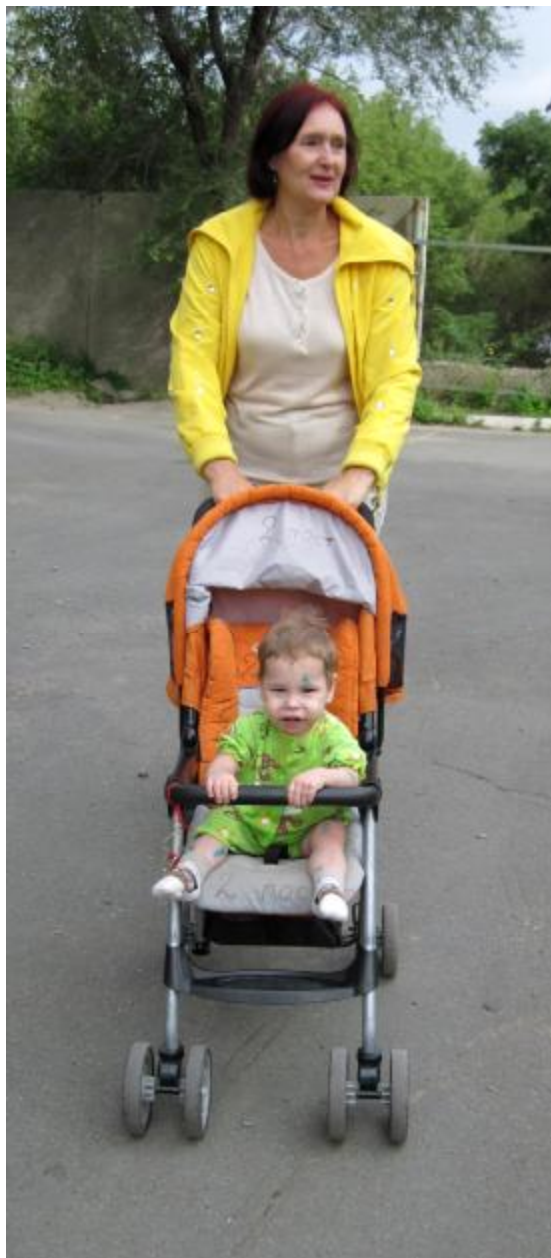


# Vladivostok Sunrise

Mary Mother of God Mission Society and Vladivostok Mission

Issue Number Ninety Eight March 1, 2011



## Caritas means Charity.

By V Rev Myron Effing, C.J.D. and Olga Bernikova

Caritas is Catholic charity in Russia. Each parish does charitable work, plus there are special deanery programs, like our Women's Support Centers. In this report, we'd like to tell you about our activities in 2010, looking forward to a great year of 2011.

### Caritas of Most Holy Mother of God Parish

Parishoner Lily Timofeevna Silina is in charge of these programs.

The **Soup Kitchen** program was started in January of 2000. From January 2010 until August 17 the Soup Kitchen worked 123 days, and 3,504 persons were fed including 152 dinners which were delivered to the beneficiaries at home. The cost of each dinner was \$3.50. Due to problems with financing the program was closed more than three months, from August 17 to December, 2010. It has now been restarted for 2011, thanks to a donation from a single family in America! We plan to make it even better and more effective for the elderly poor who need this service.

Thanks to a grant from **Fruit and Milk Program** of Sisters in Jesus the Lord (USA) Caritas delivered baby nutrition to Baby Hospital #3 in Vladivostok:

1. May – \$999.98
2. June – \$1100.05
3. July – \$1016.18
4. August - \$500.11
5. September – \$992.39

We delivered baby-food produced by *Gerber* and *Nestle* companies (diary Nestogen-1 and Nestogen-2), thanks to a grant from *Anyas*'s

*“Grandma” Irina Albertovna Silina taking an orphan for a stroll.*

### The Catholic Church in Eastern Russia

After the revolution of 1917, Siberia became a showplace of the new Communist era, a land without churches and without God. Under Stalin, all Catholic churches were confiscated, and many were turned into the most degrading uses imaginable.

Two American priests, Fr. Myron Effing, CJD, and Fr. Daniel Maurer, CJD, arrived in Vladivostok in 1992 to help re-establish the Church in this region. **They founded or re-founded 11 Catholic parishes in an area covering over 500,000 square miles.** With the foundations laid, additional priests and sisters are joining the work, and parishes are slowly growing and multiplying.



*The Soup Kitchen is a great help for poor elderly.*

*Dinner line in the "Fruit and Milk" Program*



Foundation (USA) in:  
 1. January – \$1051.95  
 2. February – \$1162.24  
 3. March – \$1177.66  
 4. April – \$905.09

As **Aid to Orphans** in 2010 Caritas provided the following new equipment for the laundry at Children's Hospital #3 paid for by the Lynch Family Foundation and Anya's Foundation:

- Dryer machine LS-25-01, 55 pound of capacity (\$7,692)
- Rolling press LG-16, diameter - 240 mm (\$4,165)
- Washing handcart TP-25, 330 liter of capacity, (\$508)

The **Grandma Mentoring Program** continued to function all year, although the number of volunteers involved in the program varied from 3 to 7 persons (3 parishioners; 3-4 foreign volunteers) depending upon which month. The number of visits to the two orphanages



*Equipment installed in Hospital #3*

*Hospice resident and American volunteer Jenna Himsl*



we serve in Vladivostok was 171, for a total of 763 hours of contact for local parishioners. For foreign volunteers it was 76 visits at 304 hours.

Caritas volunteers regularly visit babies, feeding and taking care of them, talking and playing with them. For the Christmas party, volunteers gave gifts to the orphans, including chocolate Santa Clauses, presents, toys, books, etc. There were provided 49 visits where Caritas volunteers gave candies and cookies to the kids.

The number of volunteers involved in our **Hospice** program is regularly 2 parishioners and 3 to 4 foreign volunteers. The number of visits to the hospice was 155 this year, for 665 contact hours. Caritas volunteers visit the sick aged patients, feeding and taking care of them, preparing fish sandwiches (55 times), supporting them spiritually and emotionally. For foreign volunteers, it was 76 visits or 304 contact hours.



*Seniors receiving canned fish and honey*

Sometimes we serve **walk-in needs**, and we cooperate with local social institutions. We distributed:

- 1). Walk-in people in need: 40 cans of salmon, 421 cans of other fish and soup
- 2). Children Hospital №3: 288 cans of fish (salmon, soup); 10 kg of honey; toys, vitamins, children clothing.
- 3). Hospice: 25 kg of honey; diapers – 6 packs; 480 cans of fish (salmon, soup); 6 pairs of glasses.
- 4). Ophthalmological Center: 90 pairs of glasses.
- 5). «Women of Vladivostok» Charitable Organization: 144 cans of fish (salmon, soup); 20 kg of honey.
- 6). local Catholic Parishes:
  - Nakhodka - 384 cans of fish (salmon, soup)
  - Lesozavodsk - 84 cans of fish (salmon, soup); 30 chocolate Easter eggs



*Feeding time for the youngest at the orphanages requires help.*

Most of our **daily income** comes from American donors, but we do operate our little gift shop where our income in

2010 was \$1450.50, nearly a third of which we re-donated toward the reconstruction of the church building.

We also have some income from the resale of items donated to us. This year we had a donation of a large quantity of honey, and of a large party of new women's shoes. Much of the honey was used in our programs, but some was realized in the form of asking parishioners for a donation if they accepted the honey or shoes. These funds came to about \$535.

### **Other Parishes**

Perhaps this is a place where we can speak a bit about the work in other parishes. At the Parish of Our Lady of the Pacific in **Nakhodka** the Grandma Mentoring Program is also functioning, with three regular volunteers visiting the orphans. In **Lesozovodsk**, at Visitation Parish, a group of



*Young mom getting the help she needs.*

volunteers feeds 50 very hungry children every Saturday. This city is very hard hit by unemployment, and single moms and dads especially find it hard to feed and cloth their children. During the school year the children have a free lunch at school, but summers and weekends are hungry times.

Holy Trinity Parish in **Romanovka** is the home of “Trapinka” (Little Path) where the Sisters of Charity of St Anne work with disadvantaged pupils after school hours. This program receives some sponsorship from Mary Mother of God Mission Society through Romanovka’s sister parish of St Philip Benizi in Oregon, and other American donors.

Nativity Parish in **Ussurysk** operates a homeless shelter and retraining program for street people. Currently there are about 35 participants in this program. This program is sponsored by the Franciscan Order, and is not under the umbrella of Mary Mother of God Mission Society.

Meanwhile, in Vladivostok five AA groups use our facilities, and one Alanon group.

### **The Women’s Support Centers’ Work in 2010**

The Women’s Support Centers are a project of the Vladivostok Deanery. Currently six centers are functioning, but we have requests for several more. Funding is limiting our work.

Here in Russia there is a great need for centers to help women with crisis pregnancies. Tatyana Golikova, Minister of Health and Social Development for the Russian Federation, said on April that each year in Russia, more than 64 percent of all pregnancies end in abortion, while in Western European countries the level is below 25 percent. To put this in real numbers, that translates to 1,714,000 abortions to 1,234,000 live births (according to official statistical information in 2008). The abortion rate here in Russia has risen in recent months, even though there is a baby “boom” of 7%. Prices have gone up and pregnant moms are concerned about how they will feed their children. The best way to reduce the number of abortions and the number of children living without parental care in this country is to develop a culture and method of Natural Family Planning.



An increased level of cancer and other health problems among women of child bearing age are the result of long-term use of oral contraceptives and abortions. Contraception is still considered the only means to prevent abortions, and so contraception is actively promoted by the Russian Association of Gynecologists and Endocrinologists, often encouraged by Planned Parenthood. Most Russian women are suffering from post-abortion syndrome. A high divorce rate means few fathers are in whole families to teach and protect their daughters and sons with the result that there is rampant promiscuity with resulting epidemic levels of sexually transmitted diseases (STDs), including HIV and AIDS.

Alcoholism and drugs among men is the number one social problem in Russia. Women face the economic strain of feeding themselves and their children in small apartments in poor economic situations where many do not receive welfare for their children. The Russian government is doing a lot of the right things to make sure the economical situation stays stable, especially for families, but there is still a lot to do.



*Single mother visits the Center at the City of Vladivostok Women’s Consultation Service*

Meanwhile Caritas Women’s Support Centers are doing all they can to encourage women to give birth rather than have abortions. Our main priority is saving the lives of pre-born children. Besides providing free pregnancy testing and free ultrasound testing, WSC’s volunteers offer information and emotional support to encourage women to give birth. We talk to those who come to the Centers about the harm of contraception and of abortion, and then

*Training and retreat for WSC’s and Caritas volunteers (animator – Ekaterina Elfimova, psychologist)*

assist our clients with baby food, diapers, medications, and baby clothing. We also provide clients with referrals to medical personnel as well as counseling about Natural Family Planning (NFP) including the Billings Method and the Sympto-thermal Method, STDs, chastity, and family values. Our clients were also provided free used children's and women's clothing and other items that we might have available.



*Aid for women who recently gave birth, at the WSC of the city of Arsenyev*

WSCs continue the "Adopt-a-Birth" program (a medication packet for mother and baby that includes hygienic products such as baby lotion and creams, diapers, antibiotics) and "Adopt-a-Mom" program (medical help for women who have special needs at birth). In 2010 we were able to provide 144 packets.



*Young mother receives material aid in the Center in Nakhodka*

We've also worked out the "Guardian Angel Program" that is dedicated to provide assistance for children who were saved from abortion at WSCs, but whose moms now have trouble supporting them. For example, thanks to

benefactors in America we assisted a girl from Lesozovodsk who suffered from a heart problem. Because of our support she got the needed surgery in Siberia in Novosibirsk. Thanks to the Guardian Angel Program several destitute families with children from Nakhodka and from Lesozovodsk were able to purchase coal or firewood which was needed for the winter season. But most important are the donors who monthly provide a stipend for a child's needs. 28 children regularly receive support from their "Guardian Angels".

Because of the economic crisis Caritas was forced to reduce its budget for the Women's Support Centers for two years. WSC's fundraising activity inside Russia has done well (boxes for donations, sales of footwear and toys). This year the Centers raised about \$1,765 in cash and \$2,618-worth of donations in kind of baby clothing, baby food and medicines.

Concerning education in schools, WSCs provided classes and programs related to family values in society, NFP, chastity, truth about abortion, post-abortion syndrome, contraception, and STDs, mostly in Arsenyev, Lesozovodsk, and Nakhodka.

We also published an issue of *To Accept Life, a journal* for WSC volunteers and people interested in related problems. We also published *Love and Reason*, a magazine for youth about life issues, and also, a great number of brochures about life-related problems and issues. On Christmas and Easter we were able to present a new pro-life Calendar for 2010 (and now for 2011) for our beneficiaries, sponsors and guests.

Attempting to help WSC's volunteers to resolve the problems of their current work and to encourage them to participate in charitable activity, Caritas provided the WSCs and Caritas volunteers with a training and retreat program. This retreat was arranged at the Parish of the Most Holy Mother of God in Vladivostok on July, 7-9. Ekaterina Elfimova, a skilled psychologist working with AA groups and their families for many years, was enrolled as an animator for the retreats. A retreat is again scheduled for 2011.

WSCs also provided Rachael's Vineyards Retreat Program for those affected by abortions, and this year we also invited the women of AA (in July and November) to the retreats. Natalya Anisimova, Coordinator of the Rachael's Vineyard retreats program, and Ekaterina Elfimova were involved in the retreats, as well as Fr Myron or Fr Dan.



*Visit to mother in need in a hospital by a volunteer of the Center located at St Joseph's Parish in Vladivostok*

It was also recommended that we again provide Rachael's Vineyard retreats for the women of AA and for married couples. That's a new idea for the Rachael's Vineyard retreats in Russia.

One participant in a Rachael's Vineyard retreat said, "During the retreat my feelings inside me were changed as was my attitude to my children who died because of abortion. I could mourn the loss of every one of my children who died, and I could share my sorrow with the other participants of the retreat. I could say goodbye to my children and forgive myself. The Rachael's Vineyard retreats help me to be free from those sins that I did."



*Stacks of baby food and supplies supplied by Renovabis*

Thanks to an anonymous foundation, to *Renovabis* of the German Bishops' Conference, and to our other benefactors, the Caritas WSCs were able to continue to develop and improve the Women's Support Center programs. We are now more than twelve years old! Thanks to our benefactors we were able to increase the material aid for our beneficiaries (the number of diapers and baby food) which improved the well-being of the babies and their families.

Nadezhda Morozova, Director of Caritas Women's Support Centers, coordinated this whole project and oversaw the work of 18 volunteers and 6 leaders regularly involved in the Center's activities.

Caritas Women's Support Centers continue to cooperate with other local institutions promoting the idea of saving the lives of pre-born babies and of strengthening the family. We appreciate the organizations which participated in the WSC's programs, including the Departments of Social Protection of Soviet and Lenin Counties of Vladivostok, the Regional Clinical Center of AIDS Prevention, Maternity Hospital #3 (Vladivostok), local hospitals in Arsenyev and Lesozovodsk, State Women's Consultative Clinics, and children's polyclinics of our counties.



*A smile and a bag of humanitarian aid in Second River*

**Remember  
"Mary Mother of God Mission Society"  
in your will.**

## How to Communicate with Us

### Internet

Russian language: [www.catholic.vladivostok.ru](http://www.catholic.vladivostok.ru)

English language: [www.vladmission.org](http://www.vladmission.org)

Sisters in Jesus the Lord in English: [www.cjd.cc](http://www.cjd.cc)

**Office in Russia: Phone and FAX:** 011-7-4232-26-96-14

[myron@catholic.vladivostok.ru](mailto:myron@catholic.vladivostok.ru)

[daniel@catholic.vladivostok.ru](mailto:daniel@catholic.vladivostok.ru)

**Office in California: Phone and FAX:** 1-(209) 408-0728

Mary Mother of God Mission Society

1736 Milestone Cir

Modesto CA 95357

[usoffice@vladmission.org](mailto:usoffice@vladmission.org)

**Sisters in Jesus the Lord:** 1-(816) 353-2177

7049 Blue Ridge Blvd

Raytown, MO 64133

[www.cjd.cc](http://www.cjd.cc)

**Vladivostok Sunrise** Edited and produced in Russia by V Rev Myron Effing, C.J.D. Printed in St Paul MN by Sexton Printing, Inc. Assembled for mailing by Nativity Parish, St Paul, Minnesota.

## News Notes

by V Rev Myron Effing, C.J.D

● The topic of the news here this month has been the Russian child adopted in Alaska, and how his mother fed him hot sauce and gave him cold showers when he misbehaved. So again there was a loud call to stop adoptions to America! Naturally it is all very hypocritical! If the Russians cared more for their children, there wouldn't be kids to be adopted by Americans! Plus the daily mangling in the womb of Russian children by abortion, as there are still more abortions here than live births! Our Women's Support Centers continue to work with pregnant women to encourage them to give birth, and we are still speaking in the schools and colleges about the life and family issues.

● I heard this story from one of the pastors: A parishioner with several children was pregnant, and had some complications, so she was in the hospital for tests and a check-up. After several days an old doctor came to her at night and said, "Dear, are you reading what medicines the doctor is giving you?" "No, why should I?" "If I were you I'd read those packages before I took them!" Being forewarned she read and found out that the doctor was setting her up for a miscarriage! He thought she had enough children! Naturally, she stopped the medicine and went home. That is socialized medicine, where the doctor makes decisions about who lives and who dies. I told the pastor to find out the contact

information for that old doctor, and I'd find some way to acknowledge that she saved a baby's life.

## Opportunities

♥ Booth representatives for Catholic Conferences. Have fun meeting fellow Catholics while distributing mission information! Catholic Conference in your area? Let us know!

♥ Interested in speaking on behalf of the mission at parishes in the US? Priest and lay speakers needed!

♥ Hooded sweatshirts available. *Vladivostok, Russia* in Cyrillic lettering on front. Sizes S-3X. \$30-\$35. Contact our mission office in Modesto for emailed details.



♥ Hand crocheted baby blankets, matching Baptismal gowns, caps and booties, and crocheted table doilies and runners from the Lesozovodsk Women's Support Center for sale. Proceeds to the Women's Support Centers. See our website for more information. [www.vladmission.org](http://www.vladmission.org)



♥ SHARES card update! The mission is receiving over \$700 per month from the SHARES card program! \$15,300 has been raised so far by CA and NV SHARES card users!

Contact the mission office to get your FREE cards. Pass them out at meetings, hair-dressers, medical offices and everywhere you visit. Holders present the card at checkout at Save Mart, Food Maxx, Lucky or Smart Foods grocers. The card is swiped and Save Mart donates up to 3% of your grocery bill to the mission! Any easy way to help the mission and it doesn't cost you a thing! Thank you Save Mart and SHARES card users!

♥ Join your corporate Matching Gifts program at your work. Donations to the mission can be matched by your employer! See our website for a list of just some of the participating companies, or ask your employer if they have a Matching Gifts program.

♥ Old and worn priest vestments no longer in use needed for Bible covers and rosary cases fundraiser. Please send to the mission office at 1736 Milestone Cir. Modesto CA 95357

Vladivostok Mission  
Mary Mother of God Mission Society  
1736 Milestone Ctr  
Modesto CA 95357-0835

Non-Profit  
Organization  
U.S. Postage Paid  
St Paul Minnesota  
Permit No. 6732

Return Service Requested

## From the development desk...

Dear Friends: A blessed Lenten season to you all!

Even with budgets tighter than ever, in **FAITH** many persevere to help. We pray thanks to those throughout the US, Canada and other countries who sacrificially give of their time, talent and tithe to help revive the Catholic Church in Russia.

- Additional seamstresses and crafters have joined in to offer their talents to sew rosary cases and bible covers, make rosaries, and other crafts to raise funds for or send to the mission.

- Priests are kindly sending us their old unusable vestments to make many of these articles. Other priests have sent sacred vessels for use in the church.

- Additional lay-speakers have joined our speaker's bureau.

- Three sister parishes are actively involved in fundraising. We hope you can support them in their efforts to bring much needed financial help to the mission.

- John and other cyclists from our sister parish of St Patrick in Grass Valley, CA are sacrificing 6 weeks of their time away from home, away from family, to help. They will ride across the entire US from Grass Valley, CA to Washington, DC to bring awareness and financial help to the mission and **HOPE**

for the people of Russia. We pray you can sponsor the bike riders who are giving so much. Contact John Woodall 530-713-1011 for more details.

- Donna from our sister parish of St Joseph in Evansville, IN has hand quilted a king size quilt and offered chances to all to win this beautiful bedspread to help the Omega Project (Vladivostok Newman Center). Fr Myron is involved in planning and needs funds for a new Center on Russian Island. Your participation will help greatly with this effort. Please see our website or contact Paul Hasselbrinck at 812-963-3468 for details.

- Our sister parish of St Joseph in Modesto, CA is holding an Auction Dinner and Entertainment fundraiser for our St Augustine Music Society. Through the many sacred music concerts at our parish in Vladivostok, many Russians hear about God and Christ for the first time as the music is explained. Contact Pino or Carol Scarpinati at 209-495-5052 to donate items, services or vacation spots for auction.

- More have joined as prayer warriors praying rosaries and novenas for the mission.

What great **LOVE** for Christ and our Blessed Mother from so many through such sacrifice! Thank you! God bless you.

Sincerely, Vicky Trevillyan