

Kosteniuk, Helen

April 21, 2023



Helen Kosteniuk

Helen Kosteniuk aged 92 years of Moose Jaw, SK, passed away with peace and grace on Tuesday, April 18th, 2023, surrounded by family, at the Dr. F.H. Wigmore Regional Hospital in Moose Jaw, Saskatchewan. Helen was born July 23rd, 1930 in Wheatstone, Saskatchewan to the late George and Maria Apostol and was the baby of eight brothers and sisters.

She was predeceased by Constantine Avram; daughter, Cynthia Wilson (Avram); and son, Randy Avram. Helen is survived by her husband, Peter Kosteniuk; daughter-in-law, Elaine Avram; sons: Kevin (Becky) Avram, Phil (Laurie) Avram, Al (Lisa) Kosteniuk, Richard (Brenda) Kosteniuk, and Larry (Patti) Kosteniuk; grandchildren: Jennifer (Rollie), Todd, Mark, Ben, Elena, Katie, Joshua, Christa, Alison (Derek), Courtney, Andi, Sedona, Savannah, Landon, Alexandria, Kyle, Del, and Matthew; great-

grandchildren: Urijah, Ethan, Leah, and Sarah; as well as many nieces, nephews and dear friends.

Helen had a smile that could light up a room, loved her family and friends with all her heart, was proud of her Romanian heritage and the old traditions of her heritage, and had a deep faith and a beautiful love for God. All of us that have been blessed to have had her in our lives know what a beautiful human she was inside and out, how kind, strong, caring, and loving she was, how quick witted she was, and even a little mischievous at times. We are all better humans because of her. Helen will be missed beyond measure and forever in our hearts.

A Celebration of Helen's Life will be held on Wednesday, April 26th, 2023 at 10:00 a.m. in Moose Jaw Funeral Home with Father John Bingham officiating. Those not able to attend may view the service virtually by going to www.moosejawfuneralhome.com/webcast/. **A Prayer Service will be held on Tuesday, April 25th, 2023 at 7:00 p.m. in Moose Jaw Funeral Home.** Arrangements are entrusted to Moose Jaw Funeral Home, 268 Mulberry Lane. Gary McDowell, Funeral Director 306-693-4550

1.



Marla Gellvear on April 21, 2023 at 5:38 pm

Peter & your family, I'm so sorry for the loss of Helen. She had a very special place in my heart ♥️

[Reply](#)

2.



Cathy Mytopher Heggs on April 21, 2023 at 6:31 pm

Deepest Sympathy to all the family, May you cherish all

those special memories that you have created through the years.

[Reply](#)

3.



Gwen Nelson / Mike Dash on April 21, 2023 at 6:37 pm

So very sorry for your loss, thoughts and prayers to you all.

[Reply](#)

4.



Joan & Grant Clarke on April 21, 2023 at 6:48 pm

Dear Kosteniuk and Avram Family – we were sad to hear that Helen passed away and we know how much she will be missed from your family circle.

We were friends for many years and we always enjoyed our visits with her. Her smile and loving spirit were always evident. Sending our sincere sympathy to you all.

[Reply](#)

5.



Cliff and Bonnie Clarke on April 21, 2023 at 7:01 pm

Our deepest sympathy to all the family.

[Reply](#)

6.



Karen Saal on April 21, 2023 at 8:51 pm

My sympathy to all of Helen's family. She was a lovely woman with a beautiful smile for everyone. Helen will be missed by all her family and her many friends.

[Reply](#)

7.



Robert & Faye Rusu on April 22, 2023 at 9:54 am

Our Sincere Sympathy to All Your Family, Helen was a wonderful person, and will be missed by all Of us. From Robert, Faye Rusu and Family

[Reply](#)

8.



Susan Bear & Family on April 22, 2023 at 10:06 am

We send our deepest condolences to Peter and family. Helen was a kind and generous soul, and will be lovingly remembered.

[Reply](#)

9.



Belva Perkin on April 23, 2023 at 12:02 pm

Caring thoughts to the families of Helen She will be missed by all that knew her, her caring for others and that lovely smile. Treasure the memories. Deepest Sympathy

[Reply](#)

10.



Irvin & Lola Weisbrod on April 23, 2023 at 6:52 pm

Our sympathy is with you and your family Peter. We only knew Helen for a few years, and she became a beautiful friend. We & you & family will surely miss Helen.

[Reply](#)

11.



Jim and Jan Armstrong on April 24, 2023 at 11:00 pm

Sending our sincere condolences to all of you! Helen was a kind and generous soul.

[Reply](#)

12.



William Rusu on April 25, 2023 at 6:55 pm

Peter and Family, so sorry to hear about Helen. Our deepest sympathy.

Bill and Phillis Rusu

[Reply](#)

13.



Barry & Debbie Hamdorf on April 25, 2023 at 10:10 pm

Sending our condolences and remember how she so loved to dance with Peter.

They were very entertaining to watch , as they both were very good. She was always

Very friendly and a Happy soul!

[Reply](#)

14.



Diana Bistretzan Krpan on April 26, 2023 at 4:23 pm

Rest in Peace Aunty Helen. Peace be with Uncle Peter, Cousins Philip and Kevin and their families, Cynthia's & Randy's families too, Jennifer and Todd. Aunty Helen was one of my mom's, Rita, favorite people in the world. I am not surprised that they passed within months of each other. I would have liked to have had fellowshiped with you in person this day but I was unable to attend. Thank you for web streaming the funeral. It was nice to see those that I could see. Many Blessings to you All.

[Reply](#)

