

**THIRD SUNDAY OF GREAT LENT  
- VENERATION OF THE HOLY CROSS**

**DURING LENT...**

First Antiphon: p, 21 “Bless the Lord...” (**First Psalm of Typica**)

Third Antiphon: p, 27 “Remember us...” (**The Beatitudes**)

**TROPAR (Tone 3):** Let the heavens be glad, let the earth rejoice, for the Lord has done a mighty deed with His arm. He trampled death by death; He became the first born of the dead; He saved us from the abyss of Hades and granted great mercy to the world.

**Tropar of the Cross (Tone 1):** Save Your people, O Lord, and bless Your inheritance. Grant victory to Your faithful people against enemies, and protect Your community by Your cross.

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

**KONDAK (Tone 7):** The gates of Eden are no more guarded by a blazing sword, for the tree of the cross has gloriously extinguished it, destroying the sting of death and the victory of hell. O my Saviour, You went to those in Limbo crying aloud, “Return to paradise!”

**INSTEAD OF “Holy God ...”:** To Your cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

**PROKIMEN:** Save Your people, O Lord, and bless Your inheritance.

*Verse: Unto You I will cry, O Lord my God, lest You turn from me in silence.*

**EPISTLE:** St. Paul’s letter to the Hebrews (4:14 - 5:6)

**ALLELUIA VERSES:** *Remember the people You long since made Your own.*

*Yet, God, my King from the first, author of saving acts throughout the earth.*

**GOSPEL:** St. Mark 8:34 - 9:1

**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:** The Light of Your face, O Lord, is raised over us. Alleluia! Alleluia! Alleluia!

**READERS:** Today – Daniel Hladky

March 31 – Moira Young

**MINISTERS OF COMMUNION:** Today – Peter Federko, Robert Wuschenny

March 31 – Tyler Woloshyn, Mark Woitas

**USHERS:** Today – Ted Dusyk, Mark Woitas

March 31 – Kevin Korchinski, Pat Romanow

**GREETERS:** Mark & Karen Woitas

March 31 – Terry & Rosanne Miller

**ALTAR SERVERS:** Every Sunday – All volunteers are welcomed

**DIVINE LITURGIES...**

**Monday, March 25 – The Annunciation of Our Most Holy Lady, the Mother of God and Ever-Virgin Mary;**

Passing into Eternal Life (1944) of Blessed Omelian (Emil) Kovch, Priest of Peremyshliany and Marytr of Majdanek [Hebrews 2:11-18; Luke 1:24-38] **No fasting today**

**6:00 p.m. – Divine Liturgy followed by Catechism** (intention for respect of dignity of human life throughout the world)

**Tuesday, March 26** – Synaxis of the Holy Archangel Gabriel

**6:30 p.m. – Divine Liturgy** (for +Nettie Mazyn requested by UCWLC)

**Wednesday, March 27** – Holy Mother Matrona of Thessalonica; [Presanctified – Genesis 9:18-10:1; Proverbs 12:23-13:10]

**6:00 p.m. – Liturgy of Presanctified Gifts** (for +Olga Romashenko, requested by John Romashenko)

**Thursday, March 28** – Venerable Father Hilarion the New; the Holy Stephen the Wonderworker (464)

**6:30 p.m. – Divine Liturgy** (for +Olga Romashenko requested by Polly Ann Sereda)

**Friday, March 29** – Venerable Father Mark, Bishop of Arethusa, the Deacon Cyril and Others Martyred During the Reign of Julian the Apostate (360-63)

**6:30 p.m. – Stations of the Cross**

**Saturday, March 30** - Fourth Saturday of the Great Fast. Venerable Father John Climacus, Author of the Ladder of Divine Ascent (c.649) [Hebrews 6:9-12; Mark 7:31-37]

**10:00 a.m. – Divine Liturgy in Glentworth (for the faithful)**

**Sunday, March 31 - Fourth Sunday of the Great Fast:** St. John Climacus, Octoechos, Tone 4. Venerable Father Hypatius, Bishop of Gangra (312-37) [Hebrews 6:13-20; Mark 9:17-31]

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

### **THIS WEEK AT A GLANCE...**

- **Monday, March 25** – 6:00pm~Children's Divine Liturgy followed by Catechism
- **Tuesday, March 26** – Noon~K of C Bingo  
6:30pm~Divine Liturgy followed by UCWLC meeting
- **Wednesday, March 27** – 6:00pm~Liturgy of the Presanctified Gifts followed by UCBC meeting
- **Thursday, March 28** – 6:30pm~Divine Liturgy followed by Parish Council meeting
- **Friday, March 30** – 6:30pm~Stations of the Cross

**ST. ATHANASIUS AGM** will be held **today** at 11:00 a.m. Everyone is encouraged to attend the meeting. Muffins, fruit and coffee will be served.

**SYMPATHY AND CONDOLENCES** are extended to Paul and Fran Hladun, Cassie, Judy and Alice Kohut on the death of sister-in-law Sonia Hladun (Plipchuk). Also, auntie to Sharon (Andre) Braconnier. Sonia passed away on Sunday, March 10<sup>th</sup>. Funeral service was held on Tuesday, March 19 at Glen Eden Memorial Gardens, St. Paul MB.

*Vichnaya Pamyat! Eternal Memory!*

**REVISED Choir Practise schedule:** Sundays **March 31 and April 7 at 2:00 PM**, unless announced. If you are interested in joining the Choir, please contact Phyllis Lukey at 306-529-8152 or email [PLLukey@gmail.com](mailto:PLLukey@gmail.com).



**EASTER FLOWER DONATIONS** are now being accepted. Please use the specifically marked envelopes provided at the back of the church and place in the Sunday collection basket. Thank you.



**GENERAL CHURCH CLEANING** will be taking place Saturday, April 6 at 8:30 a.m. We will begin cleaning, then attend the Sorokousty service at 10:00 a.m. and finish cleaning after the service. Please sign up on the sheets provided on the front foyer table. Thank you.



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

**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)**



**2019 Annual Eparchial Appeal will run from April 28 – June 16, 2019.** The Theme this year is “Whoever Sows Generously Reaps Generously.” More information will be coming soon...

**EPARCHY OF SASKATOON – CANTORS’ WORKSHOP** will be held on June 7 and 8, 2019 At Ss. Peter & Paul Ukrainian Catholic Church Auditorium, Saskatoon Sk.

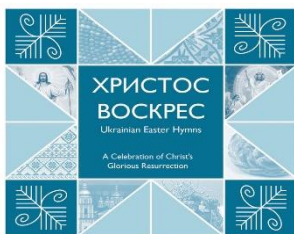
For more information regarding the workshop refer to poster on the bulletin board in the auditorium.

**SASKATCHEWAN PRO-LIFE ASSOCIATION** – Annual Saskatchewan Convention -April 5 & 6, 2019. For more information regarding the convention refer to poster on the bulletin board in the auditorium.

**LAST SUNDAY’S COLLECTION:** 55 Regular Sunday envelopes - \$1740; 1 Lenten Mission envelope - \$30; 1 Building Fund envelope - \$20; 2 Visitor envelopes - \$30; Loose Change - \$45.

**WONDERFUL GIFT IDEA!**

**A NEW INSPIRATIONAL RECORDING OF GLORIOUS EASTER MUSIC!**



The bilingual CD collection of Easter music *Христос Бокрес! Christ is Risen!* is available at St.Athanasius Parish for a limited time. **CDs are \$20.00 each.** Please contact Fr.Vasyl by phone 306-519-9030 or the parish office 306-543-8008 (Tuesday, Wednesday and Thursday from 10am-2pm).

An inspiring new Easter album, in rich four-part harmonies. 15 joyful variations of *Христос Бокрес*, liturgical pieces, and arrangements of Alleluia; celebrate Christ’s resurrection. Net proceeds from CD sales will go to support **Home of Hope** in Ukraine. The collection of Easter music is available NOW as a **CD** or for **download** to your favourite listening devices! Contact: [MarykasTreasures.com](http://MarykasTreasures.com). For more information regarding the CD’s refer to poster on the bulletin board.

**UCCREGINA NOTE:** There has been a request in the community for a seamstress to make a wedding rushnyk. If you know someone who is interested, please contact [uccregina@sasktel.net](mailto:uccregina@sasktel.net)

## Great Fast Reflections

### - Human & Environmental Development Program – Dr. Lesya Saba

#### Part 1: The Problem

How can the Church respond to ecological challenges while maintaining a focus on the Great Fast?

Purpose: Christianity seeks to strengthen the Kingdom of God by promoting good thoughts and deeds, especially during the Great Fast. For Eastern Church focuses on the restoration of the image of God. It is not set of imperatives. The goal is the imitation of Christ. It's a mode of being that is most practical and of the highest quality.

How does this translate into an approach to environmental issues? The richness of Eastern Christian theology of creation and its potential for giving a sense of spiritual direction at a time of environmental challenge, have become much more widely recognized in recent years. The environmental crisis is symptomatic of a spiritual crisis. We must recognize that the Church engages with contemporary society in a very different way from any secular organization. Its concern is not with transforming structures but with transforming humanity. Transforming human beings means working on the inner self, wrestling with greed, selfishness, laziness, willful blindness and so forth, that distort my relationship with my Creator and creation alike. Paradoxically, this act of turning inward to work within oneself is also the bedrock of any social and structural change.

**What's the Problem:** Connected to this Eastern Christian view is the recognition of a problem with self-centeredness and evil imperfection within us. Self-centeredness is a bondage and a slavery. Sin is a block-out, a separation, a turning away from God to center on oneself. Humanity's course in life becomes centered on oneself.

## BOWS AND PROSTRATIONS

There are three main types of bowing present in our parish:



1. **Head-Only Bow.** There are times in our service when the priest says, “Bow your heads to the Lord.” We also stand with our heads bowed in this position during some parts of our liturgical services. This type of bow does not have its own assigned usage so there aren't customs about making the Sign of the Cross with a head-only bow.

2. **Belt-Low Bow.** This bow from the waist can also be called an ordinary bow since it's the most widespread type of bow. It is a custom that we don't “break the cross” by making the Sign of the Cross while we bow. In our Lenten Services, the belt-Low Bow is also used more especially when the Holy Trinity is invoked.

3. **Prostration - Full Earth-Low Bow (*Zemni Poklony*)** is one of the distinctive characteristics of the entire Lenten worship (except Saturdays and Sundays). A **prostration** is made when we fall forward onto our hands and knees and touch the ground with our forehead. Prostrations and bows are usually preceded by making the sign of the Cross. A prostration is a sign of falling before God **in the spirit of conversion**, while standing up again is a sign of our **spiritual resurrection in Jesus Christ**. In effort of spiritual revival, the Church does not

separate the soul from the body. The whole person participates in prayer, the whole man is to be restored, because the whole man has been created and redeemed in Christ; and we await in the hope and promise of the resurrection.

## Communal Lenten Prayers of our Church

Every year, starting the Great Lent, we ask ourselves: “How good Christians are we”? We try to analyze our spiritual state and make decisions for ourselves at this time. Our Liturgical services of the Great Lent (*Liturgy of the Presanctified Gifts, Lenten Akafist, Great Canon of St. Andrei of Crete, Prayer of St. Ephraim Syrian and others*) are proposed to help us understand the essence of the Great Lent, to know the beauty of the Lenten prayers. They are built in the manner that everyone can conveniently participate in the great renewal.

The communal prayer is strongly recommended for all who are interested in their spiritual development and their desire to meet Christ's Resurrection, having gone through the path of renewal through prayer, spiritual fast, reflection and personal experience.

## MARCH 24, 2019 THIRD SUNDAY OF LENT:

### VENERATION OF THE HOLY CROSS



*“When, on this day, we look at the precious cross of Christ,  
In faith let us adore it; let us rejoice,  
And embrace it ardently, beseeching our Lord,  
Who of His own choice gave Himself to be crucified on it,  
To make us worthy of adoring His most precious cross  
So that, free from all defilement,  
We may attain the day of resurrection.”*

\* \* \* \* \*

Mid-Lent has arrived this Sunday. On this day we decorate the Cross with lights and flowers and greens and we sing:

“We venerate Your Cross, O Master, and we glorify Your holy Resurrection.”

According to liturgical tradition the Cross should be made of wood symbolizing the “life-giving tree; it should be placed on a gold plate and a red vozduch (red cloth) which are indicative of its high spiritual value; the decorations around it should be live foliage and flowers signifying the sweet fragrance of the spiritual life it has secured for us; burning candles should be placed around it to remind the faithful that the Cross of Christ enlightens Christians on their way to salvation; and the priest should be vested in red to symbolize the blood of Christ which was paid for our redemption.

Flowers remind us that human life began in the garden: Jesus was crucified in the garden. Jesus was buried in the garden. Rev. 2:7 tells us that paradise will be in the new garden. Mary sees the risen Lord in the garden. Through sin we have cut ourselves away from the garden of life, and through death and resurrection Jesus is restoring the garden to us (Ren.22:2) Thus, life began in the garden, ends in the garden and is restored in the garden.

Basil (a plant) signified the continuing life that Jesus gives us. There is a legend that says St. Helen searching for the true cross, saw basil growing from the center of the cross.

Light or fire is a sign of God’s presence among us. Jesus is the light of the world, Who overcomes the darkness. Fire also represents the inner fire of God’s grace, which we received at baptism. It is our illumination. The Cross is the emblem of victory, and Calvary is an empty tomb. We are encouraged to look beyond the cross.



**ST. ATHANASIUS UKRAINIAN  
CATHOLIC CHURCH  
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**Website:** [www.st-athanasius.ca](http://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

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