

*Sunday, March 21, 2021*



**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://facebook.com/reginaukrainiancatholicnorth/live>

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

Phone: 1-647-680-2415

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

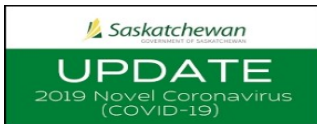
E-mail: [sachandilsunny@gmail.com](mailto:sachandilsunny@gmail.com)

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



This Tuesday afternoon, March 16, 2021 the province of Saskatchewan, along with Dr. Saqib Shahab, Saskatchewan's Chief Medical Health Officer, announced a revised public health order for Regina and District.

#### **Act to Reduce COVID-19 Transmission in Regina**

There is an elevated risk of COVID-19 in Regina due to community transmission of variants of concern.

It is recommended that Regina and area residents - particularly those over age 50 - should not consider increasing their household bubbles to include 2-3 households up to 10 people. They should consider remaining with their current household only.

While worship services throughout the province will be able to expand to 30 per cent of capacity or 150 people, whichever is the lesser number starting March 19, places of worship in Regina and adjacent communities will remain at the current capacity level which is a maximum of 30 individuals, with required physical distancing and masking guidelines. This will remain in effect until April 5, 2021 and will be evaluated at that time.

The adjacent communities include: Belle Plaine, Pense, Grand Coulee, Lumsden Beach, Regina Beach, Craven, Lumsden, Edenwold, Pilot Butte, White City, Balgonie, Kronau, Davin, Gray and Riceton.

All residents of Regina, those who work in Regina and area and those who are planning travel to the region, are asked to abide by all best personal protective measures at this time to avoid further restrictions. Minimize the risk in the city and throughout the region.

- \* **Wear your mask in all public places including all workplaces**
- \* **Wash non-medical masks daily**
- \* **Maintain physical distancing**
- \* **Wash your hands frequently**

- \* Reduce activities outside of your home. Order take-out or curbside pick-up. If you are able to work from home, work from home at this time.
- \* Avoid all unnecessary travel to and from Regina

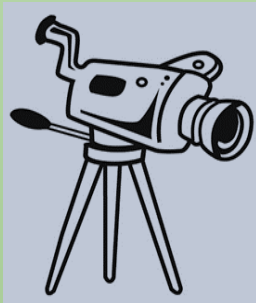
**Please note:** Due to the revised Public Health order regarding places of worship, St. Athanasius Church will allow 30 people to attend services as per Public Health Act of Saskatchewan. **Please continue to register for all services.**

**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>



**TO ALL PARISHIONERS:** During our Livestream and Videotaping, the video may capture the likeness of those parishioners sitting in the pews during our services. This video will be kept for a maximum of 45 days. Other than those who choose to view the livestream as it happens, the video will not be released to third parties.

As our video will stream on Facebook, we will comply with that website's regulations.

If you are uncomfortable being on video, please advise the Greeters when you enter the church and they will place you in a pew where you will not be captured.

**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!**

### **FIFTH 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 1): Though the stone was sealed by the Jews and soldiers guarded Your most pure body, You arose, O Savior, on the third day, and gave life to the world. And so the heavenly powers cried out to You, O Giver of life: Glory to Your resurrection, O Christ! Glory to Your kingdom! Glory to Your saving plan, O only Lover of Mankind.**

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

**KONDAK (Tone 3):** Formerly laden with every kind of immorality, today because of your repentance, you were made a bride of Christ, longing for citizenship with angels crushing demons by the Cross as your weapon. And so, glorious Mary, you became a bride of heaven.

**PROKIMEN (Tone 1):** Let Your mercy, O Lord, be upon us, as we have hoped in You.

*Verse: Rejoice in the Lord, O you just; praise befits the righteous.*

**EPISTLE:** A reading from the Epistle to the Hebrews (9:11-14)

Brothers and Sisters! When Christ came as high priest of the good things which have come to be, he entered once for all into the sanctuary passing through the greater and more perfect tabernacle not made by hands, that is, not belonging to this creation. He entered, not with the blood of goats and calves, but with his own blood, and achieved eternal redemption. For if the blood of goats and bulls and the sprinkling of a heifers ashes can sanctify those who are defiled so that their flesh is cleansed, how much more will the blood of Christ, who through the eternal spirit offered himself up unblemished to God, cleanse our consciences from dead works to worship the living God!

**ALLELUIA VERSES:** *God gives me vindication, and has subdued peoples under me. Making great the salvation of the king, and showing mercy to His anointed, to David, and to His posterity forever.*

**GOSPEL:** Mark (10:32-45)

At that time, Jesus taking the twelve aside once more, began to tell them what was going to happen to him. "We are on our way up to Jerusalem, where the Son of Man will be handed over to the chief priests and the scribes. They will condemn him to death and hand him over to the Gentiles, who will mock him and spit at him, flog him, and finally kill him. But three days later he will rise. Zebedee's sons, James and John, approached him, "Teacher," they said, "we want you to grant our request." "What is it?" he asked. They replied, "See to it that we sit, one at your right and the other at your left, when you come into your glory." Jesus told them, "You do not know what your are asking. Can you drink the cup I shall drink or be baptized in the same bath of pain as I?" "We can," they told him. Jesus said in response, "From the cup I drink of you shall drink; the bath I am immersed in you shall share. But as for sitting at my right or my left, that is not mine to give, it is



for those to whom it has been reserved." The other ten, on hearing this, became indignant at James and John. Jesus called them together and said to them: "You know how among the Gentiles those who seem to exercise authority lord it over them; their great ones make their importance felt. It cannot be like that with you. Anyone among you who aspires to greatness must serve the rest; whoever wants to rank first among you must serve the needs of all. The Son of Man has not come to be served but to serve -- to give his life in ransom for the many."

**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.

The just man shall be in everlasting remembrance; of evil hearsay he shall have no fear. 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:

## LITURGICAL SERVICES – LIVESTREAM SCHEDULE AND READINGS

### 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 SCHEDULE March 22 – March 28, 2021

**Monday, March 22** - The Holy Priest-Martyr Basil, Presbyter of Ancyra (363); Great Fast Day 36.

**1:30 p.m. Funeral in Moose Jaw**

**6:30 p.m. Catechism (preregistration)**

**Tuesday, March 23** - The Holy Venerable-Martyr Nikon and His Disciples, Martyred with Him (270-75); Great Fast Day 37.

**No service scheduled**

**Wednesday, March 24** - Fore-feast of the Annunciation of the Mother of God; Our Venerable Father Zachary; Our Holy Father Artemon, Bishop of Seleucia in Pisidia; Great Fast Day 38.

Pres. – [Genesis 43:26-31](#); [45:1-16](#); [Proverbs 21:23-22:4](#)

**7:00 p.m. Liturgy of Presanctified Gifts**, (intention for God's blessing and good health for Francis Soroski, requested by Pat Romanow) **(preregistration) livestreaming**

**Thursday, March 25 - The Annunciation of Our Most Holy Lady, the Mother of God and Ever-Virgin Mary**; Feast of the Mother of God. Passing into Eternal Life (1944) of Blessed Omelian (Emil) Kovch, Priest of Peremyshliany and Martyr of Majdanek; [Heb 2:11-18](#); [Luke 1:24-38](#)

**10:00 a.m. Divine Liturgy for Parishioners (preregistration) livestreaming**

**6:30 p.m. PCM**

**Friday, March 26** - Synaxis of the Holy Archangel Gabriel; Great Fast Day 40.

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

**Saturday, March 27** - Lazarus Saturday; [Hebrews 12:28-13:8](#); [John 11:1-45](#)

**10:00 a.m. Divine Liturgy** for repose of the soul of Chris Bzdel 40 days, requested by Connie Bzdel **(preregistration) livestreaming**

**2:00 p.m. First Confessions – Children's rehearsal for First Communion Sunday – Blessing of Divine Liturgy books, icons, rosaries and prosphora making.**

**Sunday, March 28 - Palm Sunday: The Lord's Entrance into Jerusalem**; Feast of our Lord. Holy Day of Obligation. [Philippians 4:4-9](#); [John 12:1-18](#)

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

**9:30 a.m. Divine Liturgy – Solemn First Communion and blessing of pussywillows (preregistration) livestreaming**

**MARCH FOOD BANK ITEM: Juice**



**DONATIONS for Easter flowers** to decorate our church for Easter are now being accepted. Please use either the specifically marked envelopes provided at the back of the church, e-transfers, or include with your regular donations and indicate "Easter flower donation". Thank you.



### **PROPOSED PARISH COUNCIL SLATE OF OFFICERS FOR 2021 -22**

The following parishioners have agreed to let their names stand for St. Athanasius Parish Council positions for the 2021-22 year:

President - Kevin Korchinski

Vice-President - Len Markewich

Treasurer - Doris Gordon

Secretary - Linda Korchynski

If anyone else is willing to let their name stand for St. Athanasius Parish Council, please contact Fr. Vasyl Tymishak at 306-519-9030, [vasyltymishak@gmail.com](mailto:vasyltymishak@gmail.com) or Rosanne Miller at 306-543-5773, [gtmiller@myaccess.ca](mailto:gtmiller@myaccess.ca) by noon on Saturday, March 20, 2021.

As we will again not be able to hold an Annual General Meeting at the parish, reports will be available in hard copy or by e-mail from the parish office. Please phone Maggie at 306-543-8008 to obtain your copy. Proposed candidates will be approved at the next Parish Council Meeting scheduled for Thursday, March 25, 2021.

### **March 2021 GREETERS**

<b>March 21</b>	<b>Mark &amp; Karen Woitas</b>
<b>March 28</b>	<b>Terry &amp; Rosanne Miller (First Communion Sunday)</b>

**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.

Mar. 21 (**today**): Peter & Marion Federko; Alla Gof

Mar. 24 Presanctified Liturgy: Phyllis Lukey; Peter & Marion Federko

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

**Holy Week/Resurrection Sunday:** Peter & Marion Federko; Phyllis Lukey



**SYMPATHY AND CONDOLENCES** are extended to Walter & Marianne Brigidear and family and Marie Brigidear on the death of their brother, Harold, who died on Saturday, March 6, 2021 and whose funeral was held at St. Basils Parish, Edmonton, on Monday, March 15th. Вічна Пам'ять! Vichnaya Pamyat! Eternal Memory!



**ST A'S UCWLC PASKAS AND BUTTER LAMBS FOR SALE – for Easter Basket. Large paskas - \$5.00; small paskas – 2 for \$5.00; butter lambs - \$4.00. Contact Marie Brigidear – 306-949-7493 or Josie Vantour 306-347-0631, to place your order and arrange a pick-up time for your pre-packaged order. Curbside pick up on Saturday, March 27, 2021 from 10:00 a.m. – 4 p.m. at 55 McMurchy Avenue. Please use the west doors off the parking lot. Due to Covid no one is allowed inside.**



**Saint Athanasius Ukrainian Catholic Brotherhood of Canada**

**Easter sausage sale**

**We are offering two types of sausage, Ham or garlic blend.  
The price is \$7.00 / pound (1 link)**



**We ask that you pre-order no later than Monday March 22, 2021.  
Pick up will be Saturday March 27, 2021 from 10:00 a.m. – 4:00 p.m.  
at 55 McMurphy Avenue. Please use the west doors off the parking lot.  
Some delivery options available (request at time of ordering).**

**You may place your orders by contacting Basil Kuzyk at:**

**Cell: 306-570-6618**

**Email: [basilkuzyk@gmail.com](mailto:basilkuzyk@gmail.com)**

Because of COVID no one is allowed inside so when you arrive please call 306-570-6618 and we will bring out your order to you. All orders will be wrapped and pre-packaged.

Payment is cash (exact change appreciated) or cheque (payable to St. A's U.C.B.C.).

**Thank you in advance for your support.**



### **Tavria Virtual Festival**

**April 17, 2021**

Welcome to the first ever Tavria Virtual Festival

This is a learning curve for all of us! With current Saskatchewan Covid restrictions, we are postponing the Tavria Virtual Festival to April 17, 2021.

Please use our online registration system: <http://tavriaregistration.azurewebsites.net/>.

If you can't remember your username and password, or are new to our festival system, please email [tavriafestival@gmail.com](mailto:tavriafestival@gmail.com).

Entry fee is \$10 per dancer per entry. Please let your families know that solos, duets, etc. are welcome to participate even if the whole school is not!

Registration and video presentation deadline: Monday, April 5, 2021.

The platform to submit videos will be announced asap. Please do your best when videoing dances. Some groups will have access to a stage and others will be in their studio. We welcome your submissions in costume, or in practice clothing, whichever is available!

Please follow provincial health guidelines. In Saskatchewan masks are mandatory. Currently only 8 dancers are permitted to practice together and should be reflected in the dance entered. If the regulations relax, then the number of dancers per entry may increase!

We are looking into platforms to showcase our dancers online. We will provide more information closer to the date! We will provide a media release form. If you do not want your dance(s) shared online, please email [tavriafestival@gmail.com](mailto:tavriafestival@gmail.com).

Dance schools will receive voice adjudication for each dance entered in the Festival. Dancers will receive a certificate of achievement with their mark. No trophies will be awarded in 2021.

We look forward to seeing your Covid inspired choreography!



### **Stations of the Cross (Livestreamed)**

**As prepared and led by the  
Youth and Young Adults  
of our Ukrainian Catholic  
Eparchy of Saskatoon.**

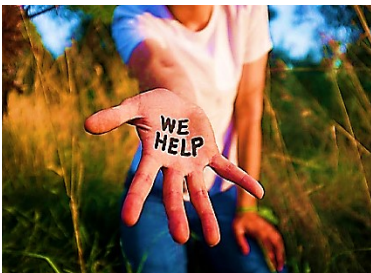
**Tuesday, March 23rd at 7:00 pm**



Ukrainian Catholic Cathedral of St. George, Saskatoon, SK | [Website»](#)

*Come join us to pray together with the youth of our Eparchy!*

### **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](mailto: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.

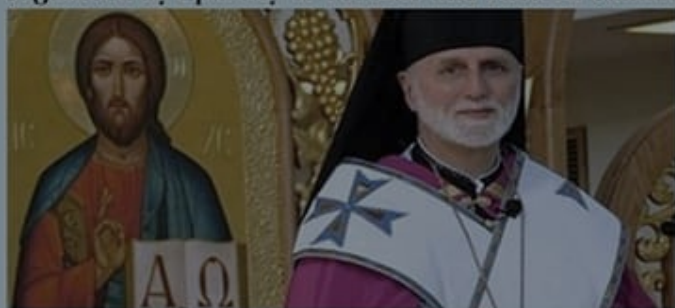


# LENTEN MISSION

with

## METROPOLITAN BORYS GUDZIAK

Organised by Eparchy of Toronto and Eastern Canada



MARCH 14, 15 & 16 in English  
at 7:00 p.m. (EST Toronto)

MARCH 21, 22 & 23 in Ukrainian  
7:00 p.m. (EST Toronto)

Format:  
Homily, Discussion and Moleben



Live Stream on YouTube - Tranquillight Calling

[https://www.youtube.com/channel/UCf39034kKgMTZI\\_hacrM9nA](https://www.youtube.com/channel/UCf39034kKgMTZI_hacrM9nA)



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

**March 14: 15 regular envelopes - \$685; 1 Building Fund envelope - \$20; 3 Easter Flowers envelopes - \$90; 6 Lenten Mission envelopes - \$175; Loose Change - \$20.**

**E-Sunday Collections & E-transfers: 5 regular donations - \$100.**



**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)***



## ANOTHER TRIP TO JERUSALEM

***“Behold, we are going up to Jerusalem, and the Son of Man will be betrayed to the chief priests and to the scribes; and they will condemn Him to death and deliver Him to the Gentiles; and they will mock Him, and scourge Him, and spit on Him, and kill Him. And on the third day He will rise again” (Mark 10:33-34).***



As Lent draws to a close, we turn our eyes to Jerusalem where the Lord will undergo His life-giving passion and death for us.

On this 5<sup>th</sup> Sunday of Lent the Church also remembers another trip to Jerusalem: one that occurred some 300 years after Christ. According to the life written by St. Sophronios, Patriarch of Jerusalem in the seventh century, Mary the Egyptian was a runaway teenager who drifted into a fast lifestyle in Alexandria living in part on the proceeds of the sexual favors she dispensed.

When she was 29 Mary attached herself to a group going on pilgrimage to the Holy Land. She went, not out of piety, but to meet others devoted to the same lifestyle. According to Sophronios, she never lacked for companions both on the journey and when she arrived in the Holy City.

One day, curiosity prompted her to follow some pilgrims to the Anastasis, the church built over Christ's tomb. She found herself unable to enter, resisted by an unseen force. Believing that this was because of her wild way of life, she was struck with remorse. She prayed before an icon of the Mother of God in the courtyard, asking for forgiveness and vowing to abandon the world and its pleasures. Returning to the church door she found herself now able to enter.

Returning to give thanks before the icon, Mary heard a voice promising, “If you cross the Jordan, you will find glorious rest/ true peace.” After confessing and receiving Communion, she went into the desert where she remained a hermit for the rest of her life.

The image of this extraordinary repentance and commitment to asceticism is held up to the Church as an encouragement to enter wholeheartedly into the remainder of the Fast and the Great Week which follows (*adopted from royaldoors.net* ).

### *The Annunciation*



*In these days of Lenten observance the solemnity of our Lord's Annunciation provides us with a welcome interlude, so that men who are wearied by bodily affliction may be revived by spiritual joy, and men brought low by the grief of repentance may be consoled by the annunciation of him who takes away the sins of the world. For so it is written: "Grief in a man's heart will bring him low and he will be gladdened by a good word." Truly it is a good word, a trustworthy word and worthy of all acceptance, the glad tidings of our salvation which the angel sent by God announced to Mary today. Day unto day announced the joy; the angel brought to the Virgin the joyful word concerning the incarnation of the Word. That utterance, while it promises the Virgin a Son, promises the guilty forgiveness, prisoners redemption, captives liberty, and the buried life. That word, while it proclaims the*

*kingdom of the Son, announces also the glory of the just, strikes fear into hell, gladdens the heavens, and seems to have increased the perfection of the angels by knowledge of mysteries and by new kinds of joy. Who then is not gladdened by that word in his affliction? Who is not consoled by that utterance in his humility?*

*A good word indeed and consoling is your almighty Word, Lord, which today has come from a royal throne into the Virgin's womb. In it also he has made for himself a royal throne in which, although he sits even now as a king in the heavens surrounded by a host of angels, he is nonetheless the comforter of those who grieve on earth.*

*Blessed Gueric of Igny*