



**Sunday, March 28, 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

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

Phone: 1-647-680-2415

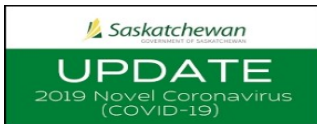
Parish Council Trustee – Saneesh A. Sunny (Phone: 306-807-5454)

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

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
- \* The Provincial government has asked that anyone who is scheduled to have a vaccine within a few days of a religious service, not to go to worship that day and to wait until after they have received the vaccine, especially those who are over 60.

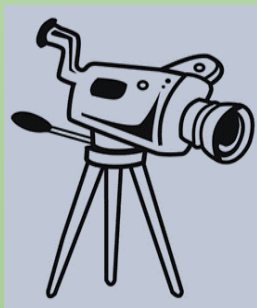
**Please note:** Due to the revised Public Health order regarding places of worship, St. Athanasius Church will allow 30 people to attend services as per Public Health Act of Saskatchewan. **Please continue to register for all services.**

**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!**

**WILLOW (PALM) SUNDAY**  
**- The Journey of our Lord Jesus Christ into Jerusalem**

**FIRST ANTIPHON: I love the Lord because He hears the voice of my supplication.**

**Through the prayers of the Mother of God, O Savior, save us.**

**Because He has inclined His ear to me, I will call upon Him all my days.**

**Through the prayers of the Mother of God, O Savior, save us.**

**The pangs of death encircled me; the dangers of Hades caught me.**

**Through the prayers of the Mother of God, O Savior, save us.**

**I met with anguish and pain, I called upon the name of the Lord.**

**Through the prayers of the Mother of God, O Savior, save us.**

**Glory be . . . now and forever . . . : Only Begotten Son . . .**

**THIRD ANTIPHON: Give thanks to the Lord, for He is good, for His mercy endures forever.**

**TROPAR (Tone 1): Before Your passion, Christ our God, You gave proof of the resurrection of all by raising Lazarus from the dead. Like the children, we too, bear banners of victory and cry out to You the conqueror of death: "Hosanna in the highest! Blessed is He who comes in the name of the Lord!"**

**Let the house of Israel say that He is good and His mercy endures forever.**

**Before Your passion. . .**

**Let the house of Aaron say that He is good and His mercy endures forever.**

**Before Your passion. . .**

**Let all those who fear the Lord say that He is good and His mercy endures forever.**

**Before Your passion. . .**

**AT THE LITTLE ENTRANCE: Blessed is He who comes in the name of the Lord, We blessed you from the house of the Lord. The Lord is God and He has appeared to us.**

**Before Your passion. . .**

**TROPAR (Tone 4):** Buried with you in baptism, Christ our God, we have been made worthy of immortal life by Your resurrection. In praise we cry out: “Hosanna in the highest!\* Blessed is He who comes in the name of the Lord.!”

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

**KONDAK (Tone 6):** Seated on Your throne in heaven, Christ our God, You received the praise of the angels, and riding the colt on earth, the shouts of the children. They cried out: “Blessed are You who came to restore Adam!”

**PROKIMEN (Tone 4):** Blessed is He who comes in the name of the Lord, the Lord is God and has appeared to us.

*Verse: Give thanks to the Lord, for he is good, for his mercy endures forever.*

**EPISTLE:** A reading from the Holy Apostle Paul to the Philippians (4:4-9)

Brothers and Sisters! Rejoice in the Lord always! I say it again, Rejoice! Everyone should see how unselfish you are. The Lord is near. Dismiss all anxiety from your minds. Present your needs to God in every form of prayer and in petitions full of gratitude. Then God’s own peace, which is beyond all understanding, will stand guard over your hearts and minds, in Christ Jesus. Finally, my brothers, your thoughts should be wholly directed to all that is true, all that deserves respect, all that is honest, pure, admirable, decent, virtuous, or worthy of praise. Live according to what you have learned and accepted, what you have heard me say and seen me do. Then will the God of peace be with you.

**ALLELUIA VERSES:** *Sing to the Lord a new song, for He has done wondrous deeds.*

*All the ends of the earth have seen the salvation by our God.*

**GOSPEL:** John (12:1-18)

Six days before the Passover Jesus came to Bethany, the village of Lazarus whom Jesus had raised from the dead. There they gave him a banquet, at which Martha served. Lazarus was one of those at the table with him. Mary brought a pound of costly perfume made from genuine aromatic nard, with which she anointed Jesus’ feet. Then she dried his feet with her hair, and the house was filled with the ointment’s fragrance. Judas Iscariot, one of his disciples (the one about to hand him over), protested: “Why was not this perfume sold? It could have brought three hundred silver pieces, and the money, could have been given to the poor.” (He did not say this out of concern for the poor, but because he was a thief. He held the purse, and used to help himself to what was deposited there.) To this Jesus replied: “Leave her alone. Let her keep it against the day they prepare me for



burial. The poor you always have with you, but me you will not always have.” The great crowd of Jews discovered he was there and came out, not only because of Jesus but also to see Lazarus, whom he had raised from the dead. The fact was, the chief priests planned to kill Lazarus too, because many Jews were going over to Jesus and believing him on account of Lazarus. The next day the great crowd that had come for the feast heard that Jesus was to enter Jerusalem, so they got palm branches and came out to meet him. They kept shouting: “Hosanna! Blessed is he who comes in the name of the Lord! Blessed is the King of Israel!” Jesus found a donkey and mounted it, in accord with Scripture: “Fear not, O daughter of Zion! Your king approaches you on a donkey’s colt.” (At first, the disciples did not understand all this, but after Jesus was glorified they recalled that the people had done to him precisely what had been written about him.) The crowd that was present when he called Lazarus out of the tomb and raised him from the dead kept testifying to it. The crowd came out to meet him because they had heard he had performed this sign.

Instead of ‘It is truly right’: O my soul, extol the Lord, who sat on a donkey. God the Lord has appeared to us; let us celebrate the feast, and let us rejoice and extol Christ. With palms and branches in hand let us raise our voices to Him in praise, saying: “Blessed is He who comes in the name of the Lord\* our Savior.”

**COMMUNION HYMN: Blessed is He who comes in the name of the Lord, the Lord is God and has appeared to 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*

## **HOLY WEEK AND RESURRECTION CELEBRATION FOR ST. ATHANASIUS and Moose Jaw Pastoral District**

### **LITURGICAL SCHEDULE March 29 – April 3, 2021**

**HOLY MONDAY, MARCH 29** – No Services Scheduled

#### **HOLY TUESDAY, MARCH 30**

7:00 p.m. – Liturgy of Presanctified Gifts at St. Basil's Parish (preregistration)  
livestreaming

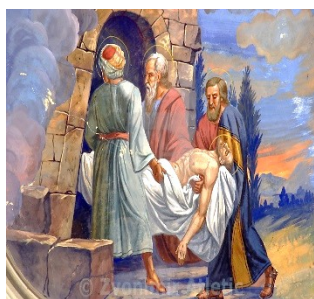
#### **HOLY WEDNESDAY, MARCH 31**

7:00 p.m. – Liturgy of Presanctified Gifts with anointing of the sick (preregistration)  
livestreaming

#### **HOLY THURSDAY, APRIL 1**

7:00 p.m. – Service of The Holy Passion with 12 Gospels – (Preparing the church for Holy Week Services) (preregistration) livestreaming

#### **GOOD FRIDAY, APRIL 2**



**Great and Holy Friday (Strict fast and abstinence from meat, dairy and eggs, foods that contain these ingredients)**

11:00 a.m. – Vespers with exposition of the Holy Shroud in Moose Jaw (preregistration)

**3:00 p.m. - VESPERS WITH EXPOSITION OF THE HOLY SHROUD at St. Athanasius Parish (Special collection for Holy Land) (preregistration by calling Rosanne Miller @ 543-5773) livestreaming**

4:30 p.m. – 6:30 p.m. ~ Vigil: private prayer and quiet time for meditation and reflection; (preregistration)

7:00 p.m. – JERUSALEM MATINS. Wake at the Tomb (preregistration) livestreaming

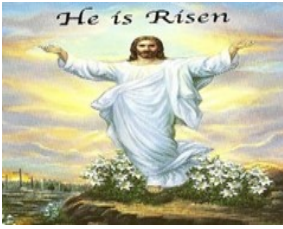
#### **HOLY SATURDAY, APRIL 3**

**(Abstinence from meat and foods that contain meat recommended)**

10:00 a.m. – Paschal Service in Glentworth: Paschal Matins and Divine Liturgy followed by Blessing of Easter Baskets (preregistration)

**4:30 p.m. – Nadhrobne Service, followed by Blessing of Easter Baskets in The Hall of St. Athanasius Parish (preregistration by calling Rosanne Miller @ 543-5773) livestreaming**

## EASTER SUNDAY, APRIL 4



**PASCHA: THE FEAST OF THE RESURRECTION OF OUR LORD GOD AND SAVIOUR, JESUS CHRIST: No fasting or abstinence from foods!!!**

**8:30 a.m. – RESURRECTION MATINS followed by Divine Liturgy and blessing of Easter Baskets at St. Athanasius (preregistration by calling Rosanne Miller @ 543-5773) livestreaming**

**1:30 p.m. - Resurrection Matins followed by Divine Liturgy with blessing of Easter Baskets in Moose Jaw (preregistration)**

**7:00 p.m. - Easter Concert performed by Soprano Alla Gof Tymishak – Cantata: “Exultate Jubilate” by W.A.Mozart, livestreaming only**

## MARCH FOOD BANK ITEM: *Juice*



**The Blessing and distribution of Pussy Willows** will follow today's Liturgy. Please, limit one branch of willows per family.



**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.



**Thank you to St. A's Parish for the meat trays. Thank you to everyone for the cards, phone calls and messages, on the passing of our brother Harold. May God Bless You. GLORY BE FOREVER.**

***Marie, Walter, Marianne Brigidear & Family***

**PRIEST'S EASTER GIFT** is a gift of love and a tax receipt **cannot** be issued. If issuing a cheque, please make it payable to Fr. Vasyl Tymishak.



March/April 2021 GREETERS	
March 28	Rosanne Miller & Kevin Korchinski
April 02	Good Friday - Rosanne Miller
April 04	Easter Sunday – Mark & Karen Woitas
April 11	Maggie Stephen & Bernice Bzdell
April 18	Kevin Korchinski & Len Markewich
April 25	Terry & Rosanne Miller

**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. 28 (**today**): Phyllis Lukey; Peter & Marion Federko

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

Apr. 11: Phyllis Lukey; Alla Gof

Apr. 18: Peter & Marion Federko; Len & Anna Markewich



### NEW 2021 Easter CD:

**“Christ is Risen! Indeed He is Risen! Христос Воскрес! Воістину Воскрес!”**

St. Athanasius Parish, Regina, Sk. is very pleased to offer a new CD of traditional Easter songs and hymns, in both English and Ukrainian!

This recording was recently completed by several members of our Parish Choir while following the 2021 pandemic protocols including wearing masks and physical distancing while recording. This was an intensive labour of love. The music that resulted is a

heartfelt expression of the Joy of the Resurrection that we wish to share with you!

We hope that these traditional uplifting songs will bring a sense of new beginnings for you personally as we share this together in our homes this Easter Season and into the years to come. May this music also connect us to our past – our parents, grandparents, great-grandparents and Priests in our communities who kept the richness of the Ukrainian Easter hymns, along with our beautiful traditions, alive through generations.

We are guided to center our focus on seeing our Resurrected Christ in all things, earthly and heavenly! The pandemic year has brought hardships and changes to all parts of our lives. With the Risen Christ at our side, we move forward and through to a renewed creation.

*"All things are now filled light, Heaven and earth and the world beneath. So let all creation celebrate Christ's own Resurrection, for in Him is its strength."* (from Ode 3, Paschal Matins)

Our intention is to provide each St. Athanasius Parish household a CD as our gift to you. Extra physical CD's are available by contacting us at [stathanasius@sasktel.net](mailto:stathanasius@sasktel.net) or call parish **office** at 306-543-8008 (Tuesday-Thursday 10:00 a.m. – 2:00p.m.)

If a digital download is your preference, please contact Fr. Vasyl at [vasyltymishak@gmail.com](mailto:vasyltymishak@gmail.com) and a link will be sent to you for a download. In addition, words to these songs are on St. Athanasius website: <https://st-athanasius.ca/nl/liturgical-text>

Here is a sample of the kind of hymns you can expect to hear on this Easter CD <https://st-athanasius.ca/nl/new-easter-cd-2021>

We wish you Peace and Joy this Easter Season and beyond!

Christ is Risen! Indeed He is Risen! Христос Воскрес! Воістину Воскрес!

With Paschal Joy,

*Singers & Fr. Vasyl*



### Easter Food Basket

It is traditional that during the Great Fast (Lent), the faithful fast and abstain from meat and dairy products as much as possible. To show their joy and gratitude at the end of this time of fasting, people take to Church baskets of food which are to be blessed and then consumed on Easter morning to "break-fast". The traditional Ukrainian Easter morning breakfast of hard-boiled eggs, various meats, sausages and ham, butter, decorative paska, salt, horseradish, and cheese is a very special treat. This meal is very much looked forward to, especially in light of the symbolism of the foods that are consumed. In the Ukrainian tradition, the Easter basket foods symbolize:

**Paska — Christ, Our Bread of Life**  
**Eggs — New Life and the Resurrection of Christ**  
**Horseradish — The Passion of Christ**  
**Bacon — God's Mercy**  
**Cheese — the moderation that Christians should show in all things**  
**Salt — The duty of Christians to others**  
**Ham — The great Joy and abundance of Easter**  
**Butter — The goodness of Christ**  
**Kovbasa — God's favor and generosity**

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**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 21: 15 regular envelopes - \$1025; 3 Building Fund envelope - \$240; 1 Easter Flowers envelopes - \$30; 1 Initial Offering envelope – 5; 1 Visitor envelope - \$50.**  
**E-Sunday Collections & E-transfers: 2 regular donations - \$40.**

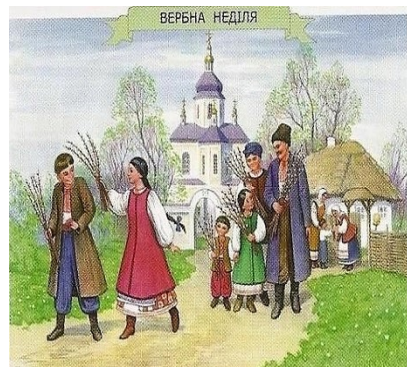
## Palm Sunday



The Holy Week before Easter begins with Palm Sunday, also known as Willow Sunday (Flowery Sunday). In the liturgical hymns of Palm Sunday, we sing of the children of Jerusalem, who greeted Christ as King even though the Pharisees and scribes refused to accept Him: "O, evil and adulterous generation, why have you treated your Lord so faithlessly? ... Why have you rejected the prophet's words which proclaim him? Your own children sang to your shame today: 'Hosanna to the son of David! Blessed is he who comes in the name of the Lord!'"

Just as the people greeted Christ with branches from trees, so Christians also greet Christ with "palms of virtue" as he enters upon his voluntary Passion.

This day commemorates the triumphant entrance of Jesus into the city of Jerusalem, when so many proclaimed Him "King" and placed palm branches on the ground in the path of His travel. In Ukraine, it was often very difficult to obtain palms for this day, so pussy willow branches were substituted. The pussy willow was one of the first trees to show signs of early spring life, so its branches were selected as the ones to be blessed at Sunday services and distributed to the faithful. After Palm Sunday services, it was customary for Ukrainians exiting church to gently tap each other with the blessed pussy willow branches.



But the tapping of friends with the pussy willow branches was actually a wish for good preparation for Easter time, a wish for good health, wealth and happiness. The tapping was usually accompanied by the phrase: "Не я б'ю – верба б'є, за тиждень – Великдень!" "The willow is hitting, I'm not hitting, one week from today, it will be Easter" The blessed willow branches were then taken home and were placed in front of, behind or above holy pictures in the home. These branches would replace the branches that had been placed the previous year. The branches which were taken down were carefully burned.