a train set, a remote control car, and A NEW BICYCLE!!! "You don't have to shout dear", says the mother "God's not deaf." "I know" said the little boy, "but grandma is."

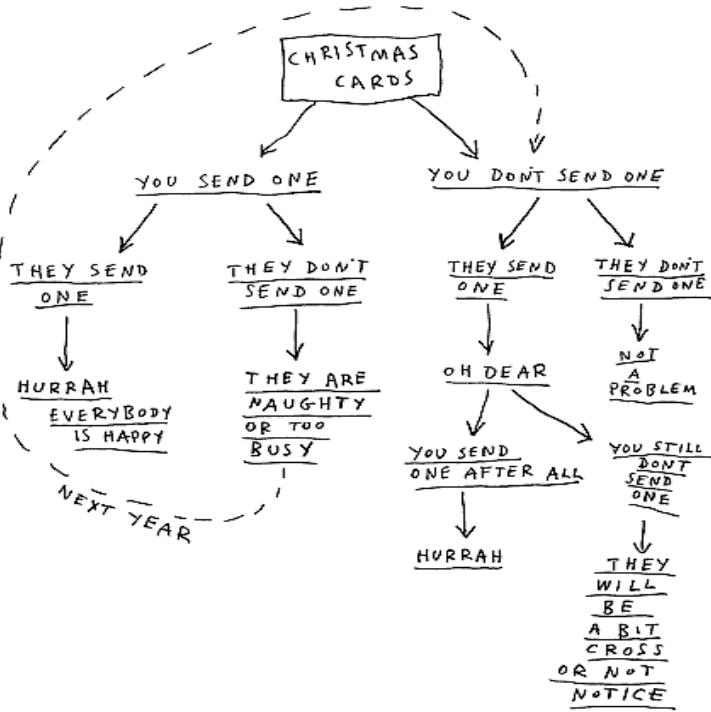
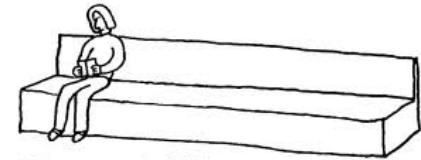
### Christmas Eve

What did Adam say on the day before Christmas?  
It's Christmas, Eve!

### Husband

Husband: A man who buys his football tickets four months in advance and waits until December 24 to do his Christmas shopping.

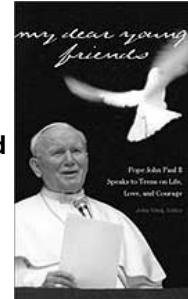
The Cartoon  
Blog by Dave  
Walker



## Pope John Paul II Speaks to Youth

### Week Forty-Eight Awesome is God... (Psalms 68:35)

"What must I do? 'What must I do to inherit eternal life?' What must I do so that my life may have full value and meaning? The youth of each one of you, dear friends, is a treasure that is manifested precisely in these questions." --Pope John Paul II, *Dilecti Amici*



**Think About That** Our youth is a time in which we ask a lot of important questions. For example, we ask, "Who will I be when I grow up? What will I do with my life? What is the meaning of life?" These are good questions and it is Christ alone who has the answers. We must always turn to Christ for the answers.

**Take Action** Take out a piece of paper and pen. Write at the top of the paper, "My Questions." Carry the piece of paper with you all week. Each time you have a question about life, write that question down. At the end of the week, look over the questions you have written down and spend time in prayer with God, asking God to help you find the answers.

**Say A Prayer** Lord, you know me better than anyone. You know my questions. Help me to find the answers to my questions. Amen.

**Did You Know?** The Pope lives in the Vatican Palace, which is in its own city-state called the Vatican City State in the middle of Rome.

Taken from...*My Dear Young Friends: Pope John Paul II Speaks to Youth on Life, Love, and Courage*

*My Dear Young Friends*, a collection of fifty-two weekly reflections on living in the Spirit, invites young people to read and act on Pope John Paul II's inspiring addresses to young people gathered at annual World Youth Day celebrations. Please visit [www.smp.org](http://www.smp.org) for more information from the publisher, Saint Mary's Press. FOUND ONLINE AT: <http://www.youthapostles.com>

**UNITY 2012 PARISH TOURS TO THALBERG, OCT 9, 2011 ~ ST JOSEPHAT'S, OCT 30, 2011 ~ ST JOSEPH'S Nov 5 & 6, 2011  
~ HOLY GHOST & CHRIST THE KING, Nov 13, 2011 ~ ST JOHN'S, Nov 20, 2011 ~ ST BASIL'S Nov 27, 2011**



## ~ From the Chancery Pantry ~ Holiday Entertaining!

### Shortcut Chicken Cannelloni

prep time 10 min total time 50 min

makes 4 servings, 3 stuffed cannelloni (242 g) each

#### What You Need

1 can (10 fl oz/284 mL) condensed cream of chicken soup

1 cup water

1/2 cup Cheez Whiz Cheese Spread

2 cups frozen chopped broccoli

12 oven-ready cannelloni pasta shells

1 lb. (450 g) boneless skinless chicken breasts, cut into strips

1/4 cup Kraft 100% Parmesan Grated Cheese

**HEAT** oven to 400°F. **MIX** soup, water and *Cheez Whiz* with whisk until blended; pour 1/3 into 13x9-inch baking dish. Stir broccoli into remaining soup mixture. **STUFF** pasta with chicken; place in baking dish. Cover with remaining soup mixture; sprinkle with Parmesan. **BAKE 40 min. or until pasta is tender and chicken is done.**

Kraft kitchens tips Substitute your favourite frozen vegetable for the broccoli. Shortcut To save time, use chicken tenders.



### Mushroom Strudel

prep time 15 min total time 45 min

makes 8 servings, 1 slice (79 g) each

#### What You Need

6 cups sliced fresh mushrooms

1/2 cup chopped onions

1/2 cup Kraft Signature Balsamic Vinaigrette Dressing

1 can (235 g) refrigerated crescent dinner rolls

1 cup Kraft 4 Cheese Italiano Shredded Cheese

**COOK** and stir vegetables in dressing in large skillet 5 min. or until tender. Cool 10 min.; drain. **HEAT** oven to 375°F. Unroll dough on baking sheet; firmly press perforations together to form 12x4-inch rectangle. Sprinkle with cheese; spoon vegetable mixture down one long side of dough. Roll up dough lengthwise, starting at vegetable-topped side; rearrange log, if necessary, so log is seam-side down on baking sheet. **BAKE** 20 min. or until golden brown. Cool 5 min. before slicing to serve.

Kraft kitchens tips Note Serve on a bed of lettuce leaves drizzled with your favourite Kraft Dressing.



"It is in lonely solitude that God delivers His best thoughts, and the mind needs to be still and quiet to receive them." Charles Swindoll,  
*The Quest For Character*, 63

"Each step we take strengthens the meaning of hope both for ourselves and for others. When we speak of people we can count on, we are referring to the solid persons who are there when we really need them, the individuals with some depth who do not scatter at the first sign of pain or danger. They generate hope by the fact that they are alive and always prepared to share themselves. Hope, like many other precious realities, is learned only through experiencing it." Eugene Kennedy



"Being forward-looking...We expect our leaders to have a sense of direction and a concern for the future of the organization. ...But whether we call it vision, dream, calling, goal, or personal agenda, the message is clear: admired leaders must know where they are going." Kouzes & Posner, *The Leadership Challenge*, 20



"Do not doubt yourself, for where doubt resides, confidence cannot. Do not neglect yourself, for with neglect comes loss. Do not imagine yourself to be less than you are, not more than you are, but seek always to become all of which you are capable. Do not allow yourself to become arrogant or discourteous, for both are characteristics adopted by those who seek to cover their weaknesses. Do not spend time regretting the past, but invest that time wisely by preparing a better future. You are a fertile seed of the Creator of all things, destined not to lie dormant, but to spring forth from the soil called life, and grow upward toward the unlimited horizons – overcoming all obstacles in the process. It is your destiny to tap your talents and to achieve all that of which you believe yourself to be worthy...to love more, anticipate more, overcome more, plan more, attract more, and to enjoy more than you ever dreamed possible. Such is the standard of life awaiting your mental decision and outstretched hand. You are deserving – you are becoming – and you shall succeed." Jim Rohn, 83



## Thought for the Month!

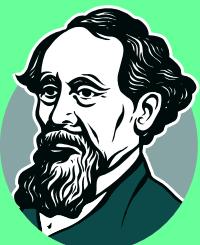
"Spiritual teachers (who are never 'experts') do three things: First and foremost, they listen. Second, they ask questions. Third, they tell stories." Ernest Kurtz, et al, *The Spirituality of Imperfection*, 142

## The History of Christmas Explanations

1. No one knows what day Jesus was born, or even exactly what year. But in 336 A.D. the Western Church, based in Rome, chose December 25 to celebrate as Christmas, meaning "Christ's Mass." The Eastern Church chose January 6. The day was named Epiphany, meaning "appearance." Eventually the period from December 25 to January 6 became known as the Twelve Days of Christmas.



2. During the 1600's, some Puritan groups considered Christmas a pagan celebration because it included non-religious elements such as decorating and feasting. As a result, Christmas was outlawed, for a time, in England and parts of the English colonies in America.



Dickens

3. Dickens' book, published in 1843, is the story of Ebenezer Scrooge, a miserable, stingy miser, who has a series of disturbing visions that make him into a completely new person -- generous and lovable. Many of our traditions of Christmas celebration and the "Christmas Spirit" of giving can be traced back to [A Christmas Carol](#)

4. German families put up a "Paradise tree" on December 24, the feast day of Adam and Eve. They hung wafers on it symbolizing the bread distributed in Church for Holy Communion. The Christmas holiday followed immediately, so candles representing Christ as the "light of the world" ([John 8:12](#), [9:5](#), [12:46](#)) were often added to the tree. Thus began our tradition of putting lights on Christmas trees.



5. This most popular of all carols was composed in the 1800's, with music by Franz Gruber and words by Joseph Mohr. Many popular carols originated in the 18th and 19th centuries, including *Adeste Fideles*, *Hark! The Herald Angels Sing*, *Joy to the World*, *O Little Town of Bethlehem* and *It Came upon a Midnight Clear*.



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contact:

Tamara Lisowski  
233 Scotia St  
Winnipeg, Manitoba R2V 1V7  
Phone: 204-338-7801  
Fax: 204-339-4006  
→ New\*\*\* Email: youth@archeparchy.ca

We're on the Web! [www.archeparchy.ca](http://www.archeparchy.ca)

<http://ucymb.wordpress.com>



### Note:

**Unity 2012 ~ 8 months**

**WYD 2013 ~ 19 months**

## Upcoming Events!

### Saturday, December 3

UCY/UCYA Executive meeting of the new executive for the 2011-2013 term at 1pm. There will be a Unity meeting at 11am followed by the executive meeting.

### Tuesday, December 6th

EYML workshop session on running programs for young adults. The next sessions will be on December 6, February 7, and April 3. Please see the ad on page 6 for more information. If you would like more information on these sessions, please contact Tamara Lisowski at 338-7801 ex 2.

### Unity 2012 Parish Touring

The Unity 2012 team is visiting the various parishes of Archeaparchy of Winnipeg from the beginning of March until December 2011.

**Nov 27 ~ St Basil's Parish**

**Dec 4 ~ The Cathedral**

**Dec 11 ~ Gonor, West Selkirk, East Selkirk Parishes**

**Dec 18 ~ St Andrew's Parish**

The group would like to inform all the parishes in the Archeaparchy of what Unity 2012 is all about! They also have a short 15 minute PowerPoint presentation to show the parishes or a 5 minute presentation in the church.

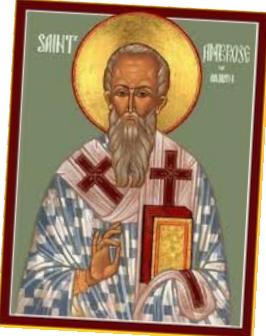
# Saint's Corner

## Saint Ambrose of Milan

*Also known as* The Honey Tongued Doctor, Ambrogio of Milan, Ambrosius of Milan

### Memorial 7 December

*Profile* Born to the Roman nobility. Brother of Saint Marcellina and Saint Satyrus. Educated in the classics, Greek, and philosophy at Rome, Italy. Poet and noted orator. Convert to Christianity. Governor of Milan, Italy. When the bishop of Milan died, a dispute over his replacement led to violence. Ambrose intervened to calm both sides; he impressed everyone involved so much that though he was still an unbaptized catechumen, he was chosen as the new bishop. He resisted, claiming December 374 he was baptized, ordained as a priest, and consecrated as bishop. He immediately gave away his wealth to the Church and the poor, both for the good it did, and as an example to his flock. Noted preacher and teacher, a Bible student of renown, and writer of liturgical hymns. He stood firm against paganism and Arians. His preaching helped convert Saint Augustine of Hippo, whom Ambrose baptized and brought into the Church. Ambrose's preaching brought Emperor Theodosius to do public penance for his sins. He called and chaired several theological councils during his time as bishop, many devoted to fighting heresy. Welcomed Saint Ursus and Saint Alban of Mainz when they fled Naxos to escape Arian persecution, and then sent them on to evangelize in Gaul and Germany. Proclaimed a great Doctor of the Latin Church by Pope Boniface VIII in 1298. The title *Honey Tongued Doctor* was initially bestowed on Ambrose because of his speaking and preaching ability; this led to the use of a beehive and bees in his iconography, symbols which also indicate wisdom. This led to his association with bees, beekeepers, chandlers, wax refiners, etc. Born c. 340 in Trier, southern Gaul (modern Germany) Died Holy Saturday, 4 April 397 at Milan, Italy of natural causes, relics at basilica of Milan. Patronage: bee keepers, bees, candlemakers, chandlers, domestic animals, French Commissariat, learning, Milan, Italy, archdiocese of Milan, Italy, city of, schoolchildren, Stresa, Italy, students, wax melters, wax refiners



### December 16

The youth from the parish in Cooks Creek have invited the UCY/UCYA to their Christmas party potluck dinner at 6pm at Immaculate Conception Parish. Please bring a \$5-\$10 wrapped gift for the gift exchange.

### January 1, 2012

The UCY will be caroling on January 1, 2012 ~ starting at the Metropolitan's house at 3pm (please meet at the chancery by 2:30pm), then to Holy Family Nursing Home for 4pm followed by caroling at the Sister's residence on Aberdeen.

Please let me know if you are able to join us to carol or help hand out the ornaments to the residents.

**Merry Christmas & Happy New Year!**

If there are any questions regarding this information, please contact  
~Tamara Lisowski @ 338-7801  
(Monday-Thursday, 10am-3pm)~

If you have any Upcoming Events for **January** that you would like posted, please send them to the UCY office by **December 20** to be in the next edition.

### Unity 2012

For those interested in helping plan Unity 2012, please Contact: Tamara Lisowski

**(204) 338-7801**

&/or

Sr. Janet Kozak, SSMI  
**(204) 586-2906**