



CYMK-Ukrainian Orthodox Youth presents.....

EMPTY BOWLS Fundraiser for Winni- peg Harvest

As many of you know **Winnipeg Harvest** is Winnipeg's largest food bank serving thousands of needy families in the city. One of the things we do in CYMK is serve our community through volunteerism and other efforts...this is an opportunity to serve the community outside of our church. On February 11th, a representative from Winnipeg Harvest spoke to the Cymkivtsi about the project. The project has been taken up by several schools, but **CYMK is the first Church Youth Group in Winnipeg to participate in the project!**

The basic idea behind Empty Bowls is simple. Cymkivtsi and some of our own local celebrities created and designed clay bowls.

On March 18, 2011 at 6 pm, CYMKivtsi will host a simple meal of soup and bread to friends, family and our Orthodox family to bring awareness of hunger in our community. The Empty Bowls will be auctioned on the night of the Soup and Bread Supper.

These empty bowls will stand as a reminder that there are many **Empty Bowls** in the world - and in our own city. All money raised from the Empty Bowls auction will be given to Winnipeg Harvest. The Soup and Bread Supper will be held at Holy Trinity Cathedral and will cost \$5 per person plus a non perishable food item.

**Please join CYMK in support of
Winnipeg Harvest on March 18!**



10 Most Wanted Items:

from <http://www.winnipegharvest.org/>:

1. Canned fish and poultry - tuna, or salmon (packed in water) chicken or turkey
2. Canned fruit and vegetables (packed in own juice)
3. Canned stew, chili, brown beans
4. Peanut Butter (light)
5. Baby Food - jars of chicken, beef, vegetables or fruit, infant cereal such as oatmeal, barley or rice, Formula with added iron *While donations of infant formula with added iron are needed, Winnipeg Harvest supports breastfeeding.
6. Whole grain pasta/whole wheat pasta
7. Rice - brown, converted or parboiled
8. Canned spaghetti sauce or tomatoes
9. Cereal - high fiber, non-sugar coated
10. Canned soup - lentil, pea, vegetable

**Please share what you can spare of
these non-perishable food items.**

These food items reflect recommendations in Canada's Food Guide and are supported by Manitoba Dietitians.

CYMK-UOY

Who Are We?

CYMK – U.O.Y is an organization for Ukrainian Orthodox Youth in Canada. CYMK's mandates are faith, language, culture and friendship.

Founded in 1931, CYMK allows youth to learn about and experience everything our Ukrainian culture and Orthodox faith have to offer. CYMK branches can be found in many Ukrainian Orthodox parishes across Canada.

CYMKivtsi cherish their heritage and are proud of their roots. They have a deep respect for the church and their Orthodox faith. CYMK is a place to socialize, make new friends, and build bonds that will last a lifetime. Parents play a vital role in CYMK, providing guidance and support through their commitment. CYMK is a vital part of our parish family.

There are two active locals in Winnipeg at Holy Trinity Metropolitan Cathedral and St. Mary the Protectress. Sr. CYMKivtsi have formed one group encompassing youth from all Winnipeg parishes. Many activities are done collectively for maximum participation and fun!

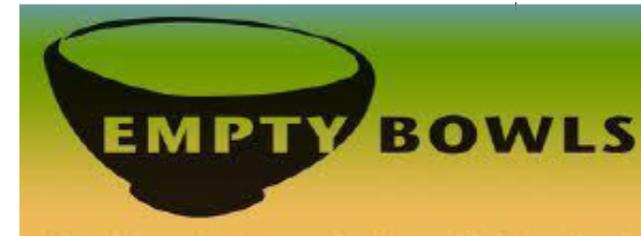
Winnipeg Harvest Quick Facts

- ✓ Winnipeg Harvest is a not-for-profit charitable organization.
- ✓ Winnipeg Harvest began in 1984, founded by Lee Newton, Partnerships Coordinator, and the warehouse opened its doors in 1985.
- ✓ Winnipeg Harvest provides emergency food assistance to over 40,000 people a month. If you think about that – **that would be equivalent to filling the MTS Centre once with adults and once with children.**
- ✓ 45% of people receiving food from Winnipeg Harvest are children. Over 18,000 children each month require emergency food from Winnipeg Harvest. Ten years ago that number was 5,512.
- ✓ One third of the families experiencing hunger are often dual wage-earner families, the working poor. Poor kids live in poor families. No one chooses to be poor, or hungry or to be in crisis.
- ✓ We hear often from parents who realize that food deprivation can affect the development of their young children, and therefore deprive themselves of food first, thus putting themselves at risk for illness.
- ✓ Harvest responds to **two conditions: (1) Hungry people (2) Surplus food**

Harvest looks to our community for support:
(1) money
(2) food
(3) time

CYMK-UKRAINIAN ORTHODOX YOUTH

PRESENTS.....



Join Us for a Meal and Help Fight Hunger in Our Community!

Everyone needs to eat, right? Please join CYMK-UOY for a Soup and Bread Supper in support of Winnipeg Harvest

Friday, March 18, 2011

Soup and Bread Supper served 6:00 – 8:00 PM

Celebrity Bowl Auction – 7:00 PM

Holy Trinity Cathedral Auditorium

1175 Main St., Winnipeg

Admission - \$5 plus a non-perishable food

item donation for WPG Harvest



Proceeds to benefit
Winnipeg Harvest

