

## RETURN TO IN-PERSON SERVICES

As it was announced that effective June 8, 2020, places of worship may resume services provided social distancing of two metres can be maintained between each individual household. The allowable occupancy is one-third of the defined occupancy rate of the facility to a maximum of 30 individuals for the initial stage of re-opening. Following these guidelines, Bishop Bryan has written a pastoral letter with instructions for all churches in the Eparchy of Saskatoon. Please take a moment to read this **IMPORTANT** letter: [Updated COVID Instructions](#).

**SUNDAY LITURGIES:** If you wish to attend Liturgy on Sundays, please contact Rosanne Miller, 306-543-5773, to confirm your attendance. This is a reminder that this process must be followed for **EACH** Sunday. You can leave a message for Rosanne if she is not home, and she will confirm whether or not there is space for you. Thank you for your cooperation.

**WEEKDAY LITURGIES:** If you wish to attend weekday Liturgies, please register by calling Fr. Vasyl at 306-519-9030.

Please join our services by visiting our website and clicking on the Livestream icon: <https://st-athanasius.ca/nl/> or on Facebook: <https://facebook.com/reginaukrainiancatholicnorth/>

Glory be to Jesus Christ! Glory be Forever!

Слава Ісусу Христу! Слава на віки!

Please join us at 9:15 a.m. for the praying of the rosary followed by Divine Liturgy at 9:30 a.m.

## SUNDAY AFTER THE EXALTATION OF THE HOLY CROSS

**FIRST ANTIPHON:** My God, my God, look upon me, why have You forsaken me? Why can't my sinful words reach You, my salvation.

Through the prayers of the Mother of God,  
O Saviour, save us. When I cry to You during the day, O my God, You do not listen, and there is no rest for me at night.

Through the prayers of the Mother of God, O Saviour, save us.

Nonetheless You are there in the holy place, O Israel's boast.

Through the prayers of the Mother of God, O Saviour, save us.

Glory be to the Father. . . Only Begotten Son. . .

**THIRD ANTIPHON):** Regular 3rd Antiphon but with the following response: *O Son of God, crucified in the flesh, save us who sing to You: Alleluia*

**TROPAR OF THE EXALTATION (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.

**SUNDAY TROPAR (Tone 7):** By Your cross You destroyed death; You opened Paradise to the thief; You changed the lamentation of the myrrh-bearers to joy, and charged the apostles to proclaim that You are risen, O Christ, our God, offering great mercy to the world.

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

**KONDAK (Tone 7):** No longer shall the dominion of death be able to hold humanity, for Christ went down shattering and destroying its powers. Hades is bound. The prophets exult with one voice. The Savior has come for those with faith, saying: "Come forth, O faithful, to the resurrection!"

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

**PROKIMEN (Tone 7):** The Lord will give strength to His people; the Lord will bless His people with peace.

*Verse: Bring to the Lord, O you sons of God; bring to the Lord young rams.*

**EPISTLE:** A reading from the Letter of the Holy Apostle Paul to the Galatians (2:16-20)

Brothers and Sisters: Knowing that a man is not justified by legal observance but by faith in Jesus Christ, we too have believed in him in order to be justified by faith in Christ, not by observance of the law; for by works of the law no one will be justified. But if, in seeking to be justified in Christ, we are shown to be sinners does that mean that Christ is encouraging sin? Unthinkable! If, however, I were to build up the very things I had demolished, I should then indeed be a transgressor. It was through the law that I died to the law, to live for God. I have been crucified with Christ, and the life I live now is not my own; Christ is living in me. I still live my human life, but it is a life of faith in the Son of God, who loved me and gave himself for me.

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

**GOSPEL:** Mark 8:34-9:1 At that time He summoned the crowd with his disciples and said to them: “If a man wishes to come after me, he must deny his very self, take up his cross, and follow in my steps. Whoever would preserve his life will lose it, but whoever loses his life for my sake and gospel’s will preserve it. What profit does a man show who gains the whole world and destroys himself in the process? What can a man offer in exchange for his life! If anyone in this faithless and corrupt age is ashamed of me and my doctrine, the Son of Man will be ashamed of him when he comes with the holy angels in his Father’s glory.” He also said to them: “I assure you, among those standing here there are some who will not taste death until they see the reign of God established in power.”

**Instead of “It is truly right. . .”:** My soul, extol the venerable cross of the Lord. O Mother of God, you are a hidden paradise which mysteriously brought forth Christ by whom a life-giving tree of the cross has been planted on earth. Today this cross is being exalted, and we, adoring it, glorify You.

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

**SPECIAL NOTE:** For those who are in church today, we will be reciting the regular prayer before communion.

For those who are watching via livestreaming, please recite the prayer below:

## BYZANTINE ACT OF SPIRITUAL COMMUNION

O Lord, I believe and profess that you are truly Christ,  
The Son of the living God, who came into the world  
To save sinners of whom I am the first.

Although I cannot now be a partaker of your mystical supper,  
O Son of God,  
Come at least spiritually into my heart by your Divine Grace  
for the healing of my soul and body.

For I will not reveal your mystery to your enemies,  
Nor will I give you a kiss as did Judas,  
But like the thief I profess to you:

- + Remember me, O Lord, when you come in your kingdom.
- + Remember me, O Master, when you come in your kingdom.
- + Remember me, O Holy One, when you come in your kingdom.

O Lord, I also believe and profess, that this,  
Which I would receive, and which is now  
here present with us in Mystery,  
Is truly your most precious Body, and your life-giving Blood.  
*May I one day partake of your mystical supper again For the remission of all  
my sins and for life everlasting. Amen*

- + O God, be merciful to me, a sinner.
- + O God, cleanse me of my sins and have mercy on me.
- + O Lord, forgive me for I have sinned without number.

*With Ecclesiastical Approbation. Byzantine Catholic Eparchy of Phoenix*

## LITURGICAL SERVICES - LIVESTREAMING SCHEDULE AND READINGS

### LITURGIAL SCHEDULE SEPTEMBER 21 – 27, 2020

**Monday, September 21** - The Leave-taking of the Feast of the Exaltation of the Cross; Holy Apostle Codratus of Magnesia (249-52); [Ephesians 1:22-2:3](#); [Mark 10:46-52](#)

**6:30p.m. Divine Liturgy (preregistration) – Livestreaming** (for God's blessing upon our parish children, catechists and their families) **followed by Catechism classes**

**Tuesday, September 22** - Holy Priest-Martyr Phocas, Bishop of Sinope (98-117); Holy Prophet Jonah (786-46 BC); Venerable Jonah the Presbyter, Father of Theophanes, Composer of Canons, and Theodore the Branded; [Ephesians 2:19-3:7](#); [Mark 11:11-23](#)

**10:00 a.m. Divine Liturgy** for God's blessing upon Tymishak and Dusyk families **(preregistration) – Livestreaming**

**Wednesday, September 23** - The Conception of the Honourable and Glorious Prophet, Forerunner and Baptist John; [Galatians 4:22-31](#); [Luke 1:5-25](#)

**10:00 a.m. Divine Liturgy** for well being of Mary Kachur requested by Phyllis Lukey **(preregistration) – Livestreaming**

**Thursday, September 24** - Holy First-Martyr and Equal-to-the-Apostles Thekla; [Ephesians 4:14-19](#); [Mark 11:27-33](#)

**6:30p.m. Divine Liturgy (preregistration) – Livestreaming**, for God's blessing upon our parish council members, parish organisations members, choir members and their families, followed by Parish Council Meeting

**Friday, September 25** - Our Venerable Mother Euphrosyne; [Ephesians 4:17-25](#); [Mark 12:1-12](#)

**No service scheduled**

**Saturday, September 26** - The Passing of the Holy Apostle and Evangelist John the Theologian; [1 John 4:12-19](#); [John 19:25-27](#); [21:24-25](#)

**10:00 a.m. Divine Liturgy** for +Orest Hadubiak, requested by Eleanor Hadubiak and family **(preregistration) – Livestreaming**

**Sunday, September 27** - Seventeenth Sunday after Pentecost, Tone 8; Holy Martyr Callistratus and His Companions; Our Venerable Father Nilus, Founder and Hegumen of the Grottaferrata Monastery; [2 Corinthians 6:16-7:1](#); [Matthew 15:21-28](#)

**9:15 a.m. – Rosary (preregistration) – Livestreaming**

**9:30 a.m. – Divine Liturgy (preregistration) – Livestreaming**

**3:00 p.m. – Divine Liturgy in Glentworth followed by graves blessing (preregistration)**

**THANK YOU TO MY PARISH FAMILY** for your lovely birthday wishes and making my birthday such a wonderful and memorable day of my life. All of your wishes, prayers, gifts and blessings mean a lot to me. Through the prayers of St. Athanasius, may God keep you and your families in his warm and comforting embrace.

In gratitude,  
Fr. Vasyl



Monday night children's catechism will be starting up for the 2020/2021 season. First class will be Monday, September 21st starting at 6:30 with Divine Liturgy. Registration will be conducted through e-mail [mwoitas@sasktel.net](mailto:mwoitas@sasktel.net), there will be no registration night. Please contact Karen Woitas - call/text - 306-775-0667 for more information. Children's catechism is for students from grades 1 - 7, grade 2 students receive their first reconciliation/communion, so attendance is mandatory. If you know of a child who would like to attend or who will be receiving this sacrament please pass on this information.



## RIDNA SHKOLA

### *Ukrainian Saturday School*

Ridna Shkola of UNF Regina is a Ukrainian Saturday School for children of kindergarten to middle school age. Ridna Shkola welcomes children who already practice Ukrainian language at home as well as those, who are willing to learn it.

The goal of our program is to instill in students a strong sense of their identity as Ukrainians and Canadians with Ukrainian heritage, and an understanding of their responsibility to carry forward the Ukrainian culture and traditions.

The main objective of Ridna Shkola is the education of its students in Ukrainian language and culture, in order that they may retain their Ukrainian heritage. The school achieves this through professional and caring teaching which encourages respect for and proficiency in Ukrainian language, literature, history and culture, always with the individual student in mind.

Ridna Shkola Registration has begun!

Anyone interested in enrolling their child/children in the Ridna Shkola Ukrainian Saturday School of UNF Regina, please fill out the registration on our Facebook page or use this link:

[https://docs.google.com/forms/u/1/d/e/1FAIpQLScug7FTv2ivT97v0jRKsbeeGAd9KxRowc00k4\\_MA-SRqzxweg/viewform?usp=sf\\_link&fbclid=IwAR1rO5Ns8KclhKH66WmQPFolevgVHK8dc2GXjxu9iGd3q2StLuCeE7ACrgE](https://docs.google.com/forms/u/1/d/e/1FAIpQLScug7FTv2ivT97v0jRKsbeeGAd9KxRowc00k4_MA-SRqzxweg/viewform?usp=sf_link&fbclid=IwAR1rO5Ns8KclhKH66WmQPFolevgVHK8dc2GXjxu9iGd3q2StLuCeE7ACrgE)

This year, to begin, Ridna Shkola will be online. We have two teachers that will be teaching language arts and culture, as well as arts and crafts. They will be connecting with students using Seesaw and Zoom.

Please email contact [ridna.shkola.unfrb@gmail.com](mailto:ridna.shkola.unfrb@gmail.com) if you have any questions.

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**LIFE CHAIN:** Please join us as we prayerfully witness to the dignity and importance of all life on **Sunday, Oct 4, 2:00 to 3:00pm**. This year, we will be meeting on the West side of Albert St in the green space by the Large Grasshopper just off Leopold Cr. We will maintain physical distancing rules, grab signs and distance out along Albert St for our hour of prayerful witness to LIFE. Please bring your own hand sanitizer and masks, if you wish to wear them. Due to covid rules, we are unable to offer food or drinks this year. Please park on the West side of Albert St on or around Leopold Cr and not in the Museum parking lot.



## LEARN:

TO READ  
ЧИТАТИ

TO WRITE  
ПИСАТИ

TO CONVERSE  
РОЗМОВЛЯТИ

THE CULTURE  
КУЛЬТУРА

THE CUSTOMS  
ЗВИЧАЇ

THE TRADITIONS  
ТРАДИЦІЇ

## Sponsored By:

Ukrainian Orthodox  
Men's Association –  
Regina Branch (TYC)



With  
Financial Assistance  
From:



Ukrainian Canadian Congress  
– Regina Branch

Ukrainian Canadian  
Congress – Saskatchewan  
Provincial Council



Saskatchewan Organization  
of Heritage Languages

SUS Foundation of  
Canada



## Ukrainian Classes

УКРАЇНСЬКІ  
КЛАСИ

for  
Adults  
and  
Children

September 2020  
to  
May 2021

For more information  
or to register, please contact:  
Svitlana Kenyuk  
at 639-571-3447 or  
kensvit83@gmail.com

## UKRAINIAN LANGUAGE CLASSES

### BEGINNERS

MONDAYS

Starting: September 15, 2020

### ADVANCED

TUESDAYS

Starting: September 16, 2020

### INTERMEDIATE

WEDNESDAYS

Starting: September 17, 2020

### DETAILS FOR ALL CLASSES

**Time:** 7:00 p.m. – 9:00 p.m.

**Cost:** \$75/person/semester +  
materials

(Semester 1 – Sept-Dec 2020)  
(Semester 2 – Jan-May 2021)

**Location:**

Classes will be held on computer  
by Zoom initially.

When in person classes resume,  
they will be held at the Descent  
of the Holy Spirit Ukrainian  
Orthodox Sobor  
1305 – 12<sup>th</sup> Avenue  
(12<sup>th</sup> Ave. & Toronto St. – go to  
back door of the church)

**Instructor:** Svitlana Kenyuk

### BIOGRAPHY OF SVITLANA

Svitlana Kenyuk was born in  
Kolomyia, Ivano-Frankivsk region,  
Ukraine.

After graduating from high school,  
she studied at Kolomyia  
Pedagogical College where she  
received her bachelor and specialist  
degrees as a primary school  
teacher.

From 2002-2004, while still living in  
Ukraine, Svitlana worked as a  
Kindergarten teacher. She also  
worked from 2004-2014 as a  
primary school teacher at School  
#8.

Svitlana immigrated to Canada in  
October 2014. She worked for the  
Balgonie Early Learning Centre until  
2018 and now works in the Catholic  
School Division.

Offering of classes will be subject on a sufficient number of  
students registering for classes.

Cheques are to be made payable to  
"UOMA Regina" or "TYC Regina"

## THE STEPHEN AND MICHELENE WOROBETZ FOUNDATION

The Stephen and Michelene Worobetz Foundation is a private foundation,  
administered by the Saskatoon Community Foundation, which provides grants to  
qualified donees in the areas of:

- religion, especially Ukrainian Catholic based charities;
- health, especially research, teaching and spiritual health care;
- education, especially regarding Catholic and Ukrainian Culture,
- culture, especially the Ukrainian culture,
- assisting persons with special needs,
- promoting voluntary service in the areas of religion, health, education and culture.

FALL INTAKE APPLICATION DEADLINE: OCTOBER 1ST, 2020

For more information, visit [www.saskatooncommunityfoundation.ca](http://www.saskatooncommunityfoundation.ca) or call 306-665-1767.





**SCAM ALERT** - Please be aware that fraudulent messages continue to circulate via e-mail, as well as via text and messaging apps, allegedly coming from our priests, bishop, or others in the Catholic community, asking for money, gift cards, or other gifts. Please DISREGARD all such messages! Do NOT reply or engage with the individuals sending these messages. The email addresses typically look like they could be real. The message asks if you are busy, asks for a favour, or directly ask for iTunes or other gift cards or funds. Do NOT send gift

cards, money, or cash transfers if requested to do so over e-mail or via text message. This applies to any such messages that people receive, not just clergy or from clergy! It could look like it is coming from friends or relatives, however the email will always be just a little different than what the real one is, or the name might be just a bit different as well. Check the email address that the message is coming from – our clergy email addresses are on our Eparchial website under the Eparchy Tab – Clergy & Religious! For example, if you received an email from bishop.bryanbayda.skeparchy@gmail.com do not respond to it! Just block the sender and delete the email! Under no circumstance should you go and purchase gift cards or send any money, etc! Therefore, if you receive messages asking for help like this from our bishops or priests, either contact their offices directly to check whether they are authentic, or just ignore. If you are the victim of fraud, contact your local police or RCMP office.

**NOTICE:** Our parish expenses continue, even though there are no large church services. Therefore, it would be very much appreciated if you could continue your support of the parish. There are a few options available to you: drop off your envelope at 54 McMurchy Avenue, mail in your cheque to 55 McMurchy Avenue, Regina, S4R 3G3, or you can also do an e-transfer to [stathandeposit@sasktel.net](mailto:stathandeposit@sasktel.net).

**SEPTEMBER 13 COLLECTION:** 8 regular envelopes - \$920; 1 Building Fund envelope - \$100; 2 Beatification-Canonizations envelopes - \$140.

**E-transfers: 2 Sunday donations** - \$215; 1 Building Fund - \$50.

**St. Athanasius Appeal:** \$500.

## THE LIFE-GIVING CROSS - "TREE OF LIFE"

Postfeast of the Exaltation of the Precious and Life-Giving Cross September 14-21

*"You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die" (Gn 2:16-17).* This commandment of God does not limit human freedom nor does it interfere in our choice. God gives the commandment as a gift to strengthen us in all that is good. By breaking the commandment, a human being rejects God and by this very means introduces sin into the world, and through sin death (see *Rom 5:12*). By eating of the fruit of the *"tree of knowledge of good and evil,"* one forfeits access to the *"tree of life"* and loses ties to God: "Communion with God is life and light ... But separation from God is death."

When Adam and Eve transgressed the commandment, they severed their bond with God. Their choice became the cause of death, and the *"tree of knowledge of good and evil"* became its instrument.



The cross was also such an instrument of death, prepared on Golgotha for the Son of God, Jesus Christ. However, by accepting death on the cross, he transformed the instrument of death, the cross, into a *"tree of life."* "Truly, O Christ, the tree of life has blossomed. For the cross, planted in the earth, fed with blood and water from your pure side, has put forth life for us." It has become a *life-giving cross*.

The Church witnesses liturgically to this in the Feast of the Exaltation of the Precious and Life-Giving Cross (September 14), when we contemplate the Life-Giving Cross in the light of Holy Pascha: *"To your Cross, O Master, we bow in veneration; and we glorify your holy Resurrection."* The Lord voluntarily took upon himself the sins of the world and transfigured the cross of death into a sign of the Resurrection, having trampled death by death, and granting us eternal life.



*Sunday, September 20, 2020*



**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](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:** <https://www.facebook.com/reginaukrainiancatholicnorth/>

Parish Council President – Kevin Korchinski - Cell phone (call or text) @ 306-539-3935

**E-mail:** [kevin@osac.ca](mailto:kevin@osac.ca)

UCWLC President - Josie Vantour

Seniors' Club President - Angie Lawryk

UCBC President - Mark Woitas

Ultimate A&B Youth - Lesia Lazurko

Knights of Columbus – James Empey, Grand Knight

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

**DIVINE LITURGY: Sunday - 9:30 a.m. Service in English; TEMPORARILY by preregistration**

**Weekday Liturgies** – as scheduled; **preregistration required** by calling Fr. Vasyl Tymishak (306-519-9030)

**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 Parish – Fr. Daris Cherian

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

Phone: 1-647-680-2415

Parish Council Trustee – Saneesh A. Sunny (Phone: 306-807-5454)

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