

The Sunday Shepherd

Descent of the Holy Spirit Український Православний Собор
Ukrainian Orthodox Sobor Зіслання Св. Духа в Реджайні
in Regina

1305 – 12th Ave,
Regina, SK S4P 4L6

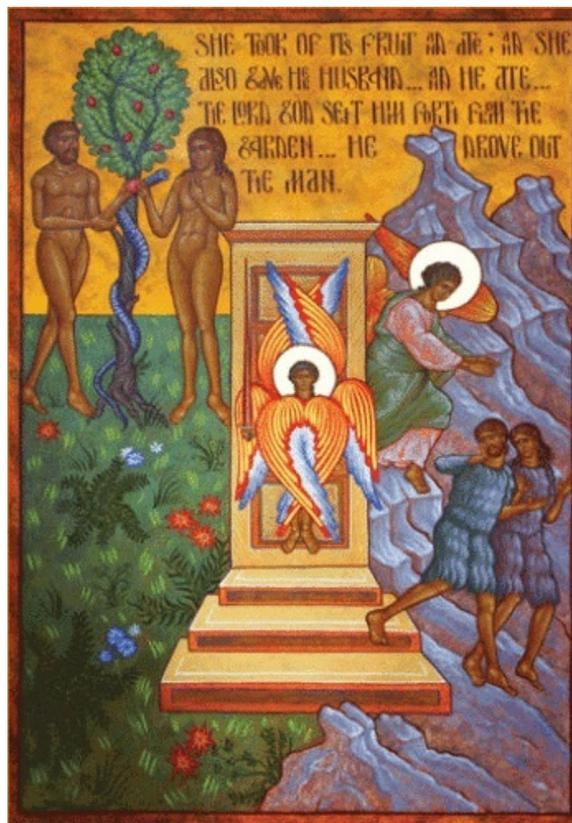
And serving the congregations of St.
Michael's in Candiak, Selo Gardens Chapel,
St. Volodymyr's in Moose Jaw

Parish Bulletin for the week of March 10, 2019

Office and Mailing Address: 1920 Toronto Street, Regina, SK S4P 1M8

**СПОМИН АДАМОВОГО ВИГНАННЯ. НЕДЛЯ ПРОЩЕННЯ.
СВЯТОГО ОТЦЯ НАШОГО ТАРАСИЯ, АРХІЄПИСКОПА
КОНСТАНТИНОПОЛЬСЬКОГО.**

**CHEESE - FARE SUNDAY. TONE – 8. COMMEMORATION OF THE
EXPULSION OF ADAM FROM PARADISE. FORGIVENESS SUNDAY. SAINT
TARASIVS, ARCHBISHOP OF CONSTANTINOPLE.**



EXPULSION OF ADAM FROM PARADISE

Please let Father Volodymyr know of anyone who is in the hospital or is convalescing at home or if you may, for any other reason, wish to have a visit from Father please call (306) 581-5600.

Orthodox faith teaches us the importance of interceding on behalf of others through Prayer. In our prayers today please remember the following faithful who are hospitalized, convalescing or ill: Individuals will be kept on the prayer list for one month.

Madeline (0304)	Doug (0304)	Gladys (0304)	William O (0304)
Jim (0304)	Ksenia(0304)	Donna 0304	Anne (0304)
Diana Ov (0304)	WallyK)(034)	Sophie (0304)	Mary R (0304)
Bill D (0304)	Bill B(0304)	Orest (0304)	Steve (0304)
Edward B (0304)	Zora (0304)	Andrea (0304)	Bill Ber(0304)
Stan G (0304)	Marge (0304)	Vasyl (0304)	Fr. Nazari (34)
Fr. Oleksandr304	Bill W (0304)	Anne W0304)	Georgina M 0304
Sylvia C (0304)	Eunice 0304	Jean T (0304)	Cliff (0304)
Fr. Taras (0304)	Nick (0304)	Kim (0304)	

And those in care homes or similar situations:

Carolina Miller	Bill Warnyca	Larry Trafananko
Christina Spak	Doreen Kuyek	

(Please let Bulletin Editor Yaroslav Lozowchuk (306-501-9200) know if there are others who we should pray for.)

We pray for peace in Ukraine. Вічна Пам'ять! Memory Eternal to all (11,000 plus) who died in the conflict in Ukraine and we pray for the healing of the 20,000 maimed these past weeks and months.

Let us also remember in prayer the needs of those suffering from:

- **persecution and forced migration of the Muslim Rohingya minority by the State of Myanmar.**

- **starvation facing the people Sudan and Yemen.**

- **The continuing horrible destruction in Syria and the Middle East.**

- **Let us pray for the families who lost family members and homes in the fires, floods tsunamis, and earthquakes in Greece, India, Indonesia, Italy and California.**

Memory Eternal to all who died.

- **Let us also pray that the Lord bless the ministry in our midst of our new pastor.**

- **We thank God – the Holy Trinity for the blessed decision of the Patriarch of Constantinople to grant autocephaly to the Ukrainian Orthodox Church – an answer to prayer of the Ukrainian people over the last number of centuries.**

- **We thank God for blessing us with a permanent pastor.**

- **We pray that the Holy Spirit guide the newly instituted autocephalous Orthodox Church of Ukraine in its formation and the enthronization of the Metropolitan, that it truly become a beacon of God's love in the world in the 21st Century.**

Nicholas Denisenko

A Ukrainian friend says that a girl asked her, what is the point of going to Church?

In brief, it all boils down to offering thanks to God and praying on behalf of all for all.

Practically, children might be more inspired to go to Church if they see how our participation changes us into joyful, thankful, humble people. If church makes us into angry fanatics, we shouldn't expect children to be excited about attending.

НЕДІЛЬНИЙ НА ГОЛОС 8

З висоти зійшов єси, Благоутробний, /
погребення прийняв триденне, / щоб нас
визволити від пристрастей. / Життя і воскресіння
наше, / Господи, слава Тобі.

**СЛАВА Отцю і Сину і Святому Духові.
І НИНІ і повсякчас і на віки вічні, Амінь.
КОНДАК ТРІОДИ НА ГОЛОС 6**

Премудрості Наставнику, розуму Подателю,
немудрих Учителю, вбогих Захиснику, утверди,
врозуми серце моє, Владико. Ти дай мені слово,
Отчеє Слово, бо не втримаю уст моїх, щоб не
звивали до Тебе, милостивий, помилуй мене,
грішного.

ПРОКІМЕН НА ГОЛОС 8

Помоліться і хвалу віддайте Господеві Богу
нашому.

Відомий Бог в Юдеї, в Ізраїлі велике Ім'я Його.

TROPAR OF SUNDAY IN TONE 8

You descended from on high, O Merciful One. You
accepted the three-day burial to free us from our passions.
Our life and resurrection; O Lord, Glory to You.

**GLORY to the Father and to the Son and to the
Holy Spirit. NOW AND FOREVER and to the
ages of ages. Amen.**

KONDAK OF THE TRIODON IN TONE 6

O Master, Guide to wisdom, Giver of prudent counsel,
Instructor of the foolish and Champion of the poor: Make
my heart steadfast by granting it understanding. O Word of
the Father, grant me words, for behold, I shall not stop my
lips from crying out to You: O merciful One, I am fallen,
have mercy on me in Your compassion.

PROKIMEN IN TONE 8

O Lord, Pray and give glory to the Lord our God.

In Judah God is known; His Name is great in Israel.

Epistle – Апостол

До римлян 13:11-14:4

Ukrainian Bible (UKR)

¹¹ І це тому, що знаєте час, що пора нам уже пробудитись від сну. Бо тепер спасіння ближче до нас,
аніж тоді, коли ми ввірували.

¹² Ніч минула, а день наблизився, тож відкиньмо вчинки темряви й зодягнімось у зброю світла.

¹³ Як удень, поступаймо добродібно, не в гульні та п'янстві, не в перелюбі та розпусті, не в сварні та
завздошчях,¹⁴ але зодягніться Господом Ісусом Христом, а догодження тілу не обертайте на
пожадливість!

14 Слабого в вірі приймайте, але не для суперечок про погляди.

² Один бо вірує, що можна їсти все, а немічний споживає ярину.

³ Хто їсть, нехай не погорджує тим, хто не їсть. А хто не їсть, нехай не осуджує того, хто їсть, Бог бо
прийняв його.

⁴ Ти хто такий, що судиш чужого раба? Він для пана свого стоїть або падає; але він устоїть, бо має Бог
силу поставити його.

Romans 13:11-14:4

New Revised Standard Version (NRSV)

¹¹ Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation
is nearer to us now than when we became believers; ¹² the night is far gone, the day is near. Let us then lay
aside the works of darkness and put on the armor of light; ¹³ let us live honorably as in the day, not in
reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. ¹⁴ Instead,
put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

14 Welcome those who are weak in faith, but not for the purpose of quarreling over opinions. ² Some believe
in eating anything, while the weak eat only vegetables. ³ Those who eat must not despise those who abstain,
and those who abstain must not pass judgment on those who eat; for God has welcomed them. ⁴ Who are you
to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be
upheld, for the Lord is able to make them stand.

АЛИЛУЯ НА ГОЛОС 6

Натягни “ Благо є прославляти Господа, і співати Імені Твоєму, Всевишній. Алилуя.

Сповідати вранці про милість Твою, і вночі про правду Твою. Алилуя.

ALLELUIA IN TONE 6

It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. Alleluia.

To declare Your mercy in the morning and Your truth by night, Alleluia.

Євангелія – Gospel

Від Матвія 6:14-21

Ukrainian Bible (UKR)

¹⁴ Бо як людям ви простите прогріхи їхні, то простить і вам ваш Небесний Отець.

¹⁵ А коли ви не будете людям прощати, то й Отець ваш не простить вам прогріхів ваших.

¹⁶ А як постите, то не будьте сумні, як оті лицеміри: вони бо змінюють обличчя свої, щоб бачили люди, що постять вони. Поправді кажу вам: вони мають уже нагороду свою!

¹⁷ А ти, коли постиш, намасти свою голову, і лице своє вмий,¹⁸ щоб ти посту свого не виявив людям, а Отцеві своєму, що в таїні; і Отець твій, що бачить таємне, віддасть тобі явно.

¹⁹ Не складайте скарбів собі на землі, де нищить їх міль та іржа, і де злодії підкопуються й викрадають.

²⁰ Складайте ж собі скарби на небі, де ні міль, ні іржа їх не нищить, і де злодії до них не підкопуються та не крадуть.

²¹ Бо де скарб твій, там буде й серце твоє!

Matthew 6:14-21

New Revised Standard Version (NRSV)

¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you; ¹⁵ but if you do not forgive others, neither will your Father forgive your trespasses.

¹⁶ “And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

¹⁹ “Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; ²⁰ but store up for yourselves treasures in heaven, where neither moth nor rust^[c] consumes and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

ПРИЧАСНИЙ

Хвалить Господа з небес, хвалить його в небі. Алилуя.

COMMUNION VERSE

Praise the Lord from the heavens, praise Him in the highest. Alleluia.

Lent and Today's Christian

Dr. Alexander Roman alex.roman@unicorne.org

Lent is just around the corner. It will be on us before we know it. But some people want to know what is the big deal about the Great Fast?

There are reminders of Lent in places other than Church calendars. My corner grocery store is decked out in Mardi Gras flags and umbrellas. There is even a special section that sells spices from New Orleans and other party favours.

As fate would have it, I will be in New Orleans around Mardi Gras this year as part of a conference. Following registration, everyone will be obliged to participate in a Mardi Gras parade into the French Quarter. I think I will be bringing my own beads, however . . .

Is it just I, or do we all get a sense that Lent has become a nonevent in the secularized western calendar?

Carnival, which in its original Latin, means "Good-bye, meat," has become the highlight of the season.

It is a pagan celebration not so much because of the carrying on, although that certainly is a consideration, but mainly because of the way in which it tends to juxtapose the material of this world against the otherworldly nature of Christianity.

It is as if we want to get the need for food and lust out of our system so that we may face Lent with a calm disposition!

And Lent has become so reduced to mere symbolism in the West that there is very little to differentiate it from other periods of the year.

Even when we hear people say they will give up something for Lent, it is such a trivial thing so as not to cause anyone any serious discomfort.

We have become too modern, too "with it" to suffer anything so archaic, so anachronistic, as a traditional Lenten observance.

Let's not get too wrapped up with being "modern," shall we? After all, the ancient Romans also liked to consider themselves as "modern." We all do! But what is modern soon becomes a footnote in a future history book.

What can Orthodoxy teach us all about the significance of Lent to our spiritual lives? And how is this relevant to contemporary society?

Let's take fasting as an example. Orthodoxy doesn't believe in changing the ancient fasting rules of the Church. Roman Catholicism did that, to everyone's spiritual peril, I believe. Fasting is necessary medicine for the soul. A doctor does not have the right to withhold necessary medicine to an ailing patient!

To fast properly in the Orthodox fashion is to make a great physical, as well as spiritual, "podvih" or exertion. One shouldn't do it without guidance from a Spiritual Father, if one isn't used to it, however.

The days and weeks of Lent are defined within the context of specific fasting and abstinence rules. These are balanced by complementary requirements for attendance at Services, the Presanctified Liturgy of St Gregory, prostrations (especially the Canon of St Andrew of Crete), many prayers and readings.

Fasting and prayer balance each other out. We deny ourselves to discipline our bodies and bring them under fuller subjection to the Dominion of God Who is our Lord.

We also deny ourselves to bring home to us the eschatological fact that we live in the now for the future. Our future destiny is a life of total immersion in God and His Life. It is one where there will be no distractions for us, no material needs that need satisfying. To fast and pray is to get a foretaste of what the next life will be like while living in the body right now.

We are called to be Temples of the Holy Spirit. That is not just a quaint phrase. Christ is calling us to continual self-renewal. Without this and the Oil of the Holy Spirit through a life lived in faith, hope and love, our Christian life becomes as symbolic as today's general experience of Lent.

Yet, there is much in contemporary society that seems to point to a need for what Orthodox Lenten Spirituality has to offer.

We see this in growing trends toward "spirituality at work," the health food movement, fasting as a good in itself and meditation workshops.

Medical practitioners are today obliged to write down in their patient reports all the herbal remedies they may be taking, as well as the traditional chemical stuff.

Diabetic clinics hold seminars in meditation and spirituality. Cancer treatment centres do even more of this. I have met people who attribute their cures to prayer and meditation as much as to medicine.

What does prayer do for us, medical people are asking themselves more and more.

We know that prayer does tend to make the kidneys work and warms our bodies. There are plenty of historical records regarding Pray-ers who generated so much heat that they could walk around in light clothing in the dead of winter.

Prayer also seems to set off all sorts of beneficial and positive effects in our minds and bodies. Orthodox monks have long counseled prayer during illness as a way to speed up recovery.

There are all kinds of studies on what prayer does for us from a physical and psychological point of view. People have been quick to capitalize on this and there are courses that one could take on the Jesus Prayer, for example, for a fee . . .

Everyone reading this will have their own story to tell about their religious experience in this regard. I have mine.

Being diagnosed with diabetes a year ago today, I fell into a deep depression that tended to exacerbate my abnormally high glucose ratings. Even pills weren't helping. One could always take more pills. After seeing my father deteriorate from diabetes the way he did, I was settling in for what I thought was the inevitable.

Some time ago, at the advice of an Orthodox Monk, I took up the practice of getting through the psalter of David each week. It became like "second nature."

Now, however, it seemed to take me forever to read through the Psalms.

Then, as I was reading Psalm 9 at work one day, I got to a line that not only spoke in a special way to me, it caused an unforgettable effect.

At that moment, it felt as if I had a drink of milk. Indeed, I remember swallowing. A great sense of peace enveloped me. I tried to ignore it, telling myself this is all in my head.

Yet, as I got up and walked around, I felt that something was inside of me. Perhaps this was the beginning of the end . . .

Later that morning, I took my blood sugar reading and it was, for the first time, way below what it was before. I continued taking the pills, but my sugar was dropping at an amazing rate that even my doctor wouldn't believe.

In two days, after reporting my readings to the doctor, I received messages at work, home and everywhere. The message was - stop taking the pills, you don't need them anymore. I still don't.

I have since met other people who have had similar experiences, the experience of feeling milk being poured into them etc.

I now speak at diabetic workshops about this, together with others.

Doctors and other health care practitioners are thinking about how to repeat this experience under laboratory-controlled conditions.

The point is, they can't. Those who have experienced these things didn't expect them when they did. They came as a surprise and, like me, tried to ignore what was so obvious to their senses.

We should pray and fast, especially during Lent. We may also expect God to respond to our prayer.

God will, but in His good time, not ours. But when He does, oh, can Heaven be any better?

ANNOUNCEMENTS

We ask our members to send in information about special – significant date - anniversary or birthday announcements that can be shared with the rest of our membership.

PARISH ANNOUNCEMENTS

We ask our members to send in information about special – significant date - anniversary or birthday announcements that can be shared with the rest of our membership.

- 1. PLEASE ATTEND THE SPECIAL MEETING ON THE FUTURE OF OUR PARISH TODAY AFTER DIVINE LITURGY.** Lunch is provided.
- 2. PLEASE REMEMBER THAT LENT BEGINS ON MONDAY MARCH 11.**
- 3. THANK YOU to Ganna Belokon, Donna Bobowski and Natalia Stupnikov for organizing of the Pucshenia and to all that attended.**
- 4. Congratulations to Selo Gardens Personal Care Home**

Congratulations to Lorelei Fletcher and her staff at the Selo Gardens Personal Care Home on being the recipients of the 2018 Caregiver Award which was announced by Speers Funeral Home. Being a care giver is more than just doing a job; it takes loving attention to the residents' needs and compassion, something which Lorelei and her staff personify.

5. Congratulations to Father Volodymyr and Dobrodijka Natalia on taking ownership and moving into their new home at 2374 McGregor Place yesterday. May your new home be blessed with the peace of our Lord and your lives filled with joy. На мнoги та благи літа! God Grant You Many Years.

6. A Request from the Sunday Church Coffee Committee – The Committee is looking for volunteers to make coffee, set the lunch out and clean up after the lunch. Lunch food will be provided. Volunteers will be partnered with another lady who has done coffee duty previously and knows her way around the kitchen. You will only be required to volunteer once every two months or so for about an hour. If you are interested to be added to our Sunday Coffee Schedule please phone either Marge Dumanski (306-586-5590) or Sylvia Waliduda (306-790-9731).. **Please be aware that coffee service is a church community and not a UWAC service.** Thank you for your consideration.

7. March Services

Saturday March 9	6:00 pm	Vespers - Selo Chapel
Sunday March 10	10:00 am	Divine Liturgy – Sobor
	12:00 pm	Small Parish Forum Meeting
	1:30 pm	Noon Service – St. Volodymyr’s, Moose Jaw
Monday March 11	7:00 pm	St. Andrew of Crete - Selo Chapel
Tuesday March 12	7:00 pm	St. Andrew of Crete - Sobor
Wednesday March 13	7:00 pm	St. Andrew of Crete - Selo Chapel
Thursday March 14	7:00 pm	St. Andrew of Crete – Sobor
Saturday March 16	6:00 pm	Vesper Service – Selo Chapel
Sunday March 17	10:00 am	Divine Liturgy – Sobor
	5:00 pm	Sunday of Orthodoxy – St. Mark’s OCA, Yorkton

8. UPDATE SPECIAL FAMILY IN NEED APPEAL on the state of health of the Lady who as a result of a car accident was in a Comatose State

Last June the Parish Council asked members to make a special donation in support of a family in need. Our members responded generously and \$1,600 was donated since that time.

To refresh your memory – it was in February 2018, Diana and Ihor Ovsienko, a young Ukrainian couple, arrived from the Cherkaska Oblast, Ukraine, in Canada for Ihor to take up a position as an agricultural worker on a Weyburn area farm.

On March 6, Diana and Ihor were on their way to do some shopping in Weyburn and were involved in a car accident. Ihor survived without injury, while Diana sustained serious head injuries and arrived at the Regina hospital in a coma. Diana has been in a coma until the Fall and under the care of the Wascana Rehabilitation Centre staff and with the daily care of her parents has since then, praise be to God, very slowly begun making a comeback. Father Volodymyr visited Diana and was able to have a very elementary conversation and pray with her. Her short-term memory virtually does not function at the present time. Father also had a very warm conversation with her parents and the second monetary donation was delivered the parents from our Parish.

It was with the financial help of the Ukrainian immigrant community that Diana’s parents – the Padalka’s came to help support her husband in trying to bring Diana to consciousness and normal health. Recently, The Padalka’s are a family of limited means. Supporters of the family undertook effective promotion of their need and in response to a Global news item a local real estate owner has provided the Padalka’s with a furnished apartment free of charge. The support group has worked hard to raise money to cover the food

and transportation costs for the Padalkas. The Padalka's must return home according to visa regulations by April and are planning to take Diana with them and then return at some later time, as per their visa. **The family continues to need our so PLEASE make a generous donation in support of the family, in their time of special need. Please indicate on your cheque or envelope – for Padalkas.**

СПЕЦІАЛЬНА АПЕЛЯЦІЯ – ДЛЯ СІМ'Ї В НЕОБХІДНІЙ ПОТРЕБІ

Парафіяльна рада звертається до членів Церкви з проханням зробити особливий внесок у підтримку сім'ї в необхідній потребі.

У лютому 2018 року Діана та Ігор Овсієнко, молода українська пара, прибули з Черкаської області, України, в Канаду, щоб Ігор зайняв посаду сільськогосподарського працівника на фермі у Вейбурн.

6 березня Діана та Ігор були на шляху зробити деякі покупки в Беибурн і були задіяні в автомобільній катастрофі. Ігор пережив без травм, а Діані зазнала серйозних травм голови і прибула до лікарні Реджайна в комі. З того часу Діана в комі.

З допомогою фінансової допомоги українського іммігрантського співтовариства батьки Діани - Падалки прибули з України щоб допомогти підтримати чоловіка, намагаючись привести Діану до свідомості та нормального здоров'я. Нещодавно Діана була перенесена до Реабілітаційного Центру Васкани.

Падалські - це сімейство обмежених засобів. Прихильники сім'ї зробили ефективне просування їхньої потреби, і у відповідь на новини Global, місцевий власник нерухомості надав безкоштовно квартиру Падалкам. Група підтримки зараз прагне залучити кошти для покриття витрат на продовольчі та транспортні витрати для Падалкам.

ПРОСИМО, зробити щедрю пожертву на підтримку родини у свій час особливої необхідності. На банкомому спису або конверті зазначіть – для Падалків.

An Important Issue that needs serious discussion



Story at a Glance

- The 5G, or “5th Generation,” wireless network is the latest generation of mobile technologies that the industry is rallying behind; it’s expected to be 10 to 100 times faster than 4G technology and capable of supporting at least 100 billion devices
- 5G relies primarily on the bandwidth of the millimeter wave (MMW), which has been linked to health problems from eye and heart problems to pain and immune system effects
- The frequencies utilized by 5G have also been linked to potential concerns with antibiotic resistance and damage to plants, which absorb MMW

- A provision added to New York Gov. Andrew M. Cuomo's state budget would usurp municipalities' authority over whether to install cellphone antennas, instead granting authority to decide on cell tower locations on utility poles, streetlights, arenas and college campuses to the state
- The provision paves the way for the telecom industry to install 5G wireless antennas on every lamp post, utility pole, home and business throughout entire neighborhoods, towns and cities

By Dr. Mercola

The 5G, or "5th Generation," wireless network is the latest generation of mobile technologies that the industry is rallying behind, touting it as a way to create faster internet and streaming services, provide better cellphone coverage and even create "vibrant 'smart' cities" with reduced commute times and energy usage and improved public safety courtesy of smart grid efficiencies.¹

Unlike the "4th Generation" (4G) technology currently in use, which relies on huge 90-foot cell towers with about a dozen antenna ports on each, the 5G system uses "small cell" facilities or bases, each with about 100 antenna ports each.² Expected to be 10 to 100 times faster than 4G technology and capable of supporting at least 100 billion devices,³ 5G relies primarily on the bandwidth of the millimeter wave (MMW), which is between 30GHz and 300GHz, according to EMF coach and author Lloyd Burrell.⁴

"MMWs ... do not travel well through buildings and they tend to be absorbed by rain and plants. This interferes with the signal. Added to this, high frequency waves like MMWs also have much shorter wavelengths that can't travel far," he says.

"To counter this problem 5G will utilize smaller cell stations (and the technology of beamforming) that'll scramble/unscramble and redirect packets of data on a no-interference path back to us. This could mean wireless antennas on every lamp post, utility pole, home and business throughout entire neighborhoods, towns and cities," Burrell explains,⁵ and herein lies one of its greatest potential problems — and threats to public health.

If you'd have an issue with a telecom company installing a 5G cell facility outside your home, your office or your child's school, a provision added to Gov. Andrew M. Cuomo's state budget should make you take notice. Currently, each municipality regulates whether cellphone antennae are allowed in public areas, and the industry must negotiate fees and zoning regulations in each jurisdiction.

They've been lobbying for easier access via the federal and state levels for some time, but so far such measures haven't advanced. Cuomo's provision, however, would usurp municipalities' authority, instead granting authority to decide on cell tower locations on utility poles, streetlights, arenas and college campuses to the state.

Each cell "facility" could include equipment such as electric meters, cables and refrigerator-sized boxes installed near the base of poles.⁶ Verizon, not surprisingly, endorsed the measure, saying in a statement:⁷

"Verizon supports the governor's proposal to establish a uniform small cell siting process that appropriately balances the community's desire for the latest, fastest wireless technology with the interests of local governments in retaining control over the deployment of structures and the use of rights of way ... This measure will promote private investment in state-of-the-art telecommunications networks at no cost to taxpayers."

Yet, opponents state the provision basically gives away access to the industry, charging just \$20 per installation while the market rate is about \$2,000. Peter Baynes of the New York Conference of Mayors, told Newsday the proposal basically "requires local taxpayers to subsidize industry's installation of these devices," adding "'Sure, they want it cheaper and easier, but when it involves the public right of way, public safety' and community aesthetics, locals should have a say."⁸

Similar proposals have been introduced in 13 states, with California's Gov. Jerry Brown vetoing one in 2017. The fact remains that installing 5G antennas on millions of utility poles and lampposts across the U.S. represents an unprecedented exposure to wireless networks using a technology that has not been widely used before, with unknown consequences to public health.

While the telecom industry is touting 5G as a necessity for modern life — something that will take us out of the "stone ages" of technology into a new frontier of self-driving cars and washing machines that can order their own soap, "5G is not necessary for public safety," points out Telecom Power Grab, adding:⁹

"This is not about bringing broadband to underserved communities. This is not about improving cellphone reception. This massive build-out of wireless infrastructure is to enable telecom companies to blast their signals into private homes and apartments to compete with cable companies."

While installing more wireless infrastructure may be a goal of the telecom industry, it is not a necessary public service, and the State should not allow any industry to bypass local zoning regulations or discretionary review. Nor should private interests be permitted to use public or private property for their own financial gain without compensating property owners."

The antennae enclosures added to utility poles and lamp posts may not only be eye sores, including antennae enclosures that are up to 6 cubic feet each, but also pose a very real threat to public health. While MMWs have not been widely used before, there are some concerning findings to date, according to Telecom Power Grab, including that sweat ducts in human skin act as antennae when they come in contact with MMWs.¹⁰

"The waves penetrate 1 to 2 millimeters of human skin tissue and are also absorbed by the surface layers of the eye's cornea," Telecom Power Grab notes.¹¹ In addition, there is a possibility the technology could worsen the problems with [antibiotic-resistant bacteria](#) already plaguing the world, as they cause changes in E. coli and many other bacteria, depressing their growth and changing properties and activity.

This also raises concerns that the technology could lead to similar changes in human cells. According to researchers in the journal Applied Microbiology and Biotechnology:¹²

"MMW ... or electromagnetic fields of extremely high frequencies at low intensity is a new environmental factor, the level of which is increased as technology advances. It is of interest that bacteria and other cells might communicate with each other by electromagnetic field of sub-extremely high frequency range ...

[T]he combined action of MMW and antibiotics resulted with more strong effects. These effects are of significance for understanding changed metabolic pathways and distinguish role of bacteria in environment; they might be leading to antibiotic resistance in bacteria."

In May 2011, the International Agency for Research on Cancer (IARC), the cancer research arm of the World Health Organization (WHO), declared [radiofrequency \(RF\) radiation](#) from cellphones a Group 2B "possible carcinogen," meaning a "possible cancer-causing agent," based on the available research.

The \$25 million research conducted by the National Toxicology Program (NTP) — an interagency research program started by the U.S. Department of Health and Human Services (HHS) in 1978 and now housed at the National Institute of Environmental Health Sciences (NIEHS) — included two separate studies (one on mice and one on rats) that also revealed exposure to the type of radiation emitted by 2G and 3G cellphones could cause [heart tumors](#), [DNA damage](#) and tumors in the brain, prostate, liver and pancreas.¹³ With 5G technology, additional concerns are raised.

According to research by Dr. Yael Stein of Hebrew University of Jerusalem and colleagues, computer simulations have revealed that sweat glands concentrate MMWs in human skin, which may be sensed as heat waves or physical pain to humans. In a 2016 letter to the Federal Communications Commission (FCC) in opposition of 5G technology, Stein wrote:¹⁴

"If these devices fill the public space they will affect everyone, including the more susceptible members of the public: babies, pregnant women, the elderly, the sick and electro hypersensitive individuals.

Potentially, if G5 WI FI is spread in the public domain we may expect more of the health effects currently seen with RF/ microwave frequencies including many more cases of hypersensitivity (EHS), as well as many new complaints of physical pain and a yet unknown variety of neurologic disturbances. It will be possible to show a causal relationship between G5 technology and these specific health effects. The affected individuals may be eligible for compensation."

In addition, Burrell compiled a host of other research that shows the proliferation of 5G for the sake of faster internet could be a public health disaster. For instance, the frequencies utilized by 5G have been linked to:¹⁵

- Lens opacity in rats, which is linked to the production of [cataracts](#)
- Impacted heart rate variability, and indicator of stress, in rats
- Heart rate changes (arrhythmias) in frogs
- Immune system effects in healthy mice

There are serious environmental issues to consider as well, especially since MMWs are absorbed by both plants and rain. Studies have already shown that MMWs may invoke stress

protein changes in plants such as wheat shoots,¹⁶ while low levels of nonionizing radiation have been linked to disturbances and health problems in birds and bees. It could even pose a danger to the food supply via its potential absorption by plants.

"Humans and animals alike consume plants as a food source. The effects MMW have on plants could leave us with food that's not safe to consume," Burrell stated. "Think [GMOs](#) on steroids. The water that falls from the sky onto these plants will also be irradiated."¹⁷ Many are also not aware that the global 5G wireless network requires the use of rockets to deploy satellites, which has pollution risks in itself, including the release of black carbon into the atmosphere, which could disturb ozone.¹⁸

Once it's installed in your neighborhood, you won't have a choice to opt out of 5G exposure. In an open letter to medical organizations by the Global Union Against Radiation Deployment From Space (GUARDS), an international coalition against global WiFi from space, "flooding the planet with microwave radiation" in this way is described as a violation of human rights, "including the U.N. Convention on the Rights of Persons with Disabilities, several sections of the U.N. Convention on the Rights of the Child, international human rights as set out per articles 3 and 25 in the Universal Declaration of Human Rights, and all basic precepts of ethics." GUARDS continued:¹⁹

"Space-based microwave radiation deployments threaten to inundate the planet with RF radiation without informed individual consent or a meaningful option for individual avoidance.

Since wireless transmitters in the upper atmosphere will add to proliferating wireless technologies on the ground (such as wireless utility metering systems and all transmitting antenna components of wireless network equipment and devices), additional dramatic increases in pulse-modulated microwave radiation levels would be anticipated.

... Pulse-modulated microwave radiation has been reported by thousands of peer-reviewed studies to cause cancers, DNA damage, infertility and blood-brain barrier damage. It impairs immune, endocrine, cardiovascular, and neurological functions in humans and ultimately adversely affects all living things. Some satellites will use a very high-frequency portion of the spectrum (millimeter waves) shown to cause cellular resonance effects."

If you want to get involved in keeping 5G out of your community, please contact your legislators to voice your opinion. If you live in New York, you can find [contact information for your calls or letters](#) at TelecomPowerGrab.org, which recommends asking your senator or assemblyperson to protect your rights and property by removing the Small Wireless Facilities Deployments (Article 13-E) from the governor's proposed budget.

If you live elsewhere, Parents for Safe Technology has also compiled a [list of U.S. agencies](#) you can contact about this important issue for the health and safety of future generations and the planet.