

## FIRST SUNDAY OF THE GREAT FAST

### DURING LENT...

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

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

**TROPAR (Tone 5):** Let us the faithful acclaim and worship the Word, co-eternal with the Father and Spirit, and born of the Virgin for our salvation. For He willed to be lifted up on the cross in the flesh, to suffer death and to raise the dead by His glorious resurrection.

**TROPAR, 1<sup>ST</sup> 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 – Doris Gordon

March 8 – Fran Soroski

**MINISTERS OF COMMUNION:** Today – John Makuch, Peter Federko

March 8 – Mark Woitas, Ernie Paluck

**USHERS:** Today - Mark Woitas, Joe Lawryk

March 8 – Art Wytrykush, Walter Brigidear

**GREETERS:** – Today – Mark & Karen Woitas

March 8 – Maggie Stephen, Bernice Bzdell

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

## DIVINE LITURGIES:

### Monday, March 2 – Lenten Mission at St. Basil's Parish

6:30 p.m. – Confessions

7:00 p.m. – Moleben to Christ, Lover of Mankind (Session 1)

### Tuesday, March 3 – Lenten Mission at St. Basil's Parish

6:30 p.m. – Confessions

7:00 p.m. – Liturgical service (Session 2)

### Wednesday, March 4 – Lenten Mission at St. Athanasius Parish

12:30 p.m. – Liturgy at Campion College (U of R)

6:30 p.m. – Confessions

6:30 p.m. – Liturgy of Presanctified Gifts (Session 3)

### Thursday, March 5 – Lenten Mission at St. Athanasius Parish

6:30 p.m. – Confessions

7:00 p.m. – Liturgical service (Session 4)

### Friday, March 6 – St. Athanasius Parish

6:30 p.m. – Stations of the Cross

### Saturday, March 7 – 2<sup>nd</sup> All Souls Saturday

10:00 a.m. – Divine Liturgy - Sorokousty (for the deceased)

### Sunday, March 8 - Second Sunday of the Great Fast (Tone 6) [Hebrews 1:10-2:3; Mark 2:1-12]

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

## THIS WEEK AT A GLANCE...

- ❖ Monday, March 2 - 6:30pm – Children's catechism (**NO children's Liturgy**)
- ❖ Tuesday, March 3 – St A's Seniors' Breakfast at Casino



**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. Andrè 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 10:00 a.m. – 2:00p.m.



**CHOIR PRACTISES** – scheduled for **2 PM** as follows, unless otherwise announced:

Sundays March 1 (TODAY), March 8, 15, & 29, and April 5.

We will prepare for Lenten, Holy Week, and Easter Sunday services. If you're not currently singing with us and would like to, please make your interest known and come out to the practises! Thanks.

... Phyllis Lukey 306-529-8152 [PLLukey@gmail.com](mailto:PLLukey@gmail.com)



**KNIGHTS  
OF COLUMBUS**  
IN SERVICE TO ONE. IN SERVICE TO ALL.



**FAMILY BRUNCH AT ST. ATAHANASIUS PARISH AUDITORIUM**

on Sunday, March 8, 2020, following the 9:30am Divine Liturgy. The cost: Adults - \$10; Kids 12 and Under FREE.

All Proceeds to Coats 4 Kids

**VIGIL** – The first Friday/first Saturday vigil in honor of the Sacred Heart of Jesus and the Immaculate Heart Of Mary, will be held March 6<sup>th</sup> and 7<sup>th</sup> at St. Mary's Church in Regina. Priests will be available for confession before and after mass. Mass is at 7:30 p.m., followed by the all night vigil, ending with mass at 7:30 a.m. on Saturday morning.



**40 HOURS FOR LIFE** - Feb 26 - April 5, 2020, from 4:30 to 5:30 p.m., outside the Regina General Hospital - 14th Ave. Please come, even for just one day, and pray to end abortion. Nothing is more important than protecting the most vulnerable in society. To view all upcoming events, please refer to the information posted on the bulletin board in the auditorium.

**SING-A-LONG TO IRISH SONGS** at St. Peter's Parish, 100 Argyle Street, Regina. For more information regarding this event, please refer to the poster on the bulletin board in the auditorium.



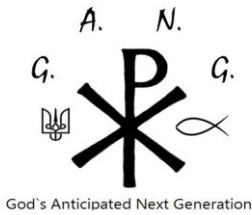
**ST. MICHAEL'S CAMP** at Madge Lake is having a Soup and Sandwich Lunch on Saturday, March 14<sup>th</sup>, 2020. For more information regarding this event, please refer to the poster on the bulletin board in the auditorium.

**5<sup>TH</sup> CAMPION KNIGHTS FUNDRAISER** will be held at the University of Regina, Lazy Owl on Saturday, March 7<sup>th</sup>, at 7:00pm. Tickets are \$10 each, please contact Curtis at 306-535-4636, if you would like to attend.

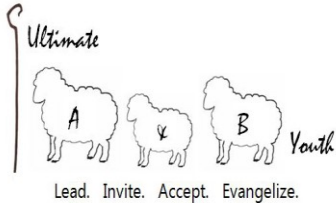
**GENERAL CHURCH CLEANING** – will be taking place Saturday, March 21, 2020, beginning at 8:30 a.m. We will begin cleaning, then attend the Sorokousty service at 10:00 a.m. and finish cleaning after the service. Please, sign up on the sheets provided on the front foyer table. *Thank you.*

**ST. ATHANASIUS AGM** will be held on Sunday, March 22 following the Divine Liturgy. Muffins, cheese and fruit will be provided. On March 15th the AGM booklets will be distributed after Liturgy. Please remember to bring these with you when you attend the AGM.

## G.A.N.G. Young Adults Announcement!



Young adults, age 18 to 35ish, come join us for our next event! Our next gathering will take place **Saturday, March 21, 2020 from 5:15-9:30 pm at St. Basil's Parish and Parish Centre**. The evening will begin with 5:15 Divine Liturgy at St. Basil's. We will then proceed to the Parish Centre to make pizzas, play games or watch a movie. Please **RSVP by Wednesday, March 18** to ensure we have enough pizza supplies. If you have any questions or would like more information, please contact Lesia at [ultimateaandb@hotmail.com](mailto:ultimateaandb@hotmail.com). We look forward to seeing you there!



## ULTIMATE A & B YOUTH ANNOUNCEMENT

All youth in grades 7 to 12, come join us for our next event. It will take place **Friday, March 20, 2020 from 7:00–9:30pm at St. Basil's Parish Centre**. And it's movie night! See the poster for more information.

If you have any questions or would like more information, please contact Lesia at [ultimateaandb@hotmail.com](mailto:ultimateaandb@hotmail.com). We look forward to seeing you there!

**LAST SUNDAY'S COLLECTION:** 63 regular envelopes - \$1560; 3 Building Fund envelopes - \$75; 5 Visitor envelopes - \$70; Loose Change - \$30.

### **UKRAINIAN CATHOLIC FOUNDATION OF SASKATCHEWAN GRANT FUND PROGRAM – DISTRIBUTION OF FUNDS**

In October 2019 the Ukrainian Catholic Foundation called for applications for the Ukrainian Catholic Foundation Grant Fund Program. This Grant Fund was established when the Sheptytsky Institute building was sold, and the proceeds of sale were used to establish the Ukrainian Catholic Foundation Grant Fund Program. Investment Income earned on this fund is distributed to Parishes/Missions or Eparchial Organizations for various initiatives to assist them in becoming "Vibrant Parishes/Missions/Organizations" within the Eparchy. The following applications were received and approved for distribution:

Sacred Heart Ukrainian Catholic Parish (Lanigan) - \$1,500  
Project: Church Windows Restoration/Replacement

Protection of Blessed Virgin Mary Parish (Radisson) - \$ 1,365  
Project: Survey of Church Lot Boundaries to determine Church liability.

St. Basil's Parish - Young Adults (Regina) - \$1,500  
Project: Partial Payment of Expenses for attending Unity 2020 in Toronto

SS. Peter & Paul Ukrainian Catholic Church (Saskatoon) - \$3,475  
Project: Cantor's Workshop – Part 2 of 3. Attendance for this Cantor's Workshop comes from throughout the Eparchy.

SS. Peter & Paul Ukrainian Catholic Church (Saskatoon)- \$1,200  
Project: Millennium Pro-Life Cross Foundation (Promotional Video)

St. George's Cathedral Parish (Saskatoon)- \$6,000  
Project: Installation of new doors & locks at the Cathedral

St. George's Cathedral Parish (Saskatoon)- \$2,800  
Project: Funding for Youth Programs in the Parish

Dormition of the Mother of God Parish (Saskatoon) - \$2,600  
Project: Enhancing Parish Engagement. Software for training Parishioners to encourage more Parishioner participation/engagement in the Parish.

Protection of the Blessed Virgin Mary (White Sand SK) - \$800  
Project: New Singles on Church Roof

**TOTAL AMOUNT OF GRANT FUND S DISTRIBUTED - \$21,240**

For more detailed information, please visit our website [www.ucfsask.org](http://www.ucfsask.org) under the "Grants" Tab

## ORTHODOXY AND ICONS

**TODAY, March 1, 2020** – 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.

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.

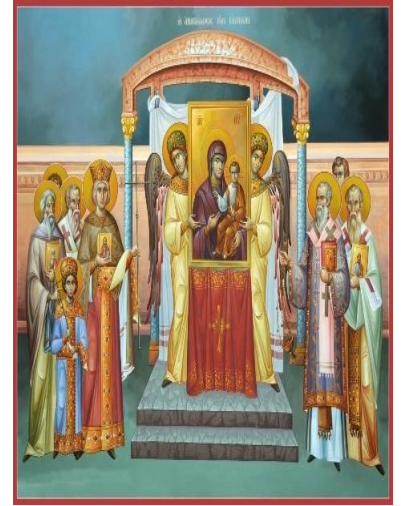
As the controversy over icons developed in the Byzantine Empire, many saw the use of icons as a necessary consequence of the Incarnation of Christ as expressed in the Nicene Creed. If the Word of God truly took flesh, He could be depicted in images.

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*.”

*Iconography*: sacred art portraying the Lord Jesus Christ, Our Lady, the Saints, and the events of salvation history arose in the Christian East from the earliest times of the Church. The Seventh Ecumenical Council teaches that all Catholics must venerate the holy icons.

Traditional icons are painted according to strict models, and the arrangement of icons in the church follows a particular order which assists the worshipper to understand that in the Church’s liturgy we share in the worship which the Saints continually offer to God in Heaven. Thus, the icons, become “windows” to the Kingdom of Heaven.

Icons are the visual gospel and represent significant people and events in Church history. The images of the icons remind us of the presence of heaven during our worship and also serve as “family pictures,” instructing us about the blessed lives of the community of saints who surround and encourage us.







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

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

E-mail: [vasyltymishak@gmail.com](mailto:vasyltymishak@gmail.com)

Parish Office : 306-543-8008

E-mail: [stathanasius@sasktel.net](mailto:stathanasius@sasktel.net)

**Website:** [www.st-athanasius.ca](http://www.st-athanasius.ca)

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

Parish Council President - Rosanne Miller: 306-543-5773  
UCWLC President – Josie Vantour  
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  
Phone: 306-807-5454

E-mail: [frsajy@gmail.com](mailto:frsajy@gmail.com)

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