

March 10 – March 16, 2019

FIRST SUNDAY OF GREAT LENT

▪ Commemoration of Holy Images (Icons)

TROPAR (Tone 1): Though the stone was sealed by the Jews and soldiers guarded Your most pure body, You arose, O Saviour, on the third day, and gave life to the world. And so the heavenly powers cried out to You, O Giver of Life. Glory to Your resurrection, O Christ! Glory to Your kingdom! Glory to Your saving plan, O only Lover of Mankind.

TROPAR, 1ST SUNDAY OF LENT (Tone 2): We pay homage to Your undefiled image, Good Lord, and beg pardon for our faults, Christ our God. By Your will You chose to mount the cross in Your flesh to free Your creatures from slavery to the enemy. For this we gratefully cry out to You: "By coming to save the world, our Saviour, You filled all things with joy."

Glory be to the Father, and to the Son, and to the Holy Spirit, now and for ever and ever. Amen!

KONDAK (Tone 8): The uncircumscribed Word on the Father became circumscribed by being enfleshed from you, Godbearer. You brought back the stained image to its original state by infusing it with divine beauty. But recognizing our salvation we portray it by word and deed.

PROKIMEN (Tone 4): Blessed are you, and praiseworthy, O Lord, the God of our fathers, and glorious forever is your name..

Verse: For you are just in all you have done.

EPISTLE: A reading from the Epistle to the Hebrews (11:24-26; 32-12:2)

ALLELUIA VERSES: *Moses and Aaron are among His priests and Samuel among those who call upon His name.*

They called upon the Lord, and He answered them.

GOspel: John 1:43-51

INSTEAD OF 'IT IS TRULY RIGHT': In you, Lady full of grace, all creation rejoices, the world of angels and the human race. Sanctified temple, spiritual paradise, boast of virgins, God took flesh from you and became a child; He was God before the ages. He made your womb a throne and made it more encompassing than the heavens. In you, Lady full of grace, all creation rejoices, glory be to you.

COMMUNION HYMN: Praise the Lord from the heavens, praise Him in the highest. Exult, you just, in the Lord; praise from the upright is fitting. Alleluia! Alleluia! Alleluia!

READERS: Today – Christine Hladky March 17 – Fran Soroski

MINISTERS OF COMMUNION: Today – Joe Hladky, John Makuch

March 17 – Ernie Paluck, Len Markewich

USHERS: Today – Pat Romanow, Ernie Paluck

March 17 – Art Wytrykush, Walter Brigidear

GREETERS: Today – Joe & Christine Hladky March 17 – Ernie & Jayne Paluck

ALTAR SERVERS: Every Sunday – All volunteers are welcomed

DIVINE LITURGIES...

Monday, March 11 – Holy Father Sophronius, Patriarch of Jerusalem (638) [Romans 15:1-7; Matthew 18:10-20]

6:00 p.m. – Divine Liturgy (for health of Donny Kotylak requested by Ivan Khomyn)

Followed by Catechism

Tuesday, March 12 - Venerable Father and Confessor Theophanes of Sigrina (817); Holy Father Gregory the Dialogist, Pope of Rome (604)

1:00 p.m. – Divine Liturgy at Campion College (for staff and students)

Wednesday, March 13 – The Transfer of the Relics of Our Holy Father Nicephorus, Patriarch of Constantinople (847); Presanctified – [Genesis 4:16-26; Proverbs 5:15-6:3]

7:00 p.m. – Liturgy of Presanctified Gifts (intention for +Olga Romashenko requested by Len and Anna Markewich)

Thursday, March 14 – Our Venerable Father Benedict of Nursia (547)

No services scheduled

Friday, March 15 - The Holy Martyr Agapius and the six Martyrs with Him (284-305)

6:30 p.m. – Stations of the Cross

Saturday, March 16 – Second Saturday of the Great Fast: All Souls Saturday.

The Holy Martyrs Sabinus and Pappas (284-305) [Hebrews 3:12-16; Mark 1:35-44]

11:00 a.m. – Divine Liturgy – Sorokousty (for the deceased)

1:00 p.m. – 5:00 p.m. -Regina Deanery Stewardship Forum at St. Athanasius

Sunday, March 17 – Second Sunday of the Great Fast: St. Gregory of Palamas, Octoechos. Our Venerable Father Alexius, Man of God [Hebrews 1:10-2:3; Mark 2:1-12]

9:30 a.m. – Divine Liturgy of St. Basil the Great at St. Athanasius (for the faithful)

1:30 p.m. – Divine Liturgy in Moose Jaw

THIS WEEK AT A GLANCE...

- Monday, March 11 – 6:00pm~Children's Divine Liturgy followed by Catechism
- Tuesday, March 12 – Noon~ K of C Bingo
- Friday, March 15 – 6:30pm~Stations of the Cross
- Saturday, March 16 – 1:00pm – 5:00pm~Regina Deanery Stewardship Forum

SYMPATHY AND CONDOLENCES are extended to Adeline and Lawrence Kosar on the death Adeline's brother Albert (Al) Parnetta who passed away on Thursday, February 28th in Winnipeg, MB. Funeral service was held on Wednesday, March 6th in Winnipeg, MB. *Vichnaya Pamyat! Eternal Memory!*

SOROKOUSTY (All Souls Saturdays) and Divine Liturgies for the deceased will be held at St. Athanasius Parish on the following Saturdays: March 16, April 6, April 13 and June 8th. If you would like your deceased family members mentioned during these services you may make a offering and update the list at the parish office by Thursday, March 14th.



Regina Deanery Forum will be presented in Regina on March 16th, 2019 at St. Athanasius Parish Auditorium from 1:00pm to 5:00pm.

You are invited for the opportunity to hear and share information within Ukrainian Catholic Regina Pastoral Deanery and become aware of developments and trends in other pastoral districts.

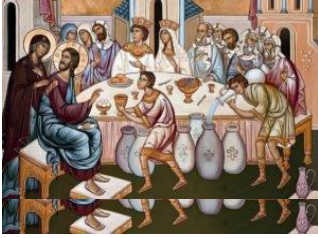
Who should attend:

- Parish District and EPC Representatives
- Clergy
- Representatives from cemeteries with no parish
- *All interested laity and organization leaders in the Deanery are welcome
- Nutrition break will be provided
- You are encouraged to attend, be informed and contribute!

PLEASE sign the sheet provided in the foyer if you are attending the Deanery Stewardship Forum as we require a number of people attending the forum.

ST. ATHANASIUS AGM will be held on Sunday, March 24, 2019, at 11:00 a.m. All executive positions are open for nominations. If we are to continue to be an active parish, we need your help. If you are interested in holding an executive position, please speak directly with Fr. Vasyl, Robert Wuschenny or Rosanne Miller. May the Holy Spirit guide you in your decisions.

CHOIR PRACTISES will be held at **2PM on Sundays, March 17,** and **April 7** and **7PM Tuesdays, March 12 and March 26** unless otherwise announced. This is in preparation for Presanctified Liturgy, Lenten Akafist, Holy Week and Easter. If anyone wishes to join the Choir, please plan to attend, or contact me. Thanks. *Phyllis Lukey* 306-529-8152 PLLukey@gmail.com



Engaged? Planning a wedding in 2019 Congratulations!

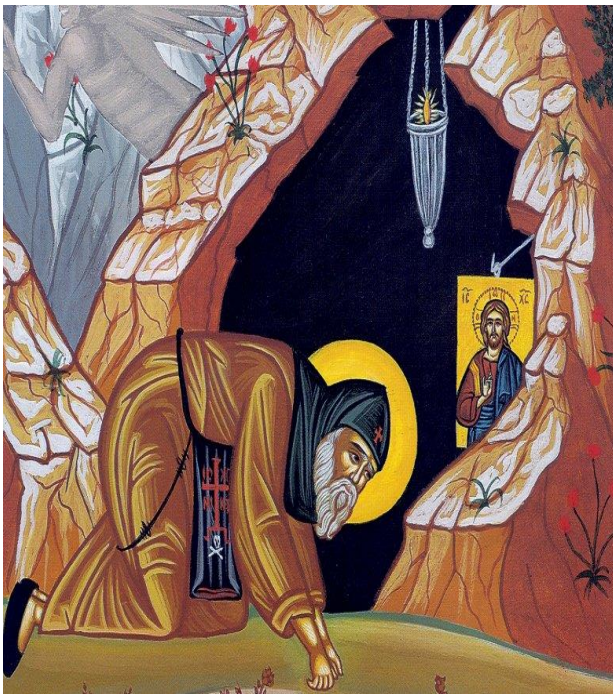
The Eparchy of Saskatoon Marriage Preparation Program “Crown them with Honour and Glory” will take place in Saskatoon on Saturday, March 22, 2019, 8 am. to 7 pm. at the Chancery Office, 214 Ave M South. At this one-day intensive course you will be immersed in the beauty and richness of our unique Ukrainian Catholic wedding ceremony and learn within that context some of the keys to a happy lifelong marriage. Please speak immediately with **Father Vasyl Tymishak** about your plans. For more information and to register for the course email Deborah Larmour.

PRAYER PARTNERS REVEAL will be held on Sunday, March 17th in the Board Room following the St. Patrick’s celebration in the auditorium. If you wish to be a Prayer Partner but are unable to attend the “Reveal” please contact Iryna Baran at 306-501-2808 or Alla Tymishak at 306-519-9030 or you may get a Prayer Partner bio-page from Iryna.



100th ANNIVERSARY CELEBRATION SACRED HEART UKRAINIAN CATHOLIC CHURCH IN ITUNA will be taking place on June 8 & 9, 2019. For more information regarding the celebration refer to poster on the bulletin board.

LAST SUNDAY’S COLLECTION: 52 Regular Sunday envelopes - \$1655; 5 Building Fund envelopes - \$400; 22 Missions In Canada envelopes - \$505; 2 Initial Offerings envelopes - \$15; 1 Bishop Roborecki Foundation envelope - \$20; 1 Eparchial Charities envelope - \$100; 2 Visitor envelopes - \$20, 11 PAG’s – \$1775.



**START AND END YOUR DAY
DURING LENT
WITH THE PRAYER OF ST. EPHEM**

O Lord and Master of my life, Keep from me the spirit of indifference and discouragement, Lust of power and idle chatter.

(Prostration)

Instead, grant to me Your servant, the spirit of wholeness of being, humble-mindedness, patience and love.

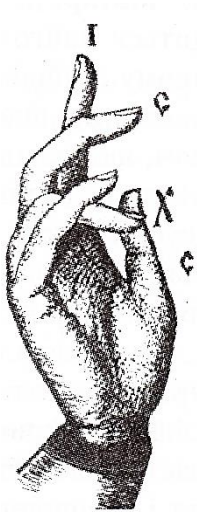
(Prostration)

O Lord and King, Grant me the grace to be aware of my sins, and not to judge my neighbour, For You are blessed, now and forever and ever.

(Prostration)

DID YOU KNOW?

Many times, during our liturgical services we hear in the church the words of blessing by priest: “Peace be with you all” and others, in reply to them we receive the blessing with reverence and make the sign of the Cross. Bishops and priests sign us with the sign of the Cross. This is called a blessing. This means that through the priest our Lord Jesus Christ Himself blesses us.



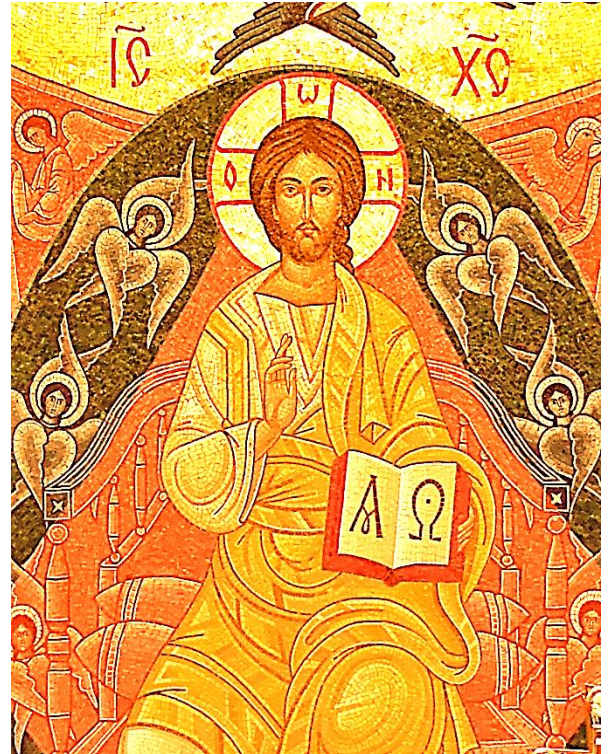
The priest's (or bishop's) fingers spell out the first and last letters of the name “Jesus Christ” (ICXC) (ΧΡΙΣΤΟΣ).

We read the abbreviation starting from the index finger. It is easiest to envision the letters if we are looking at the back of the hand and reading left to right.

The index finger looks like (I). The ring finger is bent to look like “C”. The thumb and 4th finger form an “X”. The little finger is also bent to look like a “C”

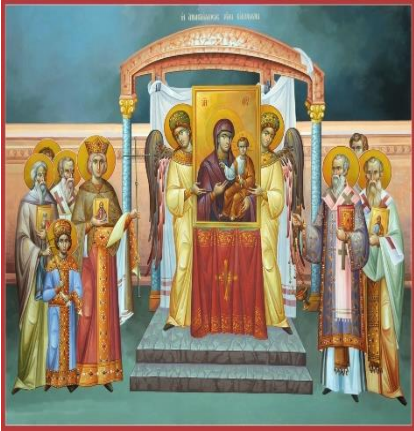
It is by the name of Jesus that we are saved and receive blessings: “*And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him*” (Col 3:17).

The sign is most frequently seen in iconographic images of Christ, which appeared in our churches in the form of mosaics, stained glass windows, relief sculptures, and paintings. One of the most common of such images is the Christ Pantocrator from Greek - Christ Almighty (see a large mosaic icon behind the altar in our church), which depicts Christ, with his left arm hugging the gospels to his chest and his right hand raised in the sign of blessing. It is important to note that this gesture is always made with the right hand, as this is the hand with which one blesses, according to Christian doctrine.



ORTHODOXY AND ICONS

TODAY, March 10, 2019 – First Sunday of the Great Fast is the Sunday of Orthodoxy which celebrates the restoration of the Orthodox use of icons in the Byzantine Empire. But what exactly is “Orthodoxy” and what does it have to do with icons?



Literally the word means “rightly proclaiming” – those who glorify God in the correct manner. The oldest use of this term in the Christian East is in reference to the understanding of the Trinity as expressed in the Nicene Creed. If you could not profess this creed, then you were not Orthodox. Thus, the sixth century Code of Justinian, the compilation of laws in the empire, decreed: “We direct that all Catholic Churches, throughout the entire world, shall be placed under the control of the Orthodox bishops who have embraced the Nicene Creed.”

Since then the Eastern Churches in the Roman Empire and their offshoots have called themselves Orthodox. There are two major groups of Orthodox Churches: those of the Byzantine tradition, called in English “Eastern Orthodox” and those of the Syriac and Coptic traditions, called “Oriental Orthodox.” The Armenian Church, considered one of the Oriental Orthodox Churches, does not generally use the term as Armenia was not part of the Byzantine Empire.

It was only after the separation of the Greek and Latin Churches in the Middle Ages that the term “Catholic” became more identified with the Western Church and “Orthodox” with the Eastern Churches. To this day, of course, Orthodox use the term “Catholic” and vice versa. Most Greek Catholics continue to use the term “Orthodox” when it appears in their liturgical texts, as well.

As the controversy over icons developed in the Byzantine Empire, many saw the use of icons as a necessary consequence of the Incarnation of Christ as expressed in the Nicene Creed. If the Word of God truly took flesh, He could be depicted in images. As St John of Damascus wrote, “In the old days, the incorporeal and infinite God was never depicted. Now, however, when God has been seen clothed in flesh and talking with mortals, I make an image of the God whom I see. I do not worship matter; I worship the God of matter, who became matter for my sake, and deigned to inhabit matter, who worked out my salvation through matter. I will not cease from honoring that matter which works my salvation.”

Since the Church saw icons as connected with its faith in the Incarnation, it came to see icons as an expression of the Orthodox faith. Thus, the definitive restoration of icons in Constantinople on the first Sunday of the Great Fast in the year 842 was called the “Triumph of Orthodoxy.”



**ST. ATHANASIUS UKRAINIAN
CATHOLIC CHURCH
55 MCMURCHY AVENUE
REGINA SK. S4R 3G3**

Parish Priest: Fr. Vasyl Tymishak
Cell Phone: 306-519-9030

E-mail: vasyltymishak@gmail.com

Parish Office : 306-543-8008

Website: www.st-athanasius.ca

Facebook: <https://www.facebook.com/reginaukrainiancatholicnorth/>

Parish Council President - Rosanne Miller: 306-543-5773

UCWLC President - Josie Vantour

UCBC President - Mark Woitas

Knights of Columbus - Curtis Stechyshyn, Grand Knight

Parish Coordinator of Care (PCC) Mary Lou Senko @ 306-525-6437

Seniors Club President - Angie Lawryk

Ultimate A&B Youth - Lesia Lazurko

**DIVINE LITURGY: Sunday - 9:30 a.m. Service in English; Confessions before every Divine Liturgy & Week Day Liturgies
- As per the Schedule**

MEMBERSHIP AT ST. ATHANASIUS PARISH is recognized by participating in the Sunday Divine Liturgy and by fulfilling your baptismal responsibility in contributing to our Church Community activities by using your time, talents and treasures. Regular financial donations by use of Sunday envelopes is necessary for our parish to grow and prosper.

Please contact Fr. Vasyl if you know of any parishioner who is sick and wants to be visited.

St. John Paul 11 Syro-Malabar Church - Fr. Sajy Thomas

Phone: 306-450-7790

Parish Council President - Jose Martin Tom

Phone: 306-216- 562

E-mail: frsajy@gmail.com

E-mail: josemartintom@gmail.com