

**36<sup>th</sup> SUNDAY AFTER PENTECOST**  
**- Sunday of Cheese-fare**

**TROPAR (Tone 4):** When the disciples of the Lord learned from the angel the glorious news of the resurrection and cast off the ancestral condemnation, they proudly told the apostles: "Death has been plundered! Christ our God is risen granting to the world great mercy."

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

**KONDAK (Tone 6):** Guide of wisdom, giver of understanding, teacher of the ignorant and protector of the poor, Master, strengthen my heart and make it understand. You give me speech, word of the Father, for I will not keep my lips from crying out to You. Merciful Lord, have mercy on me a sinner.

**PROKIMEN (Tone 8):** Pray and give praise to the Lord our God.

*Verse: God is renowned in Judah, in Israel great is his name.*

**EPISTLE:** A reading from the Letter of the Holy Apostle Paul to the Romans (13:11-14:4)

**ALLELUIA VERSES:** *It is good to give praise to the Lord, and to sing to Your name, O Most High!*  
*To announce Your mercy in the morning and Your truth every night.*

**GOSPEL:** Matthew (6:14-21)

**COMMUNION HYMN:** Praise the Lord from the heavens, praise Him in the highest. Alleluia! Alleluia! Alleluia!

**READERS:** Today – Lyndsay Brown

March 1 – Moira Young

**MINISTERS OF COMMUNION:** Today – Len Markewich, Robert Wuschenny

March 1 – John Makuch, Peter Federko

**USHERS:** Today – Kevin Korchinski, Carl Korchynski

March 1 – Mark Woitas, Joe Lawryk

**GREETERS:** Today – Lyndsay Brown, Olesia Sakhno

March 1 – Mark & Karen Woitas

**ALTAR SERVERS:** Every Sunday, all volunteers are welcomed

**DIVINE LITURGIES:**

**Clean Monday, February 24 - First day of the Great.** Abstention from meat, dairy and eggs, and foods that contain these ingredients. The Holy Priest-Martyr Polycarp, Bishop of Smyrna (155-56) [Corinthians 4:6-15; Matthew 11:2-15]

**6:00 p.m. – Great Canon of St. Andrew of Crete** (with prostrations) followed by Children's Catechism

**Clean Tuesday, February 25 -** Our Holy Father Tarasius, Archbishop of Constantinople (806) [Romans 8:14-21; Matthew 6:1-13]

**6:30 p.m. – Divine Liturgy** for (health of Pat Kalenchuk) requested by UCWLC followed by **UCWLC meeting**

**Clean Wednesday, February 26 –** Our Holy Father Porphyrius, Bishop of Gaza (420) [2 Corinthians 4:13-18; Mark 11:22-25]

**No Service scheduled**

4:30 p.m. – Ukrainian School Program Meeting at Regina Catholic School Division

**7:00 p.m. – UCBC meeting**

**Clean Thursday, February 27 –** Our Venerable Father and Confessor Procopius the Decapolitan (716-40) [Romans 15:30-33; Matthew 7:7-11]

**6:30 p.m. – Divine Liturgy** for (God's blessing upon Ernest and Jayne Paluck) **followed by PC meeting**

**Clean Friday, February 28 –** Our Venerable Father and Confessor Basil, Ascetical Companion of Procopius (716-40) [1 Timothy 2:1-7; Luke 15:1-10]

**No Service scheduled**

**5:30 p.m. – 9:00 p.m. – Fish Fry**

**Saturday, February 29 –** First Saturday of the Great Fast - Theodore the Recruit; Our Venerable Father Cassian (430-35)

**No Service scheduled**

2:30 p.m. – Clergy Ecumenical Meeting at Archdiocese of Regina

**Sunday, March 1** – First Sunday of the Great Fast – Sunday of Orthodoxy, (Tone 5); The Holy Venerable-Martyr Eudocia (98-117) [Hebrews 11:24-26,32-40; 12:1-2; John 1:43-51] Great Fast Day 7. The Divine Liturgy of St. Basil the Great is celebrated today.

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

**1:30 p.m. – Divine Liturgy in Moose Jaw (Fr. Vlad)**

### THIS WEEK AT A GLANCE...

- ❖ Monday, February 24 – 6:00pm~Great Canon of St. Andrew of Crete (with prostrations) followed by Children's Catechism
- ❖ Tuesday, February 25 – Noon~K of C Bingo  
7:00pm~UCWLC Meeting
- ❖ Wednesday, February 26 – 7:00pm~UCBC Meeting
- ❖ Thursday, February 27 – 7:00pm~St. Athanasius Parish Council Meeting
- ❖ Friday, February 28 – 5:30pm-9:00pm~Fish Fry
- ❖ Saturday, February 29 – 6:00pm~ Regina Choir at St. Athanasius Parish



**LENTEN MISSION** will take place on Monday, March 2<sup>nd</sup> and Tuesday, March 3<sup>rd</sup> at St. Basil's Parish and will continue at St. Athanasius Parish on Wednesday, March 4<sup>th</sup> and Thursday, March 5<sup>th</sup>. Each evening the mission message will be different but the information is associated. Please, everyone try to attend all sessions to get the full meaning and understanding of the message.

The presenter will be Fr. André Lalach from Saskatoon. The topics and time for confessions will be announced at a later date and will be posted in the Sunday bulletin.

Envelopes to assist with the cost of having this mission are available at the back of the church.

### SOROKOUSTY SERVICES – ALL SOULS SATURDAYS

Sorokousty Services (All Souls Saturday) will be celebrated this year on **March 7th, March 14th, March 21st, and May 30th.**

The word "Sorokousty" literally means "forty mouths" (*sorok* = *forty*; *ust* = *mouth*). Originally, this was a prayer service offered by forty mouths or by forty priests especially in Lenten time.

Sorokousty or All Souls Saturday's services have been celebrated for the deceased by holding Liturgies, panakydas or parastas for them in five Saturdays.

Each family in our parish has a book or a list where the names of deceased family members are written. Father reads out every book or list during each Sorokousty. If you would like to have the names of your deceased relatives mentioned during the Sorokousty services this year, or if you wish to renew or add to last year's list, please call the office @ 306-543-8008, or visit the parish office Tuesday-Thursday



**Bishop Velychkovsky Pilgrimage to Ukraine  
– A Spiritual Journey following a Martyr's Life – July 5-26, 2020**

We will, in the footsteps of Blessed Vasyl, be visiting the sites where he lived, worked and suffered. Some of the places will include: Lviv, Ternopil, Ivano-Frankivsk, Kamianetz Podilsk, Kyiv, Zarvanytsia (participating in the weekend vidpust), and other points of interest such as the Carpathian Mountains, Kolomeya, villages and orphanage. **Cost: \$4,800 CDN** (include airfare from Winnipeg, meals, accommodations, and travel throughout Ukraine). Travel and medical insurance is not included. **Deadline for registration: February 29, 2020 (limited to 20 pilgrims).** For more information & to register contact Mary Jane Kalenchuk or Fr. John Sianchuk, C.Ss.R. by e-mail: [info@bvmartyrshrine.com](mailto:info@bvmartyrshrine.com) or phone 204-338-7321. **DIVINE LITURGIES:**

**UCC SASKATCHEWN PROVINCIAL COUNCIL ANNUAL GENERAL MEETING** will take place on Saturday, March 7<sup>th</sup> at St. Basil's Auditorium (1747 Toronto St.). More details are to follow. Everyone is welcome!

**RETROUVAILLE - Stress in Your Marriage?** Retrouvaille is a program for married couples that feel bored, disillusioned, frustrated, or angry in their marriage. Some experience coldness. Others experience conflict in their relationship. Most don't know how to change the situation or even communicated with their spouse about it. Retrouvaille can help. For confidential information about or to register for the April 3-5, 2020 weekend in Saskatoon, call (306) 652-7155 or email: [retrouvaille@sasktel.net](mailto:retrouvaille@sasktel.net).

**19th ANNUAL DIVINE MERCY CONFERENCE** will be held on Divine Mercy Sunday, April 19, 2020 at St. Mary's Church, Winnipeg St. & 13<sup>th</sup> Ave. Regina SK. Program begins at 12:30 p.m. with a welcome presentation, confessions, & talks by Shirley Oleskiw and Very Rev. James Owolagba followed by Adoration, Prayers, Benediction and concluding Mass at 3:05 PM.

**UCWLC – TUESDAY, FEBRUARY 25<sup>TH</sup>:** a very **IMPORTANT** decision making meeting will be held at 7:00pm following our Liturgy. All members are encouraged to attend.

**THANK YOU** to the St. Athanasius Seniors' for their generous donation of \$1500.00 to St. Athanasius Parish. May God Bless and keep you all in good health and in His care.

**SYMPATHY AND CONDOLENCES** are extended to Patricia Hopko, on the death of her mother, Mary Hopko, who passed away Monday, February 17<sup>th</sup>. Funeral is being held at Holy Eucharist UC Church, in Foam Lake on Monday, February 24<sup>th</sup>.  
*Vichnaya Pamyat! Eternal Memory!*



**KNIGHTS OF COLUMBUS** (Bishop Budka Council #5914) and Ultimate A & B Youth, have joined together for a Family Night featuring a Fish Fry Supper and Carnival Games. This will be held at St. Athanasius Parish, Friday, February 28<sup>th</sup> at 5:30pm. Proceeds will be supporting the Ultimate A & B Youth and the Lubov Home of Hope of Ukraine. For more information regarding this event, please refer to the poster on the bulletin board.

**2019 INCOME TAX RECEIPTS ARE AVAILABLE TO BE PICKED UP IN THE FOYER. Also, if you haven't picked up your 2019 Donation Envelope Box please do so at your earliest convenience.**

**LAST SUNDAY'S COLLECTION:** 47 regular envelopes - \$1190; 2 Building Fund envelopes - \$50; 2 Visitor envelopes – \$30; Loose Change - \$40.

## **RITE OF FORGIVENESS ON CHEESE-FARE SUNDAY:**

**PRIEST:** Let us remember all our sins, voluntary and involuntary, done with knowledge or in ignorance which we have committed against our brothers and sisters in Christ and against the Lord God.

**PEOPLE:** *(reflecting about the questions)* answer - ***Lord, forgive us our sins***

**PRIEST:** If we feel sorry before God, for something that we have done or felt in our lives, let us recall the cause of our regret.

**PEOPLE:** ***Lord, help us to accept Your will in all situations and to trust You Lord, our best friend and Father.***

**PRIEST:** Let us remind ourselves about the people who at any time have offended us, or were guilty in their actions towards us.

**PEOPLE:** ***Sincerely, with all my heart, I forgive all those who at any time have offended me or have been guilty against me.***

**PRIEST:** Let us remember all those whom we consciously, or unknowingly, at any time, have offended.

**PEOPLE:** ***With all my heart, I ask for forgiveness if I have committed sins today and through my entire lifetime, by word, deed, thought and by my senses.***

**PRIEST:** Brothers and sisters, if I have sinned against you by thought, word, deed or other feeling, forgive me and pray to God for me.

**PEOPLE:** ***May God forgive and have mercy on you, Reverend Father, and we forgive you. Bless and forgive us Reverend Father, if we have sinned against you.***

**PRIEST:** May the lord God forgive your sins and will have mercy on you and I also forgive you.

*Now, let us turn to each other and say: “FORGIVE ME, BROTHER (SISTER) AND I FORGIVE YOU”.*

*The response is, “MAY GOD FORGIVE YOU, AND I FORGIVE”.*

## **THE MAIN RULE OF FASTING – “DO NOT EAT EACH OTHER...”**

**Lent - the Great Fast** - begins forty days before Palm Sunday, on the Monday after Forgiveness Sunday (Cheese-Fare Sunday), and lasts until the Friday preceding Palm Sunday.

**Holy Week** is a special Fast in honor of our Lord's Passion, and lasts from the evening of Palm Sunday until Holy Saturday inclusive.

According to the decisions of the Episcopal Synods of Ukrainian Greek Catholic Church the minimum prescriptions for fasting are:

1. On the first day of the Great Lent and on Good Friday there is a strict fasting. It is necessary to refrain from using foods and dishes containing meat, milk, eggs.
2. In other weeks of Great Lent: on Mondays, Wednesday and Friday should be kept from foods and meals containing meat; as well on Holy Saturday.
3. Tuesday, Thursday, Saturday, and Sunday are allowed all types of food and dishes.

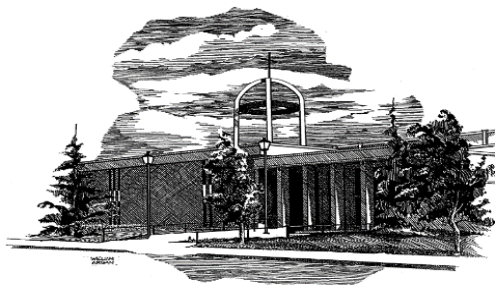
**Prayer & Good Works:** All faithful are urged to attend, besides the regular Sunday and Holiday services, the special services of the Great Lent. They are exhorted to perform Christian and penitential deeds of charity.

Following the Church's recommendations about fast, we do not only fast from food, in today's world, we also need to fast from television, internet, computer, games or anything else that prevents us from hearing God's voice of Gospels.

All that the Church recommends to observe regarding the fasting is solely for the welfare of the faithful. It must be understood that the requirements for fasting are recommended only to healthy Christians who do not have any dependence on work, road, training, pregnancy, and much more. Following all previous rules, the Church, considering the present-day life and circumstances, prescribes all the recommended requirements for fasting on the conscience, conditions and current circumstances of the life of Christians.

Have a great Lenten Journey!!





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

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**Facebook:** [www.facebook.com/st.athanasius.regina](https://www.facebook.com/st.athanasius.regina)

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

UCWLC President -

UCBC President - Mark Woitas

Knights of Columbus - James Empey, 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 II Syro-Malabar Church - Fr. Sajy Thomas**

Phone: 306-450-7790

Parish Council President - Saneesh A Sunny

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