



The Knights of Columbus Order was founded by Father Michael J. McGivney on March 29, 1882. Fr. Shyshkovich Council #8925 was granted a Charter on March 27, 1985.

## GRAND KNIGHT'S MESSAGE

*Grand Knight Br. Michael Kiernicki*



Dear Br. Knights:

We are in the season of the Great Lent and quickly approaching Easter. During Lent we try to give up something that we truly enjoy so as to show that we are truly grateful for the sacrifice He has made for us. This is a prayerful time when we reflect upon our lives and commitment to beliefs we hold dear. During Great Lent, we have special services which usher us into Holy Week and Easter. Let us take the time to attend these services so we can truly be prepared for the joy of Easter!

I am very happy to report that our Fish Fry is going very well with good attendance and excellent help from our Council and parish family. A big THANK-YOU to all! I would like to remind you that we will need volunteers to help with the pussy willows, clean-up on Palm Sunday and the VIGIL. So please do not hesitate to volunteer to help.

Our Council's sponsored PALLIATIVE CARE seminar is scheduled for May 7, 2017 directly following the 11:00 a.m. Liturgy. We have expert panelists in palliative care from the Winnipeg Regional Health Authority, the Faculty of Law (University of Manitoba), Community Outreach & Education (Palliative Manitoba) and our own Fr. Dmytro Dnistrian - St. Joseph's Ukrainian Catholic Church. This will be a very informative seminar so please plan to attend and call Br. George Koch at (204) 697-1968 to reserve your seat.

Brothers, I wish you a Happy, Peaceful, and Joyous Easter full of the many Blessings which our Lord bestows upon us.

Grand Knight  
Michael Kiernicki

**Vivat Jesus! ("Jesus Lives!")**

**EXECUTIVE MEETING**  
**Thursday, April 6**  
**7:00 P.M.**



**COUNCIL MEETING**  
**No Council Meeting**  
**in April due to Holy Week**

**Deputy Grand Knight's Message  
Br. Dennis Wawrykow**



***“WE SHOULD HAVE THOUGHT OF THAT A MONTH AGO”***

From time to time an idea will be mentioned and someone will say: “We should have thought of that a month ago”!...or two months....no limit.

**And it is probably true.      Question is: who is “we”?**

And the answer is: **we all are**---every member, not just the Grand Knight, not just the Executive. No one is excluded from the discussion --- unless he excludes himself...or significant health problems make it difficult.

Next time you see that something is missing from a program, how about this: step up and be one of the Brother Knights working on the program next time. Your insight will help improve the program, and you will have the comfort and satisfaction of knowing that you have made a difference...and gotten to know your Brother Knights a bit better in the process.

We are soon to have elections for the next Columbian year. And, in addition to the Executive positions, we need many chairmen and directors. Why not take on a position? Afraid that things might not go perfectly? That's okay --- none of us is perfect. The only person who does nothing wrong is the one who does nothing....far superior is the one who steps up and does his best.

## 2017 MARCH FOR LIFE

Br. Dennis Wawrykow  
Culture of Life Director

**Thursday, May 11**

10:30 A.M. Mass at St. Mary's Cathedral  
10:30 Gathering at Calvary Temple (Buntan Chapel)

11:30 Gather at the grounds of the Legislative Building  
Opening Remarks and Speakers

Noon: March for Life  
Memorial to Portage to Kennedy to Broadway to Legislative grounds

**Help is needed!  
Can you be a parade marshal?**

*As in previous years, we will have a police escort. The traffic marshals will be given safety vests to wear and their primary role is to keep the marchers safe and in formation as we walk.*

Dear Br. Knights,

Our Council's upcoming Palliative Care Speakers Event is fast approaching! This important event is intended to foster conversation and learning about a variety of palliative care topics.

At our event, you will hear directly from our Parish priest Fr. Dmytro. We have also invited a palliative physician who works with the dying and their families, an expert who was invited to present to the Special Joint Committee on Physician-Assisted Dying (House of Commons) and to Parliament during the Bill C-14 debate and how we as Knights can advocate for better access to palliative care in Canada.

Br. Knights, I hope you all will join me on Sunday, May 7 following 11 am Divine Liturgy.

Br. George Koch, Event Coordinator

**It's time to focus on**

**The Right to High Quality Palliative Care For All  
Canadians At The End of Life  
In Conjunction with Life's Vision – Respect Life Week**

**Sunday, May 7, 2017, following 11 am Divine Liturgy  
St. Joseph's Ukrainian Catholic Church  
250 Jefferson Avenue  
Parish Auditorium**

**Panelists**

Fr. Dmytro Dnistrian, CSsR, St. Joseph's Ukrainian Catholic Church  
Dr. Chantale Demers, Palliative Care Consultant, Winnipeg Regional Health Authority  
Dr. Mary Shariff, Associate Professor and the Associate Dean, The Faculty of Law,  
University of Manitoba  
Mike Goldberg, Community Outreach & Education Coordinator, Palliative Manitoba

**Please RSVP by April 30 to George Koch  
(204) 697-1988 or gkoch5@mymts.net  
Invitation to attend a light lunch in the Church auditorium following  
Liturgy  
Everyone is welcome. Please join us!  
A Good-Will Offering**

***Sponsored by: Fr. Shyshkowich Council #8925 Knights of Columbus***

**LENTEN FISH FRY - WEEK #4**

As I write this, Fish Fry Week #4 is now history and at this point judging by our returns, Friday, March 24<sup>th</sup> has been our best evening yet this year. Our income, before expenses, was excellent, which will go a long way to making this venture a continuing success.

Our volunteers have been doing a great job making sure that "it's worth the trip" to St. Joseph's.

To those who have committed their help, *please remember to call and let us know if you cannot make it to help out at the next Fish Fry.* It makes it easier to find a replacement, if we have some notice and eases the work load on everyone else.

Two more weeks to go! The food and service have been excellent according to recent comments. I thank you for your dedication, and .... keep up the good work.

Br. Norris Pawlychka, Fish Fry Coordinator

**NOTICE OF MOTION**

Motion made at the Business Meeting of March 13, 2017 by Br. Dennis Wawrykow and seconded by Br. Walter Lukie to approve **\$650.00** to cover expenses related to holding the **Palliative Care Seminar** on May 7, 2017. This motion will be voted on at the Fish Fry event on April 7, 2017

**BULLETIN INFORMATION**

**Editor:** Br. George Gaba

**Contact:** george.gaba@yahoo.com

**Printing & Distribution:** Br. Ed Ozubko and Br. Steve Prokop



**2017 Grief Seminars**

**Cropo Funeral****Chapel**

1442 Main Street, Winnipeg  
7:00 – 8:00 pm – Tuesday

(Please note the change of day)

Please Register at 204-885-9715

**Grief: A Roller Coaster of Emotions**  
January 10, 2017

**Getting Through the Difficult Days**  
February 14, 2017

**Sharing Circle**  
March 14, 2017

**Finding the Resources You Need**  
April 11, 2017

**Grief Can be Complicated**  
May 9, 2017

**Who Am I Now?**  
June 13, 2017

**People Just Don't Understand**  
September 12, 2017

**Family Dynamics**  
October 10, 2017

**Using Rituals in Loss and Grief**  
November 14, 2017

**I'm Not in the "Holiday" Mood**  
December 12, 2017

**Chapel Lawn Funeral****Home**

4000 Portage Avenue  
12 – 1:00 pm – Tuesday

Please Register at 204-586-8044

**Self-Care in Grief**  
February 28, 2017

**Moving On...Isn't Forgetting**  
May 23, 2017

**Grief Doesn't Take a Vacation**  
July 25, 2017

**Hope During Grief**  
September 26, 2017

**The Holidays Can Be a Difficult Season**  
December 5, 2017

*Helping you live today.*

**K OF C WEBSITES**

**SUPREME:** <http://www.kofc.org/eb/en/index.html>

**MANITOBA STATE:** <http://www.manitobastatecouncil.ca>

**Catholic Foundation of Manitoba Website:**

<http://www.catholicfoundation.mb.ca/>

**I.C.C.D.**

Please return all sold and unsold books by Sunday, April 23rd. I will make it a point to be available at the two masses on Saturday April 22nd and April 23rd to collect all books.

I would like to Thank all our members who have purchased one or more books and to those who are still undecided on this fund raiser, books will still be available to our last minute members. I would also like to acknowledge my side kick Br. Mike Samec who has spend a high number of hours in selling these books at church.

We have a sitting date at the Seven Oaks Hospital on April 19, 20, 21, and 22. Please phone me to secure your sitting time.

Thank-you Brothers. Sales figures will be made available at the May meeting,  
Don Gulchak, ICCD Chair




**Baked  
Goods Donation Request**  
*for our Council's upcoming*

**Palliative Care Speakers Event**  
Sunday, May 7, 2017

Br. Knights, a light lunch & dainties to be held following the completion of 11 am Divine Liturgy

Please consider donating baked goods such as muffins, tarts, squares, cakes, and loaves or any other yummy items such as fruit, cheese, pickles!

Please drop off donations at:  
St Joseph's Church Auditorium

Every little bit helps.



***2017 Youth Winter Games***  
**Windup**

Friday, May 5, 2017  
St Basil Parish Hall, 202 Harcourt St.  
Food, Music, Games and Awards  
6:00-10:00pm

*This is for all youth who participated in at least one YWG event, and for their parents and siblings*

**Admission is free**

**2016-17 Rosters are available for Pickup at Council Business Meetings**

Out-of-Town brothers will have their copies mailed out to them. If you wish to obtain a PDF file of the Roster, or update your Information details, please contact Br. Dave by email at: [djgnutel@mymts.net](mailto:djgnutel@mymts.net)  
Please make the following changes to your 2016 – 2017 Fr. Shyshkovich Council Rosters.

**Add Transferred Brothers:**

**(SK) Hladun, David** ( Audrey )  
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Retired

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Retired

**Update info:**

**Gnutel, Dave**  
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## Anger and Forgiveness

"Don't let the sun go down with you still angry—get over it quickly."<sup>1</sup>

One of the biggest barriers to forgiving those who have hurt us is our unresolved hurt and anger. More often than not, where there is hurt, there is anger. Both need to be resolved.

Unresolved or buried anger is extremely destructive. This is why the Bible teaches us to resolve it as quickly as possible. Unless we do, it can turn into resentment, bitterness, hostility, and even rage if enough of it is bottled up for long enough. It is destructive to our physical, emotional and spiritual health. It is also very damaging to relationships and can lead to deep depression. Being angry in and of itself is not sinful. It is how we handle it—or fail to handle it—that is either right or wrong, creative or destructive. No matter what the other person does to me, my anger is always my issue and my responsibility. Nobody makes me angry without my permission.

Anger needs to be directed to its source and felt and expressed (not just talked about) in creative ways. Wherever possible it pays to express these feelings to the one who hurt us remembering always to "speak the truth in love."<sup>2</sup> Where this isn't appropriate or possible, we can write out our feelings as David often did in the Psalms, read out loud what we have written, and then burn or throw away the copy. Or we can express these painful feelings to a trusted friend or counselor. Whatever we do we need to express them creatively and get them off our chest once and for all. This then clears the way for forgiveness; for as long as we nurse grudges and "sit" on our anger, we can never genuinely forgive anyone.

As Paul said, "Don't let the sun go down on your anger!" Don't sit on it. Don't deny it. Don't bury and don't repress it. Express it in healthy ways. And remember, what we fail to talk out creatively we will inevitably act out destructively in one way or another. For further help read, "Taming Your Anger" at: <http://tinyurl.com/b439f>.

Suggested prayer: "Dear God, when I feel angry, please help me to express it creatively without blaming others for my reaction. And help me always to speak the truth in love. Thank You for hearing and answering my prayer. Gratefully in Jesus' name, amen."

**Daily Encounter:** A Week-day Devotional by Richard (Dick) Innes of ACTS International



Fish Fry Kitchen Crew



Fish Fry Clean-up Crew