

Sunday, February 28, 2021

**ST. ATHANASIOS 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

E-mail: stathanasius@sasktel.net

Website: www.st-athanasius.ca

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

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

E-mail: 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. ATHANASIOS 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

Phone: 1-647-680-2415

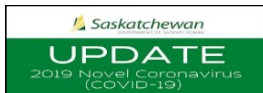
Parish Council Trustee – Saneesh A. Sunny (Phone: 306-807-5454)

E-mail: sachandilsunny@gmail.com

MASKS ARE MANDATORY UPON ENTERING THE CHURCH AND DURING DIVINE LITURGY. THE BULLETINS CANNOT BE LEFT ANYWHERE IN THE CHURCH.



Ukrainian Catholic Eparchy of Saskatoon
Українська Католицька Єпархія Саскатуну



On Monday afternoon, December 14 at 3:00 pm, Dr. Saqib Shahab, Saskatchewan's Chief Medical Health Officer, announced revised public health orders effective Tuesday, February 16, 2021. These remain in effect until Monday, March 15, 2021, unless amended.

The revisions affecting places of worship are as follows:

The Places of Worship Guidelines are established under the provisions of the Public Health Act of Saskatchewan and are legally binding on all residents of Saskatchewan. The government has asked the police to step up enforcement and we have seen a number of local health inspectors looking closely at places of worship. The faith leaders' group has asked all faith communities to protect vulnerable people by following these guidelines.

30-person capacity, no concurrent services:

Over the past three weeks there have been discussions regarding the November 27 health order. These have led to differing rulings by local health inspectors and considerable confusion for local faith communities. The text of the Places of Worship Guidelines has been revised to read: "All places of worship must reduce capacity to 30 people, including wedding, funeral, and baptismal services. No food or drink may be present or served. Services must be held in their usual location. Concurrent services in other rooms within the facility are not permitted." This means that the 30-person capacity limit applies to the whole facility, not to individual rooms. **For clarification, the 30-person capacity does not include the minimal number of clergy and other leaders required to facilitate the service. However, faith communities are encouraged to keep this number at a reasonable level.**

Yours in Christ,

Rev. Janko Kolosnjaji, Vicar General, Eparchy of Saskatoon

COVID-19 Guideline Committee:

– Rev. Ivan Nahachewsky, Marcella Ogenchuk, Bernie Bodnar

SUNDAY LITURGIES: If you wish to attend Liturgy on Sundays, please contact Rosanne Miller, 306-543-5773, to confirm your attendance **(preferably by Noon on**

Saturday). 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/> or on Facebook:

<https://facebook.com/reginaukrainiancatholicnorth/live>

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

Glory be to Jesus Christ! Glory be Forever! Слава Ісусу Христу! Слава на віки!

SECOND SUNDAY OF THE GREAT FAST

DURING LENT...

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

Bless the Lord, O my soul, and let all that is within me bless His holy name.

Bless the Lord, O my soul, and forget not all His benefits.

He forgives all your iniquities, He heals all your diseases.

He redeems your life from corruption, He crowns you with mercy and compassion.

Compassionate and merciful is the Lord, long-suffering and abounding in mercy.

Bless the Lord, O my soul, and let all that is within me bless His Holy name.

Blessed are You, O Lord.

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

Remember us, O Lord, in Your kingdom.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure of heart, for they will see God.

Blessed are the peacemakers, for they will be called sons of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil word against you falsely because of Me.

Rejoice and be glad for your reward will be great in heaven.

TROPAR (Tone 6): Angelic powers were upon Your tomb and the guards became like dead men; Mary stood before Your tomb seeking Your most pure body. You captured Hades without being overcome by it. You met the Virgin and granted life. O Lord, risen from the dead, glory be to You.

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

KONDAK OF THE SECOND SUNDAY OF LENT (Tone 4): Now is the proper time for cultivating virtue; judgment is at the door. And so let us fast; let us show tears of remorse and bring alms; let us cry out: "Our sins are more numerous than the sands of the seas. Forgive us, Creator of all, that we may obtain crowns of incorruption."

PROKIMEN (Tone 5): You, O Lord, will guard us and will keep us from this generation, and for ever.

Verse: Save us, Lord, there are no devout men left.

EPISTLE: A reading from the Epistle to the Hebrews (1:10 -2:3)

Lord of old you established the earth, and the heavens are the work of your hands. They will perish, but you remain; all of them will grow old like a garment. You will roll them up like a cloak, like a garment they will be changed. But you are the same, and your years will have no end. To which of the angels has God even said, "Sit at my right hand till I make your enemies your footstool?" Are they not all ministering spirits, sent to serve those who are to inherit salvation? In view of this, we must attend all the more to what we have heard, lest we drift away. For if the word spoken through angels stood unchanged, and all transgression and disobedience received its due punishment, how shall we escape if we ignore a salvation as great as ours? Announced first by the Lord, it was confirmed to us by those who had heard him.

ALLELUIA VERSES: *He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven.*

He says to the Lord: You are my protector and my refuge, my God, in Whom I hope.

GOSPEL: (2:1-12)

At that time when Jesus came to Capernaum after a lapse of several days and word got around that he was at home. At that they began to gather in great numbers. There was no longer any room for them, even around the door. While he was delivering God's word to them, some people arrived bringing a paralyzed man to him. The four who carried him were unable to bring him to Jesus because of the crowd, so they began to open up the roof over the spot where Jesus was. When they had made a hole, they let down the mat on which the paralytic was lying. When Jesus saw their faith, he said to the paralyzed man, "My son, your sins are forgiven." Now some of the scribes were sitting there asking themselves: "Why does the man talk in that way? He commits blasphemy! Who can forgive sins except God alone?" Jesus was immediately aware of their reasoning, though they kept it to themselves, and he said to them: "Why do you harbor these thoughts? Which is easier to say to the paralytic, 'Your sins are forgiven, or to say, 'Stand up, pick up your mat, and walk again.'? That you may know that the Son of Man has authority on earth to forgive sins" (he said to the paralyzed man), "I command you: Stand up! Pick up your mat and go home." The man stood and picked up his mat and went outside in the sight of everyone. They were awestruck; all gave praise to God saying, "We have never seen anything like this!"

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.
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 – LIVESTREAM SCHEDULE AND READINGS

LITURGICAL SCHEDULE March 1 – March 7, 2021

Monday, March 1 - The Holy Venerable-Martyr Eudocia (98-117); Great Fast Day 15.
6:30 p.m. Lenten Hours Service (**preregistration**) **livestreaming**, followed by Catechism

Tuesday, March 2 - The Holy Priest-Martyr Theodotus, Bishop of Cyrenia (c. 321); Great Fast Day 16.

10:00 a.m. Divine Liturgy for +Ivan Drabycz – 40 day memorial service, requested by Danuta Drabycz (**preregistration**) **livestreaming**

Wednesday, March 3 -The Holy Martyrs Eutropius and His Companions Cleonicus and Basiliscus (286-305); Great Fast Day 17. Presanctified – [Genesis 7:6-9](#); [Proverbs 9:12-18](#)

7:00 p.m. Liturgy of Presanctified Gifts and panakhyda (intention for + Pat Garvey), requested by Veronica Sikorski and family (preregistration**) *livestreaming***

Thursday, March 4 - Our Venerable Father Gerasimus of the Jordan (475); Great Fast Day 18.

10:00 a.m. Divine Liturgy for +Zenia Dmyterko – 6 year memorial service, requested by John Dmyterko (**preregistration**) *livestreaming*

Friday, March 5 - The Holy Martyr Conon (249-251); Great Fast Day 19.

7:00p.m. Stations of the Cross (preregistration**) *livestreaming***

Saturday, March 6 - All Souls Saturday; the Holy Forty-Two Martyrs of Ammorium (848); [1 Thessalonians 4:13-17](#); [John 5:24-30](#)

10:00 a.m. Divine Liturgy Sorokousty for the deceased (call Rosanne for preregistration) *livestreaming*

Sunday, March 7 - Third Sunday of the Great Fast: Veneration of the Holy Cross, Tone 7; [Hebrews 4:14-5:6](#); [Mark 8:34-9:1](#)

9:15 a.m. Rosary (preregistration) *livestreaming*

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

POPE'S PRAYER INTENTION FOR MARCH: *INTENTION FOR EVANGELIZATION – Sacrament of reconciliation:* Let us pray that we may experience the sacrament of reconciliation with renewed depth, to taste the infinite mercy of God.

MARCH FOOD BANK ITEM: *RICE*

February/March 2021	
February 28	Terry & Rosanne Miller
March 7	Kevin Korchinski & Len Markewich
March 14	Maggie Stephen & Bernice Bzdell
March 28	Terry & Rosanne Miller (First Communion Sunday)

SOROKOUSTY SERVICES – ALL SOULS SATURDAYS

Sorokousty Services (All Souls Saturday) will be celebrated this year **on, March 6, March 13, March 20, and May 22.**

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 Saturdays services have been celebrated for deceased by holding Liturgies, Panakhydas or Parastas for them on 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 @ 306-543-8008 our parish office Tuesday-Thursday 10:00 a.m. – 2:00p.m.



OUR LENTEN MISSION will take place on **Monday, March 8th** and **Tuesday, March 9rd** at St. Basil’s Parish and will continue at St. Athanasius Parish on **Wednesday, March 10th** and **Thursday, March 11th**.

Our presenter will be Rev. Fr. Jeffrey Stephaniuk from Wynyard. The topics and time for confessions will be informed in followed bulletins.

As every year now, the two Regina parishes organize their Lenten Mission retreat jointly. The sessions are not repeated but all are different, although related to one another. Preregistration is required for every session at both parishes, according to Covid regulations. The mission will be livestreamed in order to understand the message in its fullness for those who cannot participate in person. If you wish to attend Lenten Mission at St. Athanasius, please contact Rosanne Miller @ 306-543-5773. This is a reminder that this process must be followed for **EACH** Session.

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

Schedule of singers for upcoming Sundays subject to change as needed. We will continue having only limited households at one time, each sharing a microphone while respecting spacing requirements, until the spread of Covid-19 is no longer a risk.

Feb. 28 (today): Phyllis Lukey; Alla Gof

Mar. 7: Phyllis Lukey; Peter & Marion Federko

Mar. 10 & 11 (Mission): Phyllis Lukey; Peter & Marion Federko

Mar. 14: Peter & Marion Federko; Len & Anna Markewich

Mar. 21: Phyllis Lukey; Alla Gof

Mar. 28 (Palm Sunday & First Communion): Peter & Marion Federko; Phyllis Lukey

2020 INCOME TAX RECEIPTS HAVE BEEN MAILED OUT.

ATTENTION: UCWLC MEMBERS

MEMBERSHIP FEE OF \$20 IS DUE BY March 7, 2021

This year because of COVID-19 you can either:

1. By enclosing your membership fee in an envelope marked "UCWLC Membership" and dropping it into the collection box at the church, or
2. by enclosing a cheque for \$20.00 payable to "St. Athanasius UCWL" and mail to: St. Athanasius UCWLC, [55 McMurphy Avenue, Regina, SK. S4R 3G3](#)

Please include a note if you have a change of address, phone or email.

Membership Contacts: Josie Vantour 306-533-0974 or Marie Brigidear 306-949-7493.



Documentaries on Blessed Michael McGivney

Two new documentaries on BL. Michael McGivney – A witness for our times, founder of Knights of Columbus

Known as 'Apostle of Christian family' and 'Priest of the Beatitudes', Father McGivney lived during turbulent times of discrimination and division – particularly difficult for Catholic families. Today, his legacy lives on thanks to the work of Knights of Columbus, the world's largest community of lay Catholic men that he founded in 1882. Immerse yourself and your close ones this Lent into the virtues of prayer, holiness and charity through the life and legacy of this new Blessed in the Church – and learn about his historical and active links to the Canadian Church. Visit fathermcgivney.org/en/media/blessed-mcgivney.html to plan your movie night.

Know someone who could benefit from joining our local Knights Council? Visit or share kofc.org/joinus for further details.

Inspirational Lenten documentaries for the soul, family

Known as the apostle of Christian family and a model parish priest, Father McGivney lived during turbulent times—particularly difficult for Catholic families. Today, his legacy lives on thanks to the work of Knights of Columbus, the world's largest community of lay Catholic men that he founded in 1882.

Immerse yourself and your close ones this Lent into the virtues of prayer, holiness and charity through the life and legacy of this new Blessed in the Church—and learn about his historical and active link to the Canadian Church.

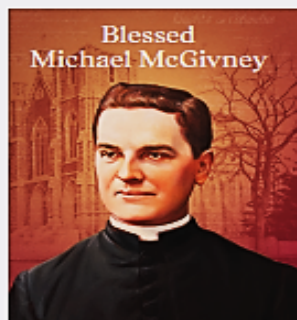
Presented by:



Knights of Columbus®

"We priests and bishops need to learn from his leadership."

Gerald C. Lacroix, Cardinal Archbishop of Quebec City in *A Witness for the World*

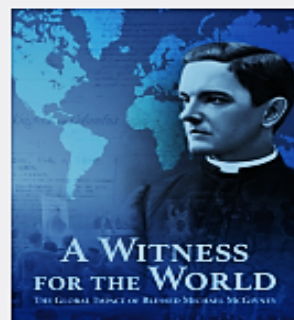


Blessed Michael McGivney

A 26-min. documentary on his life, legacy, and the miracle that led to his beatification.

Available to all at:

fathermcgivney.org/en/media/blessed-mcgivney.html



A Witness for the World

A 27-min. documentary on the world's largest fraternal order for Catholic men – and their families.

Looking to live life to the full as part of a fraternal organization for Catholic men? Start here: kofc.org/joinus

Together in Remembrance, Together in Hope

A virtual vigil marking one year of Covid in Saskatchewan



Register for the Zoom event or watch live on YouTube:

**Thursday, March 11, 2021
7:00pm CST**

All are welcome!

Register and find more info at: www.covidvigil.ca

BULLETIN ANNOUNCEMENT FROM CHAS (Catholic Health Association of Saskatchewan)

for a virtual vigil "Together in Remembrance, Together in Hope", marking the one year of COVID in Saskatchewan that will take place on Thursday, March 11th at 7:00 pm. Register for the Zoom event or watch live on YouTube -- Registration is required: Register and find more information at: covidvigil.ca

NOTICE OF ANNUAL GENERAL MEETING OF THE UKRAINIAN CATHOLIC FOUNDATION OF SASKATCHEWAN CORPORATION

When: Monday, March 22, 2021

(NOTE: This will be a virtual meeting via the Zoom meeting facility)

Time: Registration (Sign into Zoom) – 7:00pm to 7:30pm

Annual General Meeting – 7:30pm

Where: This will be a virtual meeting via the Zoom meeting facility. MEMBERS WISHING TO PARTICIPATE IN THE ANNUAL GENERAL MEETING MUST REGISTER WITH THE UCFSASK OFFICE VIA EMAIL (ADMIN@UCFSASK.ORG) OR TELEPHONE (306-653-0138, EXT 223) BY NO LATER THAN THURSDAY, MARCH 18, 2021 – 5:00PM. A ZOOM MEETING INVITE WILL BE SENT TO ALL WHO HAVE REGISTERED FOR THE ANNUAL GENERAL MEETING.

Who: All members of a Ukrainian Catholic parish or mission within the Ukrainian Catholic Eparchy of Saskatoon who are 18 years of age or older are entitled to participate and vote at the meeting.

Purpose: This meeting is being called for the purposes of:

Approving the Financial Statement Reviewer's Report and the Annual Financial Statements for the fiscal year ending December 31, 2020.

Appointing a Reviewer/Auditor of our financial records for the 2021 fiscal period

Approving Bylaws or Amendment to the Bylaws – see below.

Reporting of activities and motions of the Directors to the membership

Electing Directors

For transacting such other business as may properly come before an Annual General Meeting.

Access to Documents: Annual Meeting Documents and the Financial Statements will be posted on the Ukrainian Catholic Foundation of Saskatchewan website – www.ucfsask.org by no later than March 6, 2021. You may also pick-up copies at the Foundation Office at 214 Avenue M South, Saskatoon Sask.

Bylaw Change: Bylaw 7.3.2 (c) – Change the number of elected directors from each deanery from one to two. Effective January 1, 2021, the number of Deaneries in the Eparchy changed from 4 Deaneries to 2 Deaneries. This bylaw change retains the number of elected directors at 4.

UKRAINIAN CATHOLIC FOUNDATION OF SASKATCHEWAN CORPORATION

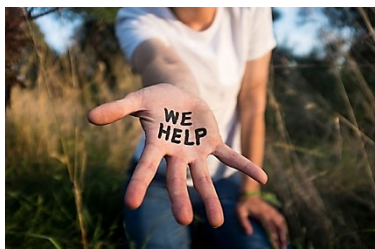
Call for Nominations to the Board of Directors of Ukrainian Catholic Foundation of Saskatchewan

Ukrainian Catholic Foundation of Saskatchewan is searching for people who are interested in serving on our Board of Directors. To qualify, a person must be 18 years of age or older, a resident of Canada and a member in good standing with a Ukrainian Catholic Parish or Mission within the Ukrainian Catholic Eparchy of Saskatoon.

The Board has two vacancies from the Yorkton Deanery. If you are interested in serving on the Board of Directors as a Deanery Representative from the Yorkton Deanery, please contact the Office Administrator, Iris Owchar at 306-653-0138, ext 223, or email your intention to

admin.uscfsask.org. Each nomination will require a letter of support from your Pastor. Nominations will close on Wednesday, March 17, 2021 at 4:00pm. Directors will be elected at the Annual Meeting on Monday, March 22, 2021

Eparchial Youth Ministry - Homeless and the Poor Project 2021



*Only one thing will remain yours
– that which you have given to the poor "Pastoral Letter of the
Synod of Bishops of the UGCC
to the clergy, religious, and laity, 2020*

The Eparchial Youth Ministry Office continues successfully to work with our youth and young adults on this wonderful project.

If you are interested in volunteering or donating items, or for more information, please contact Viktoriia Marko, Eparchial Youth Minister, at 306-914-0355; uwitness2youth@gmail.com.

Warm the hearts and bodies of our Brothers and Sisters,
and you will contribute to the building of Heaven on the Earth!

Acceptable food donations:

Dried goods, (e.g., sugar, flour,)

(Unopened) commercially packaged or canned goods

Acceptable items:

Hygiene products:

Toothbrushes; Toothpaste; Toothbrush boxes; Hand sanitizers; Masks; Wipes; Shampoo; Toilet paper; Soap bars; Pads for women; Facial tissue; Hand lotion; Dental floss; Shaving products.

Clothing: Gloves; Scarfs; Blankets; Winter jackets; Socks; Winter hats; Winter pants; Winter boots.



“CHRIST OUR PASCHA” – ONLINE YOUTH AND YOUNG ADULT LENTEN GATHERING SATURDAY, MARCH 20, 2021 – 9:00 AM

We are inviting young people to join our Online Lenten Gathering "Christ Our Pascha", and reflect on pain, suffering and sacrifice, on Saturday, March 20th starting at 9:00 am. We will have the opportunity to join in prayerfully for the Stations of the Cross prepared by young people from our Eparchy and Ukraine. His Excellency Bishop Bryan Bayda, CSsR is our retreat master, and together with Father Ivan Nahachewsky, will be answering questions prepared by our youth. **Please join us in this spiritual Lenten endeavour by registering at uwitness2youth@gmail.com by March 15th.**

"Christ Our Pascha"

Online Lenten Gathering

for ESL Youth Ministry Instructors (Ukraine),

Cadets of Odesa Naval Lyceum,

participants of the Courses of Christian Animators (Sambir),

and Youth of the Ukrainian Catholic Eparchy of Saskatoon

When: Saturday, March 20, 2021

Time: 9.00 a.m. (Saskatoon)/11 a.m. (Philadelphia)/6 p.m. (Kyiv)

Registration (by March 15):

Maria Kramar @mrs.kramar00@gmail.com

Viktoria Marko @ uwitness2youth@gmail.com

KEVIN CARDEN PHOTOGRAPHY
CARDENDSIGN.COM

Special Guest



Most Reverend
Bryan J. BAYDA, CSSR
Eparch of Saskatoon,
RETREAT MASTER



EPARCHY OF SASKATOON:



**CITIZEN GO: No to Euthanasia (MAiD)
for Mental Illness and Incompetent:
Petition on the Extension of the Euthanasia
Law**

This is a very important issue and so we should do everything we can to speak out against what will become one of the most permissive euthanasia regimes in the world. It may be the last time we actually have a chance to speak out on this issue before the law is changed.

Please take this opportunity to speak out and to sign this petition. Here's the link:

<https://citizengo.org/en-ca/200771-no-euthanasia-maid-mental-illness-and-incompetent-people?tcid=83442348>

PLEASE, PLEASE, PLEASE. speak out. It only takes a few seconds of your time.

Note: This information is also available on our Eparchial website:
www.skeparchy.org and on our Eparchial Facebook Page.

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. **PLEASE COMPLETE THE MESSAGE FIELD and DO NOT USE ALIAS NAMES WHEN SENDING AN E-TRANSFER DONATION.**

February 21: 13 regular envelopes - \$985; 4 Building Fund envelopes - \$380; 1 Easter Flower envelope - \$10; 1 Eparchial Charities envelope - \$80; 1 Initial Offering envelope - \$10; Visitor envelope - \$20

E-Sunday Collections & E-transfers: 5 regular donations - \$220.00.



**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)*

SECOND SUNDAY OF THE GREAT FAST – SAINT GREGORY PALAMAS



Icon of Healing the Paralytic

The Renewal that is the Sabbath

Another reason why the Sabbath day was blessed is that he who formed this world in six days foresaw that man would turn towards evil and would, as a result, go back to the ground, descend to Hades, and be imprisoned there, and this whole world would grow old and useless because of man, but would be renewed by God becoming man.

This renewal was effected when God incarnate descended into Hades through death and declined there on the Sabbath the recall of souls. It was because he foresaw that this would happen on the Sabbath that he rightly deemed it the only day worthy to be blessed. However, although this work was secretly made ready on the seventh day, the Sabbath, everything was clearly brought to light and accomplished when the body too had been summoned to immortality through the Lord's Resurrection on the eighth day. This is why we call it the Lord's Day.

As Friday, the day of preparation, stands in relation to the Sabbath, so is the Sabbath in comparison with Sunday, which is obviously superior to it. As perfection and reality surpass beginning, pattern, and shadow, so is Sunday more excellent and honorable, because on it the exceedingly blessed work was finished, and on it we await the General Resurrection of all, the perfect entry of the saints into the divine rest and dissolution of the world into its elements.

Saint Gregory Palamas

