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A Chance for Renewal

Most Rev. Anthony Mikovsky, Prime Bishop

As we now find ourselves in the middle of January this is often the time of year when our New Years resolutions begin to fade and we find ourselves in exactly the same place that we were before. In fact in a Forbes poll it was found that between 23% to 64% give up their resolutions in the month of January, less than 22% lasting for two to three months, only 13% holding out for 4 months and less than 8% lasting an entire year. When the reasons for failure were analyzed, there were four main reasons for people not keeping to their resolution goals: unrealistic goals, lack of planning, fading motivation and poor habit integration.

While this may certainly be true for all of the resolutions that we might make at the beginning of the New Year, I would like to take a short look at the spiritual aspects of our daily lives and how we might think about them as an opportunity for renewal. The New Year is an opportunity to take stock of our spiritual life and spiritual practices and strive to make amendment. This is especially true in the upcoming Season of Pre-Lent which will begin on February 1, the First Sunday of Pre-Lent. It will be in that season where we will take stock of our lives, set a course of action and then set about in the Season of Lent to accomplish our spiritual goals.

First of all, we must realize that unlike any ordinary News Years resolution, our spiritual goals are a living out of the very direction of our lives as Christians. They are not just some idea that might help us live better or happier or longer, but they correspond

to exactly what we are called to as Christians. The Prophet Isaiah speaks about this in the renewal that will come about in the work of God. "Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." (*Isaiah 40:30-31*)

We know too that this renewal was won in the sacrifice of our Lord on the Cross, and it is presently being accomplished in the work of Jesus Christ in each of our lives. "Then Peter said, 'Look we have left everything and followed You. What then will we have?' Jesus said to them, 'Truly I tell you, at the renewal of all things, when the Son of Man is seated on the throne of His glory, you who have followed Me will also sit on twelve thrones judging the twelve tribes of Israel.'" (*Matthew 19:27-28*) We are not destined for any finite goal in this world, but to be united to Jesus both in this world and the next.

And further, Saint Paul speaks of it being worked out in our daily lives of Christian faith and practice. In the letter to the Romans, he tells us, "I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect." (*Romans 12:1-2*) We see here that if we are focused on only ourselves then

(Continued on Page 3.)



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**God’s Field — Rola Boza
Publication Information**

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Submissions received after the 1st will be included in the following month’s issue.

Email articles and photos to secretarytopb@pncc.org. If your submission was successfully delivered via email, you will receive an acknowledgement email stating that your submission was received. To ensure clarity of graphics, please send JPEG or TIFF formatted pictures with a resolution of at least 300 pixels per inch. **Please identify individuals in photographs or caption photographs.**

Typewritten articles and photographs may be submitted to:

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we are doomed to failure, but if we are rather directed to Christ we will discern the will of God for our lives and progress toward what is “good and acceptable and perfect.”

We must realize that it is no longer for any selfish reason that we will accomplish any resolution, but rather we will seek only to love and serve both God and His people better and more strongly. Again, St. Paul tells us: “So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!” (2 *Corinthians 5:17*)

But at this point I would like to examine the reasons for failure and how we might bring these concerns to our daily spiritual life. We need to set concrete goals for our spiritual life and goals that are consistent with our present situation. I am sure that each and every one of us, myself included, could spend 15 more minutes in prayer every day. I know that if I could more easily step away from my phone or the TV, I could certainly free up that time.

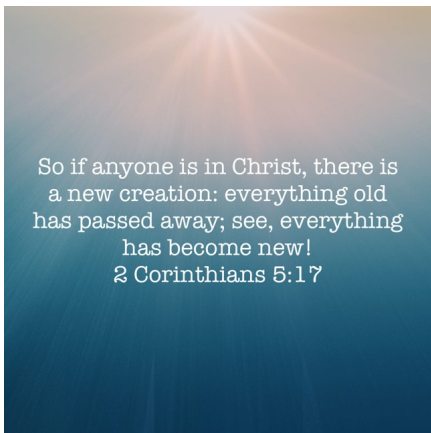
Plan at least a few minutes when you wake up to pray for illumination and blessing for the day ahead. Take a few minutes of prayer before going to bed to give thanks to God for the blessings of the day and make a short examination of conscience to confess those places where you have fallen short. These goals can be accomplished by everyone and they will allow us to more fully focus on God and His will for our life. Likewise, set a goal to attend Church more faithfully. If you only come once and a while, strive for one more time each month. If you attend Holy Mass each week, find other ways to worship almighty God during the week.

To fight off the fading motivation, first realize that although you will certainly feel better and be better through these habits, it is God’s strength that we must call upon in all moments. If we strive to put God first, others next and ourselves last, then we will find that we will always have a moment to turn to God in prayer. We will always see those in need around us and help where we can.

And lastly we must strive to integrate this new way of life into who we are. We should not seek to do anything for only a season. A resolution is not meant so that we can accomplish something for a day, a week, a month or a year. It is about allowing ourselves to be conformed to the life of Christ that is within us. Again, St. Paul tells us to: “Put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.” (*Romans 13:14*) This means that we must strive to conform ourselves to Jesus. It will not happen to us by simply wishing it. We must “put on” the Lord Jesus.

Allow this time of year to be one, not only of resolutions to lose a few pounds or to exercise more or to eat better, but more importantly allow it to be a time of renewal of your hearts and minds for Christ. Don’t just go about doing mundane things, but rather realize: “You were taught to put away your former way of life, your old self, corrupt and deluded by its lusts, and to be renewed in the spirit of your minds, and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.” (*Ephesians 4:22-23*)

Let us seek to be united to Christ, in worship, in prayer, and in service. Now that’s a good resolution for the beginning of the New Year.



So if anyone is in Christ, there is
a new creation: everything old
has passed away; see, everything
has become new!
2 Corinthians 5:17

From the Office of the Prime Bishop
Most Rev. Anthony Mikovsky

Call to the XXVII General Synod

In accordance with Article VII.A, Section 10 and Article VII.A (1) of the Constitution, By-Laws and Code of Faith of the Polish National Catholic Church, I hereby issue the call for the XXVII General Synod to be held within the Eastern Diocese of the Polish National Catholic Church. The dates and site of the Synod have been set by the Eastern Diocese as September 28-30, 2026 at Manchester, New Hampshire.

The Parishes and Standard Societies and Organizations of the Polish National Catholic Church are reminded to elect their delegates in accordance with the Constitution, By-Laws and Code of Faith of the Polish National Catholic Church. The Parishes are reminded that the number of delegates that will be seated at the Synod will be in accordance with the obligations that have been sent to the Church by the end of its fiscal year on February 28, 2026. The address to request Mandates will be published in a future edition of God's Field and sent to all parishes with other information.

For the election of delegates to the General Synod, I encourage each Parish of the P.N.C.C. and each Standard Society and Organization of the Church to examine Article VII.A of the Constitution.

According to Article VII.A of the Constitution, the composition of the General Synod consists of: 1) the active Bishops, 2) the members of the Supreme Council, 3) the vice-rector of the Seminary, 4) the Pastor or Administrator of each parish, 5) the lay delegates of the Parish, 6) a delegate to be elected from the central body and each Diocesan sub-central body, if any, from each of the following United Societies and Organizations: a) the United Women's Societies for the Adoration of the Most Blessed Sacrament; b) the United Young Men's Societies of Resurrection; c) the National United Choirs of the Polish National Catholic Church; and d) the National United Youth Association; 7) a delegate from the Education and Youth Commission; 8) a delegate from the Spójnia, Inc. Board of Directors; 9) An elected delegate from the Reserve Clergy of the Polish National Catholic Church, and; 10) An elected delegate from the Deacons of the Polish National Catholic Church.

The lay delegates from each Parish are to be elected according to Article VII.A, Section 2 of the Constitution. It states that (1) Every lay delegate of a Parish shall be a member in good standing in his Parish and a member of this Church for not less than two (2) years as set forth in Article III and elected at an annual meeting or at a Parish Meeting duly called for this purpose. (2) Each Parish shall have the right to elect at least one delegate and no Parish shall elect more than one delegate for every fifty (50) members, or a major fraction thereof, in good standing on its Parish roll.

Information regarding registration for the Synod, payment of the registration fee and the making of room arrangements will be forwarded to each of the Parishes and Societies of the Church in the future. A full proposed agenda of the Synod will also be published in future editions of God's Field.

Besides the important work of reviewing the actions and work of the past four years, the Synod will also strive to set a program of work to guide us in the four years to come. In the past we had set out five areas of focus for the Church and we will evaluate and plan in these areas for the future: 1) Growth and Membership, 2) Increased Spirituality, 3) Lifelong Learning, 4) Sacred Vocations, and 5) Community Involvement and Presence.

I also want to bring to the attention of all that the 2026 Synod is once again planned for only three days as it was in 2018 and 2022. These will be three full days of work. It is planned that all reports will be submitted and distributed to the delegates well in advance of the Synod and all delegates are encouraged to read and study them carefully. There will only be time allowed on the Synod floor for questions and actions.

Synodal Commissions

At each General Synod the membership of the National Commissions is set for the following four-year period. These names are sought during the Synod and submitted to the Prime Bishop with volunteers usually taken from the Synod delegates. These individuals are then confirmed by the Synod body. Although it is often only Synod delegates who become members of these Commissions, this is not required. Anyone who is interested in working to help the Church on a Synodal Commission may submit their names. Those submissions will be evaluated by the Prime Bishop then presentation will be made to the General Synod for approval. The list of National Commissions is: 1) Constitution, 2) Mission and Evangelism, 3) Budget and Finance, 4) School of Christian Living, 5) Liturgy, 6) Church Doctrine, 7) Clergy Salary and Benefits, 8) History and Archives, and 9) Sacred Vocations. A National Youth Commission was also appointed at the last Synod. Please consider if your talents may help the Church in serving on one of these Commissions. Names may be submitted to the Office of the Prime Bishop, 1006 Pittston Avenue, Scranton, PA 18505 or pbmikovsky@pncc.org.

Nomination of Candidates for Bishop

At this upcoming XXVII General Synod an election for Candidates for Bishop will be held. The Prime Bishop together with the Supreme Council has decided that the Synod will seek to elect three (3) candidates. Nominations are now being accepted by the Office of the Prime Bishop, 1006 Pittston Avenue, Scranton, PA 18505. They will be accepted until May 1, 2026.

A Nominations Commission will be chosen in the future to evaluate the nominees in accordance with the Constitution, By-Laws and Code of Faith of the Polish National Catholic Church and the Guidelines accepted by the Doctrine Commission, the Bishops, and the Supreme Council.

Constitutional Amendments

According to Article XXI of the Constitution, By-Laws and Code of Faith of the Polish National Catholic Church amendments must be submitted at least six (6) months prior to the start of the General Synod. As the Synod is slated to begin on September 28, 2026, amendments must be received within the Office of the Prime Bishop by March 28, 2026.

As a conclusion I ask that we each join in prayer that the upcoming XXVII General Synod will be a spiritual success for the Church and that through it, its work and its plans, the entire Polish National Catholic Church may continue to better serve our Lord Jesus Christ and build up His Kingdom of earth.

Prayer for the Church

Almighty and eternal God, You have called us to serve You through the Polish National Catholic Church. Hear our prayer for the Prime Bishop, the Bishops: John, Paul, Bernard and Robert, the priests, the deacons, the lay leaders and the faithful of our Holy Church. May Your gifts and blessings strengthen our resolve to serve You and by our example bring others into the Mystical Body of Christ. May all that we do be for the glory of Your Name and the salvation of Your people. By our faithful witness and service may we eventually be received into Your eternal Kingdom. We ask this through Jesus Christ, our Lord. Amen.



Financial Obligations of the Parishes of the Polish National Catholic Church

This article serves to inform you of the financial requirements of the Polish National Catholic Church as they stand at the present time. These include the decisions that were made during the General Synod held in October 2018 and they were not changed at the most recent 2022 General Synod.

Pastors and Parish Committee Members of each Parish should review Regulation 11 of the 2022 P.N.C.C. Constitution, Bylaws and Code of Faith (formerly Article XXI) which addresses Church Funds. Each parish of this Church must act in accordance with this portion of the Constitution.

Parishes of the Church should review their compliance with the financial obligations of the Church for 2025. This is especially important since the determination of the number of parish delegates for the XXVII General Synod will be made according to these contributions. The financial year of the Church ends on February 28, 2026.

General Fund Dues

During the XXIV General Synod held in October of 2014 the delegates voted to set the General Fund Dues at \$100.00 per member. This amount was unchanged by the 2018 and 2022 General Synods. This figure will continue until the next General Synod in 2026.

An important point for the parish to remember, noted in Regulation 11, Section 3 (formerly Article XXI, Section 4), is that the Parish is responsible to contribute \$100.00 for each member on its parish roll. Although the Parish may collect funds from its membership in various ways, either through direct assessment (dues), or Sunday collections or a pledge system, the \$100.00 is the responsibility of the Parish for each member. According to Regulation 11, Section 9 (formerly Article XXI, Section 16) of the Constitution, these funds that are collected must be submitted to their Diocesan Treasurer quarterly.

6% Levy

Along with the above obligation, each parish must also submit funds according to the 6% levy. According to Regulation 11, Section 2 (formerly Article XXI, Section 3) of the Constitution, six percent (6%) of Parish Dues (counting only that part kept by the Parish), regular Sunday and Holy Day collections must be submitted to the National Church via their Diocesan Treasurers. According to Regulation 11, Section 9 (formerly Article XXI, Section 16) of the Constitution this 6% Levy on funds that are collected is to be submitted to their Diocesan Treasurer quarterly.

Special Collections

A number of special collections are identified either in the Constitution of the Polish National Catholic Church or are mandated through the Synodal Action of the Church.

The following Special National Collections are to be taken in every parish of the Polish National Catholic Church for the following purposes:

January 4, 2026	-	For the Mission Fund
January 25, 2026	-	Music Scholarship Sunday – For the Music Scholarship Fund
February 1, 2026	-	For the Mission Fund
March 1, 2026	-	For the Mission Fund
March 8, 2026	-	Institution of the P.N.C.C. – For the National Church Center
April 5, 2026	-	For the Mission Fund
May 3, 2026	-	For the Mission Fund
June 7, 2026	-	For the Mission Fund
June 21, 2026	-	Father's Day – For the Clergy Pension Fund
July 5, 2026	-	For the Mission Fund
August 2, 2026	-	For the Mission Fund
August 30, 2026	-	Youth Sunday – For the Youth Fund
September 6, 2026	-	For the Mission Fund
September 13, 2026	-	Solemnity – Brotherly Love – For the Bp. Hodur Retreat Center

October 4, 2026	-	For the Mission Fund
October 18, 2026	-	Heritage Sunday – Outreach to Poland Collection
November 1, 2026	-	For the Mission Fund
December 6, 2026	-	For the Mission Fund
December 27, 2026	-	Solemnity – Humble Shepherds – Seminary Fund
January 3, 2027	-	For the Mission Fund

The funds from these collections are also to be submitted by the Parishes to their Diocesan Treasurers. According to Regulation 11, Section 8 (formerly Article XXI, Section 17) the Treasurer of each Diocese is to forward the appropriate funds to the Treasurer of the P.N.C.C. within 30 days.

Parishes are also reminded, according to Regulation 11, Section 9 (formerly Article XXI, Section 16) of the Constitution that “all monies collected and received by a Parish Committee from the sources of income in Section 3 of this Article (i.e. General Fund Dues, 6% Fund, and Special Collections) shall be paid quarterly to its Diocesan Treasurer.

If there are any questions or concerns regarding the collecting or payment of these funds to the Diocesan Treasurers or the National Church, please do not hesitate to contact the Office of the Prime Bishop.

**The Constitution, By Laws and Code of Faith
of the Polish National Catholic Church**
(Adopted at the XXVI General Synod – October 2022)

By-Laws of the Polish National Catholic Church

Regulation 11 – General Church Funds

Section 1. The work of this Church is supported by the following funds:

- a. General Fund;
- b. Mission Fund;
- c. Seminary Fund;
- d. Youth Fund;
- e. School of Christian Living Fund;
- f. Publications Fund;
- g. Parish Loans Fund;
- h. Clergy Aid Fund;
- i. Clergy Pension Fund;
- j. Clergy Hospitalization Plan;
- k. Administrative Fund

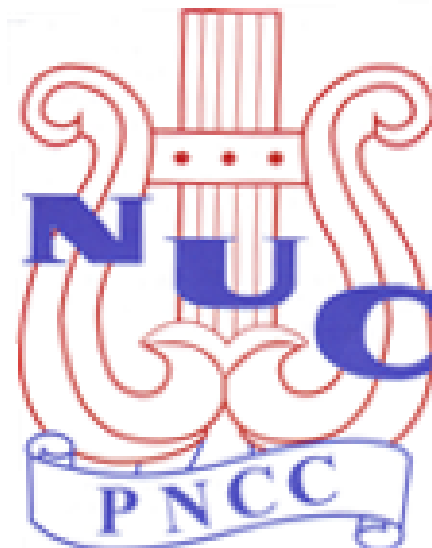
Section 2. The sources of income for Church Funds are:

- a. General Fund Dues;
- b. Monthly first Sunday Voluntary Mission Fund contributions of which one-half shall be retained by the Diocese;
- c. Donations and bequests;
- d. Six (6%) percent levy on parish dues, regular Sunday and Holy Day collections. For the purpose of this Section 2(d), the six (6%) percent levy shall not apply to General Fund dues.
- e. Such other moneys as shall be provided for by synodal enactments.

Section 3. The General Synod determines the General Fund Dues for adult members. For the purpose of this section an adult member of the Church is defined as a husband, wife, widow, widower, or unmarried person age eighteen (18) and above. Full time students will be exempted until age twenty-three (23). The payment of the General Fund dues shall be the obligation of the Parish and shall be remitted quarterly to its Diocesan Bishop.

Section 4. The annual General Fund dues shall be distributed by the Diocesan Bishop as follows: he shall retain an amount determines by the General Synod and remit the remainder to the Treasurer of this Church. A budget shall be adopted annually by the Supreme Council to fund the work of this Church.

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National United Choirs Music Scholarship Sunday

Music Scholarship Sunday is January 25, 2026. Hopefully your parish will celebrate this special Sunday by recognizing those who provide the music for your liturgies, as well as take up the collection for the program, as mandated by Synodal vote.

As an individual, please consider donating to this worthy program. Since it began in the previous century, \$367,285.00 has been awarded to 1156 members of our P.N.C.C. Your donations have helped so many people improve their musical skills to the benefit of our beloved parishes. Our church is blessed to have this scholarship program and to have so many past and present recipients still providing their talents for the Glory of God!

Donations can also be made on a year-round basis by sending your check to the NUC treasurer, Liz Kaniewski:

NUC Treasurer
7719 W. Coventry Drive
Franklin, WI 53132

Just write in the memo line that the donation is for the scholarship fund.

Parish Treasurers: Please submit your parish donations to the scholarship fund to your diocesan treasurer by the end of the first quarter so they can be forwarded in a timely manner for use in the 2026 awards. Thank you for your anticipated cooperation!

National United Choirs 2026 Music Scholarship Awards

Applications are now available! Are you currently taking paid music lessons for organ, piano, voice, or another instrument? Do you participate in the music ministry of your parish? If so, you may be eligible for a Music Scholarship from the National United Choirs.

All necessary criteria, instructions and forms can be downloaded from the scholarship website: www.nucmusicsscholarship.weebly.com Instructions and necessary forms are revised yearly due to technology and music changes **Please use the current website publications to insure you will be using the updated forms and following the proper instructions.** Deadline for submission is **May 1, 2026.**

Pastors, Organists, and P.N.C.C. members: Please encourage those eligible in your parish to apply to this very rewarding program that has provided financial assistance to so many people in the P.N.C.C. over the past six decades.

Any questions can be submitted to: Cathy A. Bilinski
Music Scholarship Administrator
nucscholarship@gmail.com

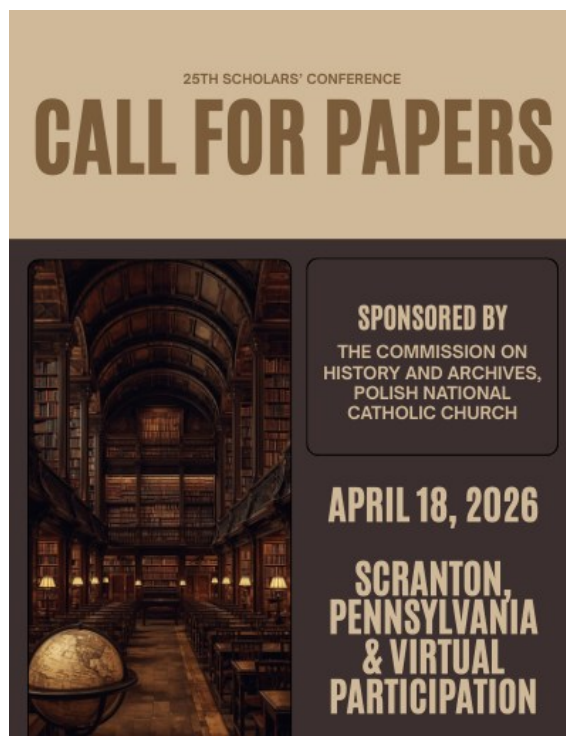
Call for Papers

25th Scholars' Conference

April 18, 2026 – Scranton, Pennsylvania & Virtual Participation

Sponsored by

*The Commission on History and Archives
Polish National Catholic Church*



The conference invites academic scholars in the social sciences, theology, and humanities to present research on:

- * The Polish National Catholic Church (P.N.C.C.)
- * P.N.C.C. associations, organizations, and outreaches
- * Independent religious movements that preceded or paralleled the P.N.C.C.
- * Related historical, theological, and cultural topics

Submission Guidelines

- * Proposal Deadline: March 1, 2026
- * Accepted papers will be presented at the conference and considered for publication in the *P.N.C.C. Studies Journal*.
- * Poster presentations are welcomed as an alternative or complement to traditional papers.

Graduate Student Incentive

Graduate student presenters are eligible for a \$500 stipend/scholarship.

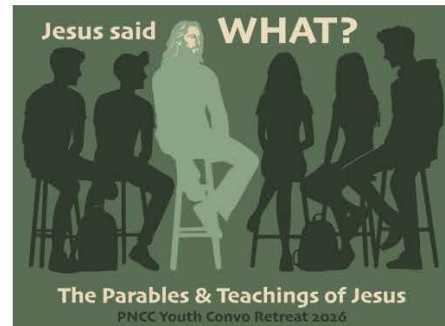
Submissions & Inquiries

Please submit proposals, article manuscripts for publication consideration, or questions to: dr.ploskonka@savonarola.net

Contact

Rev. Jim Ploskonka, PhD
Commission on History and Archives
216.650.5596

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 C/O BLESSED TRINITY PARISH
 37 WINTHROP STREET
 FALL RIVER, MA 02721
 (508) 672-4854



To the Clergy and Parishes of the Polish National Catholic Church

We hope you had a joyous Christmas and wish you a blessed New Year in our Lord 2026. As you know our 2026 P.N.C.C. Youth Convo – Retreat will be held from August 3-7, 2026 at Camp Monadnock in Jaffrey, New Hampshire. On the following pages please find a registration and health form. P.N.C.C. Youth age 8 and older are most welcome to attend. The Early Bird Registration fee is just \$150.00 per person due to the grant from our P.N.C.C. Supreme Council.

Completed registration and health forms with payment made payable to **Eastern Diocese Youth Retreat** should be sent by April 30, 2026 to:

2026 P.N.C.C. Youth Convo - Retreat
 c/o Blessed Trinity Parish
 37 Winthrop Street
 Fall River, MA 02721

For those forms received after May 1st the registration fee will be \$250. Registration forms will not be accepted after June 1, 2026.

Please follow us on Facebook at: **Eastern Diocese Youth**

If you have any questions, please email: RobNem21@aol.com We thank you in advance for your prayerful consideration and support of our Youth Convo - Retreat. May God bless you and we hope to see you at Camp Monadnock.

Sincerely yours in Christ,

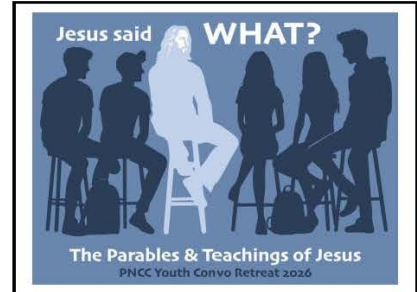
Very Rev. Robert M. Nemkovich Jr.

Eastern Diocese Youth Chaplain

Rt. Rev. Paul Soliechowski

Bishop of the Eastern Diocese

2026 PNCC YOUTH CONVO RETREAT REGISTRATION FORM



Name _____

Age _____ Email address _____

Address _____ Male _____ Female _____

City _____ State _____ Zip _____

Home Phone (_____) _____ Cell Phone (_____) _____

Parish Church _____ in the city of _____

Counselor with your group _____

Travel Plans _____ Car _____ Plane _____

T-Shirt Size Youth Size M L XL *or* Adult Size S M L XL XXL XXXL

Parental Permission Section

This section must be signed by your parent or legal guardian.

I give my permission for my child _____, to attend the 2026 PNCC Youth Convo Retreat from August 3 to August 7, 2026, at Camp Monadnock in Jaffrey, New Hampshire. I will take full responsibility for my child and will hold harmless the Polish National Catholic Church, the Eastern Diocese, the Eastern Diocese Youth Commission and Camp Monadnock if my child does not abide by the rules and regulations set forth by the Eastern Diocese Youth Commission and Camp Monadnock. I understand that if my child does not abide by the Retreat rules and regulations, my child may be sent home at my own expense.

Signature: _____ Date: _____

Name: _____

Early Bird Registration Fee - \$150.00 per person

Make check or money order payable to:

Eastern Diocese Youth Retreat
c/o Blessed Trinity Parish
37 Winthrop Street
Fall River, MA 02721

***Please Note: Registration fee after May 1, 2026 is \$250.00
and NO Registrations will be accepted after June 1, 2026***

**2026 PNCC YOUTH CONVO RETREAT
HEALTH INFORMATION &
EMERGENCY PERMISSION**

This form is required on site for every person under 18 years of age, not accompanied by parent or guardian. It must be retained by one of the group leaders, and be available on a moment’s notice for any emergency.

PLEASE PRINT ALL INFORMATION CLEARLY

Group Name: Eastern Diocese Polish National Catholic Church.

Dates from: August 3, 2026 to August 7, 2026

_____ has my permission to participate in the

PNCC Eastern Diocese Youth Convo Retreat at Camp Monadnock, in Jaffrey, New Hampshire on the above dates.

Please list (with dates) any major illness or injury this child has had within the past month within the past year _____

Date of Tetanus Shot (should be within 5 years) _____

List any allergies (medication, inhalant, or food) _____

Can this child take part in strenuous physical activity? _____

The following medication will be needed by this child at camp. (All such medication should be given to the group leader before leaving – it may not be carried by the child).

Medication	Amount and time to be given
_____	_____
_____	_____
_____	_____

I hereby give permission to the Director, Group Leader or their designate to administer the above medication in the absence of a nurse.

Additional Information and remarks: _____

I understand that every attempt will be made to contact me in the event of an accident or injury but that it might be impossible in an emergency to contact me quickly enough to authorize proper treatment. Therefore, I authorize the officials of my child’s group and the officials of the Retreat staff to seek the proper treatment in the event of any accident or injury. I give my permission for

the use of any form of medical treatment necessary; such as, injections, anesthesiology, medicines, drugs, surgery, or any other treatment which is deemed necessary by attending nurses and physicians, and also authorize transportation of my child by either private vehicle or ambulance in order to facilitate any necessary treatment.

Date: _____

 Signature of parent or guardian (circle one)

Address: _____

Home Phone (____) _____ Work Phone (____) _____

Cell Phone (____) _____

Place of Work _____

Family Insurance Carrier _____

Who carries the medical insurance _____
 Name of parent/guardian

Medical Insurance Policy Number _____

Other emergency phone numbers if parent cannot be reached

Name _____ Phone (____) _____

Relationship _____

Family Doctor's Name: _____

Doctor's Phone: (____) _____

IMPORTANT *Please include a copy of the front and back of your medical insurance card.*

Enabling Oneself to Glorify God and Serve Others Better

by Cathy Andersen - All Saints Cathedral Parish, Chicago, IL

Happy New Year! This greeting is an expression of optimism -- of saying goodbye to the old year and embracing new opportunities for growth, joy and success in the new year. It is a contemplative time when one might review the past year and resolve to make the new year "even better". It is often a time of making resolutions for improvement in one way or another. A time of hope, new beginnings, a clean slate and fresh starts.

Before we continue further, however, I hope that you had a wonderful holiday season and had a very Merry and Blessed Christmas. While many people really do enjoy the season including all the busyness and preparations, shopping and baking, office parties and festivities, there are many who simply go through the motions and hide behind the smile on their face – longing for days of old or remembering those loved ones who are no longer with them. During the last few weeks, I made a point of having meaningful discussions with several people – friends and strangers alike – and it became apparent early on that many people are just plain tired, overwhelmed, anxious, stressed, sad, depressed, worn out, burned out, mentally and physically exhausted, running on empty, spinning out of control, spiraling downward, thinking their life is sheer chaos or even saying, "I didn't sign up for this!". Yes, they were looking forward to Christmas and spending more time with family and friends. Yes, they were looking forward to going to church and celebrating the birth of Jesus, their Savior. They were, however, also already looking forward to the new year when they could put the Christmas decorations away, and move on, and start over as soon as the calendar turned to January 2026.

These discussions stirred something within me. I tried to encourage those who were open to my input after having been so transparent with me. Our time spent together then led me to want to write about the importance of self-care, and how we can only seize opportunities to glorify God and serve others by first taking care of ourselves in this new year. You see, many people simply do not know, or easily forget, how to slow down, to relax, to reenergize, to renew or to recuperate. Some people believe they are invincible and can run on empty in ten different directions at once. No one can run on empty. No one can run on fumes. Our tanks must be full, and through self-care, we allow our hearts and souls to be filled with positive thoughts and energy and love.

New year's resolutions often include focusing on health, finances, relationships and personal growth or self-improvement. Many times, the resolutions are such that one should simply NOT do this or that. Perhaps the things we should NOT be doing might also be replaced with something that we SHOULD be doing. May I propose the following:

Health – exercising more and eating healthier. Say NO to just sitting in front of the TV or computer and say YES to any type of movement, perhaps walking with God in nature, communing with Him and His creation. Take deep breaths and practice gratitude during this quiet time. "He makes me lie down in green pastures, He leads me beside quiet waters" (Psalm 23:2). Say NO to overindulgence by eliminating or at least limiting your intake of sugar, caffeine, sodium, alcohol and drugs and say YES to water hydration, fruits, vegetables and lean protein. After all, your body is the temple of the Lord. "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body" (1 Corinthians 6:19-20).

Finances – making more money and saving more money. Do not become greedy. Rely on and trust in God for all things. He will provide everything you need. "But seek first His kingdom and His righteousness, and all these things will be added to you" (Matthew 6:33). "My God will meet all your needs according to the riches of His glory in Christ Jesus" (Philippians 4:19).

Relationships – improving connections with your family and friends. Say NO to fruitless relationships and say YES to cultivating vibrant relationships with God, your family and your friends. Say NO to toxic people or negative influences in your life and say YES to people who uplift, support, encourage and love you. Remember, it is not the number of friends that you have that counts. Rather, it is the quality of those relationships that counts. "A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this, everyone will know that you are My disciples, if you have love for one another" (John 13:34-35). "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you" (Ephesians 4:32). "Therefore encourage one another and build one another up, just as you are doing" (Thessalonians 5:11).

Personal growth or self-improvement – quitting bad habits and improving mental health. Spend limited time on social media and unlimited time immersing yourself in the Word of God. Say NO to negative thoughts and negative news and say YES to positive thoughts and words and sharing the Good News with others. Say NO to remaining stagnant and say YES to continuous personal growth every day whether by learning a new language, picking up a new hobby, developing a new skill or volunteering at an organization. Also, instead of hitting that snooze button or sleeping in on Sunday mornings, get up and get moving – eagerly anticipate going to Church and receiving the Eucharist. Never take the opportunity to worship for granted and always be engaged while attending Holy Mass. "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect" (Romans 12:2). "So then, just as you received Christ Jesus as Lord, continue to walk in Him, being rooted and built up in Him and established in the faith, just as you were taught, and overflowing with gratitude" (Colossians 2:6-7). "Remember the Sabbath day by keeping it holy" (Exodus 20:8).

Remember too that you should always rely on and trust in God. By doing so, you will no longer want or need to be in control and this will greatly reduce your stress level. Below are two of my favorite Scripture passages which I often refer to:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7).

"Come to me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light" (Matthew 11:28-30).

God wants you to thrive, not just survive. He wants you to be the best version of yourself. He wants you to soar. "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint" (Isaiah 40:31).

Please make time for self-care on your calendar and keep those appointments with yourself. Remember, self-care can take many different forms - through daily prayer and stillness; enjoying a cup of decaf coffee with a close friend; or while outside enjoying nature. Self-care could also be getting a manicure or pedicure while NOT scrolling through your texts or emails. Self-care is participating in Mass, or going on a day retreat, or taking a vacation. Self-care allows you to serve others in a variety of capacities – at home, at a fish fry or other volunteer event, or even just listening to a stranger who may have something on their heart and who needs someone to listen to them.

You see, my dear brothers and sisters, self-care is not selfish. Self-care allows you to take care of yourself so you, in turn, can glorify God through your words and actions and can serve others more fully. Self-care is not a luxury – it is a necessity.

Buffalo-Pittsburgh Diocese

Operation Christmas Child at Holy Trinity Parish and Sacred Heart of Jesus Parish Washington, PA and Canonsburg, PA

Throughout November, parishioners of Holy Trinity Parish, Washington, PA, and Sacred Heart of Jesus Parish, Canonsburg, PA, donated items to the parishes' SOCL students and teachers. A total of 80 Operation Christmas Child boxes were filled for this project.

Thanks to all parishioners and may God bless all who participated and all of the children who received these boxes for Christmas.



Holy Trinity Parish Hosts Holiday Music Concert Woodlawn, NY

On Wednesday evening, December 3rd, Holy Trinity Parish in Woodlawn, NY, hosted a holiday music concert. It was a wonderful evening of holiday music, Christmas caroling and fellowship. Music was provided by "One Step Closer." Following the concert a reception of light refreshments was held in the Parish Hall.



Central Diocese

Scranton Seniorate Advent Penance Service Holy Mother of Sorrows Parish, Dupont, PA

An Advent Penance Service for the Scranton Seniorate was held on Saturday, December 6, 2025 at Holy Mother of Sorrows Parish in Dupont, PA. Prime Bishop Anthony Mikovsky delivered a homily. Bishop Bernard Nowicki administered the Sacrament of Penance. Fr. Sr. Zbigniew Dawid presided over the service. A delicious lunch followed in the Parish Hall.

Submitted by Very Rev. Zbigniew Dawid



Vigil Dinner at Holy Name of Jesus Parish Schenectady, NY

On Sunday, December 14th, Holy Name of Jesus Parish in Schenectady, NY, celebrated Advent expectation at the annual parish Vigil/Wigilia dinner. Tons of great (meatless) food, friendship, Carols/Kolędy to wonderful Concertina accompaniment, our ornament exchange, and the drawing for our annual Vigil Raffle (congrats Paty) were the highlights of this annual dinner event. Thank you to all who prepared all the tasty food and deserts.



Holy Mother of Sorrows Parish Hosts Breakfast with Saint Nicholas

Dupont, PA

Holy Mother of Sorrows Parish in Dupont, PA, held its annual Breakfast with Saint Nicholas on Sunday, December 7, 2025. Breakfast was complimentary to all parishioners and friends of our parish. All children received gifts from St Nicholas. During the breakfast we made a donation of toys to the Greater Pittston Santa Squad. We would like to thank our parish volunteers for setting up and decorating the Parish Hall and for doing all the cooking.

Submitted by Very Rev. Zbigniew Dawid



Parish Children with St Nicholas



Parishioners at the Breakfast



Parish Volunteers Cooking Breakfast



The Greater Pittston Santa Squad Receiving Donated Toys



Parish Volunteers Serving

Eastern Diocese**śp. Very Rev. Joseph H. Soltysiak**

Father Senior Joseph Henry Soltysiak went home to be with the Lord he served on earth on December 22, 2025 after battling multiple illnesses.

Born September 14, 1958 in Manchester, NH, he was the son of Henry and Emily (Tomaszewski) Soltysiak. He grew up in the shadow of his grandfather, Bishop Joseph Soltysiak, Bishop of the Eastern Diocese of the Polish National Catholic Church. At an early age, his call to serve the Lord at the altar was formed, and after graduation from Manchester West High School in 1976, he moved to Scranton, PA to study at Savonarola Theological Seminary, where he was ordained to the Holy Priesthood on May 2, 1979 by Most Rev. Francis Rowinski in St. Stanislaus Cathedral.

He was proud to serve in the National Catholic Church as priest, serving at various parishes across the P.N.C.C., including Assistant Pastor at St. Stanislaus Cathedral in Scranton, PA; as well as in the role of Pastor at Holy Name of Jesus Parish in South Deerfield, MA; Holy Saviour Parish in Union City, CT and St. Joseph's Parish in Westfield, MA. Along with these pastorates, Fr. Sr. Soltysiak also served as Administrator of Holy Cross Parish in Enfield, CT, St. Valentine's Parish in Northampton, MA and Holy Mother of the Rosary Parish in Chicopee, MA. Upon assuming the pastorate of St. Joseph's Parish in 1994 he was raised to the dignity of Senior Priest, administering the Eastern Diocese Central Seniorate since that time.

Well before he was "Father", he was Joe, who was always a sports enthusiast. He played high school and semi-pro baseball, and as a senior in high school, earned All-New England honors in the javelin throw. Like many in the area, he was an avid fan of the Red Sox, Patriots, Bruins, and Celtics, in that order. A perfect day ended with one of those teams on his tv, and anyone who visited the rectory was aware of "the shrine" to these teams.

His service to the community was of such importance, as in his various stops, he was a devoted member of the Kiwanis, chaplain to the Westfield Fire Department, the Westfield Clergy Association, and more. He was especially proud to be involved with "Our Community Table", the Westfield Soup Kitchen, where he would often cook Polish delicacies, making sure that St. Joseph's Parish provided "the best meal of the month".

He is missed by his wife of 44 years, Janice (Beggin), formerly of Olyphant, PA; sons Rev. Jason H. Soltysiak (Natalie) of North Royalton, OH, Andrew M. Soltysiak of Westfield, MA, and Nicholas J. Soltysiak of Westfield, MA; brother Stefan of Forestville, CA; grandsons Aiden, Brady, and Jonah, as well as many others who knew and loved him as Papa.

Fr. Sr. Joe was predeceased by his parents Henry and Emily Soltysiak as well as son Anthony in 2020.

Donations may be made to the Clergy Pension Fund of the Polish National Catholic Church, c/o Office of the Prime Bishop, 1006 Pittston Avenue, Scranton, PA 18505 or St. Joseph's Polish National Catholic Church, 73 Main Street, Westfield, MA 01085.

Calling hours were held on Sunday, December 28, 2025 at the Firtion-Adams Funeral Home in Westfield, MA. Fr. Sr. Joe laid in repose at St. Joseph's Parish, Westfield, MA on Monday, December 29, 2025 before the Funeral Mass at 10:00 a.m. celebrated by his son, Rev. Jason Soltysiak. Fr. Jason offered the homily during Mass, and condolences were extended by Rt. Rev. Paul Sobiechowski, Diocesan Bishop of the Eastern Diocese and Most Rev. Anthony Mikovsky, Prime Bishop of the Polish National Catholic Church. The final absolution was celebrated by Very Rev. Robert M. Nemkovich. Fr. Sr. Joseph Soltysiak's final resting place is at Holy Trinity Cathedral cemetery in Manchester, NH.

A Busy December at Blessed Trinity Parish

Fall River, MA

On Tuesday morning, December 2nd, a group from Blessed Trinity Parish and from the Fall River Fire Department (FRFD) offloaded 11,000 pounds of food at Angels Anonymous. Blessed Trinity Parish continued to sponsor the Christmas Food Pantry the same evening.



Also on this date, youth from Blessed Trinity Parish shopped for gifts for two local families in need. The kids also wrapped the presents to be given to the families for Christmas.



On Wednesday, December 3rd the parish again sponsored the weekly Veterans Kitchen Luncheon in the Parish Hall.



Later that same evening, the Youth Group Spaghetti Supper was held after the Advent Penitential Service. It was an inspiring time of fellowship, worship, prayer and a delicious meal.



On December 6th Fr. Sr. Rob Nemkovich attended the Fall River Police Department (FRPD)-Law Enforcement Assisting Families (LEAF)-Emergency Medical Services (EMS) Toy Drive, collecting items to be giftwrapped at the parish later in the month, and to be distributed to local Fall River children in need, just in time for Christmas.



On December 7th, the Second Sunday of Advent Fr. Sr. Rob attended the Pearl Harbor Memorial Ceremony on the USS Massachusetts where he offered prayers, along with Fr. Mike Racine.



In the afternoon of December 7th, presents were collected for families and children in need in the local Fall River community. Well over 150 toys were donated along with cash donations that will help Operation Christmas-Citizens for Citizens and Angels Anonymous for their toy drives this season.



Following Holy Mass on Monday, December 8th, two SUVs full of donated toys from the previous day's pop up collection were delivered to Toys to Citizens for Citizens & Angels Anonymous.



On December 9th, the toys collected during the annual FRPD-LEAF-EMS Toy Drive were packed into a command post truck and another cruiser!



During the weekly Fall River Veterans Luncheon, Fr. Sr. Rob and Cub Scout Pack 15 and Boy Scout Troop 15 delivered 100 Christmas cards to the veterans.



On Saturday, December 13th, Fr. Sr. Rob attended the Wreaths Across America at the Vietnam Veterans' Memorial Wall in Bicentennial Park in Fall River, MA.



On Sunday, December 14th, the parish youth presented a Living Nativity.

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(A Busy December at Blessed Trinity Parish - Continued from Page 21.)

On December 16th, crews from FRFD and Blessed Trinity Parish offloaded over 10,000 pounds of food at Angels Anonymous.



Dec 20th was a glorious wrapping and delivery day at the Christmas Toy Drive. Toys were distributed by the FRPD, LEAF and EMS to help 475 city youth this Christmas. Thanks to so many elves who were wrapping and our Police and EMS for delivering. Thanks to ALL who made it possible!



On December 17th, Very Rev. Rob Nemkovich and Rev. Andy Stinson offered prayers at the Fall River Veterans Christmas Luncheon, where everyone enjoyed delicious food and holiday fellowship.



On December 21st, the 4th Sunday of Advent, there was a Candle lighting; and after Mass, the annual Birthday Party for Jesus was held. Numerous gifts of food were prepared to help others in need within the Fall River community. Thanks to everyone who donated to the Advent Food Drive!



On December 18th Fall River EMS delivered many bags of toys to the Parish Hall as part of the annual FRPD - LEAF - EMS Toy Drive. These items were wrapped and delivered to local families in need on December 20th.



Following Christmas Day Mass, the annual Christmas Brunch was served to 125 people within the Fall River community.



Western Diocese

St. Michael's Parish Christmas Party

Cedar Lake, IN

On Sunday, December 14th, the PTO of St. Michael the Archangel Parish, Cedar Lake, IN, sponsored a Christmas Party for the SOCL Students, teacher and parishioners. A fun and festive time was had by all. Thanks to the special guest – Santa - who spent some quality time with the students.

(Western Diocese - Continued on Page 24.)



(The Constitution, By Laws and Code of Faith of the P. N.C.C.- Continued from Page 7.)

Section 5. The Seminary Fund is a fund established for the support and maintenance of this Church's Theological Seminary. The sources of income for this Fund are as follows: the apportionment of the General Fund dues; the special collection made on the Sunday of the Solemnity of the Humble Shepherds; and voluntary contributions and bequests to the Fund.

Section 6. The Clergy Pension Fund is a fund established for the purpose of payment of pensions to those of the clergy who shall qualify and comply with the provisions of the Clergy Pension Plan established for retired clergymen of this Church. The sources of income for this fund are as follows: Father's Day collection for this purpose; the apportionment of the General Fund dues, and voluntary contributions and bequests made to this Fund.

Section 7. The Mission Fund, Youth Fund, School of Christian Living Fund, Publications Fund, Parish Loans Fund, Clergy Aid Fund, Clergy Hospitalization Fund and Administrative Fund shall be funded in accordance with the budget set annually by the Supreme Council.

Section 8. The General Church or Supreme Council shall order annual or special collections to support causes within the Polish National Catholic Church or its affiliates, such as Spójnia, Inc. These collections will take place on the days designated and shall be remitted by parishes through their Diocesan Bishop to the Treasurer of this Church within thirty (30) days. A list of these collections will be distributed to the Parishes of the Polish National Catholic Church each year.

Section 9. All monies collected and received by a Parish Committee from the sources of income set forth in Regulation 11, Section 2 of the Constitution, By-Laws and Code of Faith of this Church shall be paid quarterly to its Diocesan Bishop.

Section 10. The Diocesan Bishop shall remit all monies due to this Church to the Treasurer of this Church within thirty (30) days, who shall give his receipt therefor.

Section 11. The Prime Bishop shall appoint an Auditing Committee of three (3) members whose duty shall be to examine and audit the financial books and records of this Church and to annually render a summary of the Church's Funds to each member of the Supreme Council.

Section 12. The Supreme Council shall establish a Finance Commission whose task will be to see to the performance of the enactments of the Synods pertaining to the securing of funds for the general purposes of this Church. The Commission shall consist of a chairman, secretary, treasurer and two members appointed by the Prime Bishop from among the members of the Supreme Council.

Section 13. All funds designated for the general use of this Church are to be transferred through the Office of the Prime Bishop where the Treasurer of this Church shall enter the same into the Church's financial books, and, once a year, it will render a published record of the funds, which shall be sent to every Parish.

(Western Diocese - Continued from Page 23.)



Wild Lights at the Detroit Zoo

On December 19th, the youth of All Saints Parish, Sterling Height, MI, gathered for an unforgettable evening of fellowship and celebration at the Detroit Zoo, sharing in a season filled with wonder and community. The night was marked by laughter, connection, and a truly amazing time together, as our young people explored the beauty of creation illuminated in brilliant holiday splendor. We extend our sincere gratitude to Friends of Sunday School (FOSS) for their generous support in assisting with event expenses, making this meaningful gathering possible. The experience strengthened bonds, lifted spirits, and reminded us of all the joy found when faith and friendship come together. It was, by every measure, a wonderful celebration—full of fun, warmth, and shared delight—and we are deeply thankful for the continued support that invests in the lives of our youth.

