



Sunday, March 6, 2022

**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

Parish Office: 306-543-8008

Website: www.st-athanasius.ca

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

E-mail: stathanasius@sasktel.net

Parish Council President – Kevin Korchinski

Cell phone (call or text) @ 306-539-3935

UCWLC President - Josie Vantour

UCBC President - Mark Woitas

Knights of Columbus – James Empey, Grand Knight

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

E-mail: kevin@osac.ca

Seniors' Club President – Angie Lawryk

Ultimate A&B Youth - Lesia Lazurko

ROSARY: Sunday – 9:10 a.m. (livestreaming)

DIVINE LITURGY: Sunday - 9:30 a.m. for the faithful. (livestreaming)

Weekday Liturgies – as scheduled

Confessions before every Divine Liturgy & Week Day Liturgies – As per the schedule

MEMBERSHIP AT ST. ATHANASIUS PARISH is recognized by participating in the Sunday Divine Liturgy and by fulfilling your baptismal responsibility in contributing to our Church Community activities by using your time, talents and treasures. Regular financial donations by use of Sunday envelopes is necessary for our parish to grow and prosper.

Please contact Fr. Vasyl if you know of any parishioner who is sick and wants to be visited.

St. John Paul II Syro-Malabar Parish – Fr. Daris Cherian

Phone: 1-416-262-9670

Parish Council Trustee – Arun Abraham Phone: (1-306-891-4302)

E-mail: daris.cherian@gmail.com

E-mail: abru.arun@gmail.com

MASK FRIENDLY ENVIRONMENT

Please respect each other's choice whether or not they wear a mask.

Thank you for your consideration.



UPDATE ON PUBLIC HEALTH ORDERS FOR SASKATCHEWAN

Effective February 28, 2022

- » All COVID-19 public health orders have now ended for everyone in Saskatchewan.
- Masking is no longer mandatory in all indoor public spaces including schools, establishments, businesses and event venues.
- Rapid test kits will continue to be available at over 600 locations across the province.

saskatchewan.ca/COVID19 #COVID19SK

Saskatchewan



**СЛАВА ІСУСУ ХРИСТУ! СЛАВА НАВІКИ!
GLORY BE TO JESUS CHRIST! GLORY BE FOREVER!**

Due to the Omicron Variant on the rise, the parish has decided to postpone coffee after Sunday Divine Liturgy until further notice.

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 our services by visiting our website and clicking on the Livestream icon: <https://st-athanasius.ca/> or on Facebook:

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

FIRST SUNDAY OF THE GREAT FAST
- The Sunday of Orthodoxy

INSTEAD OF 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.

INSTEAD OF 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 8): You came down from on high, O Merciful One, and accepted three days of burial to free us from our sufferings. O Lord, our life and our resurrection, glory be to You.

TROPAR FIRST SUNDAY OF LENT (Tone 2): We pay homage to Your undefiled image, Good Lord, and beg pardon for our faults, Christ our God. By Your will You chose to mount the cross in Your flesh to free Your creatures from slavery to the enemy. For this we gratefully cry out to You: “By coming to save the world, our Saviour, You filled all things with joy.”

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

KONDAK OF FIRST SUNDAY OF LENT (Tone 8): The uncircumscribed Word of the Father became circumscribed by being enfleshed from you, Godbearer. You brought back the stained image to its original state by infusing it with divine beauty. But recognizing our salvation we portray it by word and deed.

PROKIMEN (Tone 4): Blessed are you, and praiseworthy, O Lord, the God of our fathers, and glorious forever is your name.

Verse: For you are just in all you have done.

EPISTLE: A reading from the Epistle to the Hebrews (11:24-26 32-12:2)

Brothers and Sisters! By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter; he wished to be ill-treated along with God's people rather than enjoy the fleeting rewards of sin. Moses considered the reproach borne by God's Anointed greater riches than the treasures of Egypt, for he was looking to the reward. What more shall I recount? I have no time to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets, who by faith conquered kingdoms, did what was just, obtained the promises; they broke the jaws of lions, put out raging fires,

escaped the devouring sword; though weak they were made powerful, became strong in battle, and turned back foreign invaders. Women received back their dead through resurrection. Others were tortured and would not receive deliverance, in order to obtain a better resurrection. Still others endured mockery, scourging, even chains and imprisonment. They were stoned, sawed in two, put to death at sword's point; they went about garbed in the skins of sheep or goats, needy, afflicted, tormented. The world was not worthy of them. They wandered about in deserts and on mountains, they dwelt in caves and in holes of the earth. Yet despite the fact that all of these were approved because of their faith, they did not obtain what had been promised. God had made a better plan, a plan which included us. Without us, they were not to be made perfect. Therefore, since we for our part are surrounded by this cloud of witnesses, let us lay aside every encumbrance of sin which clings to us and persevere in running the race which lies ahead. Let us keep our eyes fixed on Jesus, who inspires and perfects our faith.

ALLELUIA VERSE: *Moses and Aaron are among His priests and Samuel among those who call upon His name.*

They called upon the Lord, and he answered them.

GOSPEL: John 1: 43-51

At that time Jesus set out for Galilee, but first he came upon Philip. "Follow me," Jesus said to him. Now Philip was from Bethsaida, the same town as Andrew and Peter. Philip sought out Nathanael and told him, "We have found the one Moses spoke of in the law -- the prophets too -- Jesus, son of Joseph, from Nazareth." Nathanael's response to that was, "Can anything good come from Nazareth?" and Philip replied, "Come, see for yourself." When Jesus saw Nathanael coming toward him, he remarked: "This man is a true Israelite. There is no guile in him." "How do you know me?" Nathanael asked him. "Before Philip called you," Jesus answered, "I saw you under the fig tree." "Rabbi," said Nathanael, "you are the Son of God; you are the king of Israel." Jesus responded: "Do you believe just because I told you I saw you under the fig tree? You will see much greater things than that." He went on to tell them, "I solemnly assure you, you shall see the sky opened and the angels of God ascending and descending on the Son of Man."

INSTEAD OF 'It is truly right': In you, Lady full of grace, all creation rejoices, the world of angels and the human race. Sanctified temple, spiritual paradise, boast of virgins, God took flesh from you and became a child; He was God before the ages. He made your womb a throne and made it more encompassing than the heavens. In you, Lady full of grace, all creation rejoices, glory be to you.

COMMUNION HYMN: Praise the Lord from the heavens, praise Him in the highest.
Exult, you just, in the Lord; praise from the upright is fitting. Alleluia! Alleluia! Alleluia!

LITURGICAL SCHEDULE March 7 – March 13, 2022

Monday, March 7 - Basil and Others (284-305); Readings: Genesis 3:21-4:7; Proverbs 3:34-4:22;
6:30pm Liturgical Service followed by catechism

Tuesday, March 8 - Our Venerable Father and Confessor Theophilactus, Bishop of Nicomedia (c. 845)
Readings: – Genesis 4:8-15; Proverbs 5:1-15; Isaiah 43:9-14; Wisdom 3:1-9; Wisdom 5:15-6:3;
10:00 a.m. Liturgical Service

Wednesday, March 9 - The Holy Forty Martyrs of Sebaste (321-23) Readings: Isaiah 5:16-26; Presanctified
– Genesis 4:16-26; Proverbs 5:15-6:3; Hebrews 12:1-10; Matthew 20:1-16

5:15 p.m. Sorokousty – Presanctified Liturgy (intention for +Yurij Lazurko, requested by Dorothy Lazurko) - *livestreaming*

Thursday, March 10 - The Holy Martyr Codratus and Those with Him (249-51) Readings: Isaiah 6:1-12; Genesis 5:1-24; Proverbs 6:3-20;
10:00 a.m. Liturgical Service


Friday, March 11 - Our Holy Father Sophronius, Patriarch of Jerusalem (638) Readings: Isaiah 7:1-14; Presanctified – Genesis 5:32-6:8; Proverbs 6:20-7:1;
5:30 p.m. Stations of the cross - *livestreaming*

Saturday, March 12 - Second Saturday of the Great Fast: All Souls Saturday; 1 Thessalonians 4:13-17; John 5:24-30
10:00 a.m. Sorokousty – Divine Liturgy & Panakhyda - *livestreaming*

Sunday, March 13 - Second Sunday of the Great Fast: St. Gregory of Palamas. Tone 1. The Divine Liturgy of St. Basil the Great is celebrated today. Hebrews 1:10-2:3; Mark 2:1-12
9:10 a.m. Rosary *livestreaming*
9:30 a.m. Divine Liturgy of St. Basil for faithful *livestreaming*
1:30 p.m. Divine Liturgy in Moose Jaw

POPE'S PRAYER INTENTION FOR MARCH: For a Christian response to bioethical challenges – *We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.*

MARCH FOOD BANK ITEM – JUICE

 <i>FEBRUARY/MARCH GREETERS</i>	
March 6	Carl & Linda Korchynski
March 13	Terry & Rosanne Miller
March 20	Mark & Karen Woitas
March 27	Kevin Korchinski & Len Markewich

ST. ATHANASIUS PARISH'S ANNUAL GENERAL MEETING will be held immediately following Divine Liturgy on Sunday, March 27, in the parish auditorium. Coffee, muffins and cheese will be provided. As per terms in our Parish Constitution, the announcement of executive positions must be written in the bulletin for the three weeks preceding the meeting. The following are the proposed executive positions: **President** – Len Markewich (first year of two year term); **Vice-President** – Basil Kuzyk (first year of two year term); **Secretary** – Linda Korchynski (completing her second year of a two year term); **Treasurer** – Doris Gordon (completing her second year of her second term) **Past President** – Kevin Korchinski. If you wish to nominate someone for any of these positions, please contact either Fr. Vasyl at 306-519-9030 or Rosanne Miller at 306-543-5773.

AGM reports will be available after Liturgy each Sunday prior to the meeting or can be picked up at the parish office. If you would prefer a copy to be dropped off at your house, please contact the St. A's office

at 306 – 543 – 8008 to leave your name and current address before March 10. We will be delivering copies March 12 and 13 as requested.



SYMPATHY AND CONDOLENCES are extended to Phyllis Lukey on the death of her mother, Mary Kachur, on Friday, February 25th, in Canora SK. The funeral was held of Friday, March 4th, 2022 at Leson's Funeral Home, Canora SK
Вічна Пам'ять – Vichnaya Pamyat! Eternal Memory!

SYMPATHY AND CONDOLENCES are extended to Judy and Alice Kohut on the death of their mother, Paul and Frances Hladun and family on the death of his sister, Cassie Kohut, who passed away peacefully on Sunday, February 13th. Funeral service was held for family and friends on Tuesday, February 22nd, at 10:00 A.M. from the Victoria Avenue Funeral Home, 2080 Victoria Ave. Regina SK. Interment to follow in Canora, SK. cemetery on Thursday, February 24th, at 1:00 P.M. with Father Rac officiating.

Вічна Пам'ять – Vichnaya Pamyat! Eternal Memory!



SOROKOUSTY SERVICES – ALL SOULS SATURDAYS

Sorokousty Services (All Souls Saturdays) will be celebrated this year on, March 12th, March 19th and June 4th.

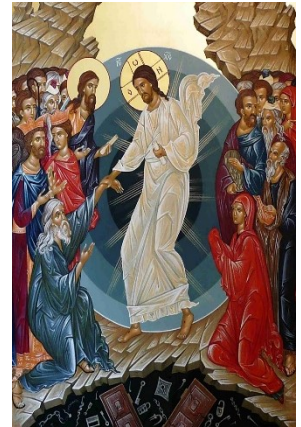
The word "Sorokousty" literally means "forty mouths" (*sorok = forty; ust = mouth*). Originally, this was a prayer service offered by forty mouths or by forty priests especially in Lenten time.

Sorokousty or All Souls Saturdays services have been celebrated for the deceased by holding Liturgies, panakydas or parastas for them in five Saturdays (*This year only four Saturdays are scheduled because The Feast of The Archangel Gabriel replaces the fourth All Souls Saturday, but for pastoral reason a Panakhyda may be sung on that day*).

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 Maggie @ 306-543-8008, or see her in the parish office Tuesday-

Thursday 10:00 a.m. – 2:00p.m. The recommended scheduled of offerings for Sorokousty is \$10.00.



STATIONS OF THE CROSS

Led by the Youth and Young Adults

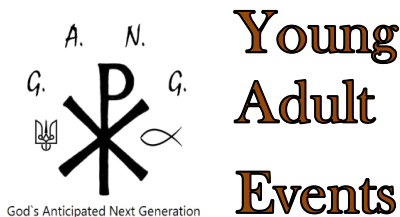
Calling all youth and young adults! We are looking for those available to lead the Stations of the Cross throughout this Lenten Season on:

Friday, March 11 – Time: 7pm at St. Basil's Parish

Friday, March 18th – Time: 7pm at St. Athanasius Parish

Friday, April 1st – Time: TBA in Moose Jaw

If you are available to lead, please send Lesia an email to ultimateaandb@hotmail.com by the Thursday prior to the date noted above.



Young Adult Events

Age 18 - 35ish

March/April

Leading Stations of the Cross

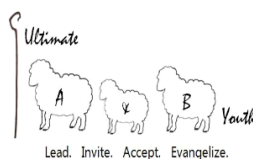
(See poster for details)

May

14th from 7-9pm Location: TBD

Year-end Wind-up

June 10 or 11 (Details to follow)



Youth Events

Grade 7-12

March/April

Leading Stations of the Cross

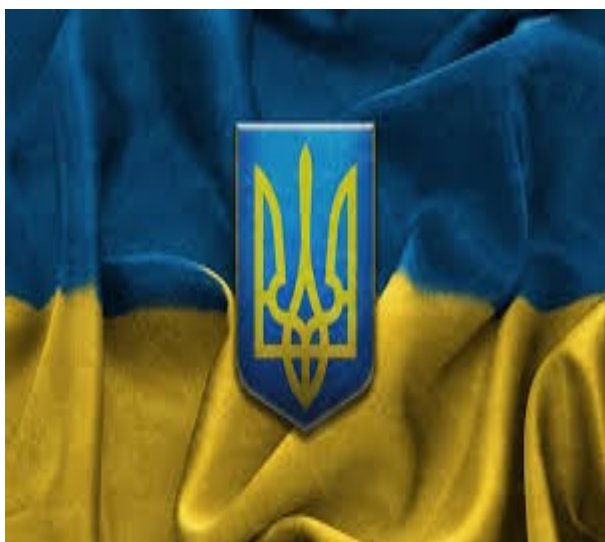
(See poster for details)

May

13th from 7:15-9:15pm at St. Athanasius
Parish

Year-end Wind-up

June 10 or 11 (Details to follow)



AID TO UKRAINE:

As we witness the horrors occurring throughout Ukraine many are asking, how they can help.

St Athanasius has created the Aid for Ukraine Appeal that will run throughout March. Anyone who wishes to donate can do so in person, using the Aid for Ukraine envelopes available at the church, or online using "Aid for Ukraine Appeal" and your envelope number in the message box. All donations will be included on your 2022 Income Tax receipt. Also, you may e-transfer, to stathandeposit@sasktel.net. Please note you are non-parishioner making a donation, please to **complete the message field** stating donation to Aid to Ukraine, your complete name and address so we can mail a receipt to you at the end of the year.

St. Athanasius will then forward the collected funds to Catholic Near East Welfare Association (CNEWA), an organization with strong ties to Ukraine as well as having a strong local

organization as a partner. CNEWA also has a generous donation that will match funds up to \$250,000.

Obviously, time is critical, and your generosity is much appreciated and needed by Ukraine.

To see and read information regarding CNEWA the link is [Help the People of Ukraine Survive the War - CNEWA Canada](#)

Thank You and God Bless,
St. Athanasius Parish Council

**St. Basil Ukrainian Catholic Church &
St. Athanasius Ukrainian Catholic Church
Regina Lenten Mission**

with **Most Rev. Peter Stasiuk, CSsR, Bishop Emeritus**



Our presenter will be **Bishop Stasiuk, CSsR**, who served as the second Eparchial Bishop of the Ukrainian Catholic Eparchy of Saints Peter and Paul of Melbourne, Australia, from 16 Dec 1992 to 15 Jan 2020, and is now retired at St. Mary's in Yorkton, SK.

Each year, the two Regina parishes jointly organize their Lenten Mission together. This year our Lenten Mission will take place on **Tues/Wed, March 22nd & 23rd at St. Basil Parish**, and will continue **Thurs/Fri, March 24th & 25th at St. Athanasius Parish**.

at St. Basil Church:

Tues, March 22, 2022:

- 6:00-7:30pm: Confessions
- 7:00-7:30pm: Akathist Hymn
- 7:30-8:00pm: Mission Talk "Exploring the Riches of the Bible through the Ukrainian Catholic Church" – with Bishop Peter
- 8:00-9:00pm: Further Discussion & Social

Wed, March 23, 2022:

- 6:00-7:00pm: Confessions
- 7:00-8:30pm: Liturgy of the Presanctified Gifts + Mission Homily "Unique Byzantine and Ukrainian Catholic Spirituality through Scripture"
- 8:30-9:00pm: Further Discussion & Social

at St. Athanasius Church:

Thurs, March 24, 2022:

- 6:00-7:30pm: Confessions
- 7:00-7:30pm: Akathist Hymn
- 7:30-8:00pm: Mission Talk "What Must We Do Move Forward from Covid to Rebuild the Church & Community?" – with Bishop Peter
- 8:00-9:00pm: Further Discussion & Social

Fri, March 25, 2022:

- 6:00-7:00pm: Confessions
- 7:00-8:30pm: Feast of the Annunciation Divine Liturgy + Mission Homily "Mary, Mother of the Ukrainian Catholic Church"
- 8:30-9:00pm: Further Discussion & Social

Sessions are not repeated, although interrelated to one another.

For more information call: St. Basil Parish (306) 590-7900 or St. Athanasius Parish (306) 543-8008
info@stbmd.ca or stathanasius@sasktel.net

February 2022 Parish Council Highlights

Hello everyone,

As a way to improve communication with all of you as St. Athanasius Parishioners, we will be including a brief recap of the recent Parish Council meeting. If there is other information you would like to know about do not hesitate to contact Parish Council.

Financial Update

Inquiries regarding the balance of accounts is available by contacting the Parish office.

Business Arising

- The website re development continues as Father has looked at a first draft and will continue working with the developer on improvements.
- The snow pile on the South side of the building has been removed.
- We will be meeting with our security company regarding the purchase of outdoor security cameras for the Parish complex and the rectory.
- Father Vasyl has been in contact with an Iconographer from Italy to create photo Icons that will be affixed to the upper windows at the front entrance. There is a local contact who will do the installation.
- There will be a First Reconciliation Program with coffee and cupcakes to celebrate our First Communicants. Watch for more details in the bulletin.
- The Eparchial Pastoral Council (EPC) met Feb 12 and a decision was made to start having District Forums as a way to better connect the Eparchy with the Parish Districts. Watch for details in the upcoming months.

Other News and Business

- St. Basils and St. Athanasius will have a shared Lenten Mission from March 22 – March 25 with March 24 and 25 being at our Parish. Bishop Peter Stasiuk, now living in Yorkton, will be leading this year's mission.

New Business

- Support for Ukraine – we will be announcing a program for donations to support Ukraine in the coming days.
- Restarting Coffee – we will be waiting until March 13 at the earliest to get a few weeks of data before restarting coffee
- Mask Policy – while the Provincial mandates have expired, St. Athanasius will continue to encourage mask wearing while entering the Parish and during Liturgy. If you choose to remove your mask we ask that you wait until you are seated.

Thanks for your continued support as we are still negotiating this pandemic.

St. Athanasius Parish Council

Food Safe Level 1 Training Course



Safe Food Handling

Did you know that 4 million Canadians will suffer from food poisoning this year?

Although most people fully recover, food poisoning can result in long-term health problems such as chronic arthritis and kidney failure; and sometimes even death.

You can protect yourself and your loved ones by taking simple, yet effective, steps when handling, storing, preparing and shopping for food.

This is a beginners' introduction to food protection. Reviewing and understanding the circumstances that cause it, and how this can be prevented. In Saskatchewan, the Food Safety Program is everyone's responsibility, including "Individuals preparing food for themselves or their family and friends."

*"Section 10 of The Public Eating Establishment Regulations requires at least one "qualified" person to be working in the public eating establishment at all times when food is being prepared or served. To be "qualified" one must successfully complete a food sanitation course recognized by Saskatchewan Health or a public health officer of the local health district." **This course qualifies your workers!***

March 19th, Saturday, 2022
St Basil's Ukrainian Catholic Parish Centre
1717 Toronto Street, Regina
9:30 am - 4:00 pm
\$75.00 per person
Payments in advance to "St. Basil Church"
(Includes the Food Safe Book, registration, certificate, and Provincial Exam)

To Register before Mar 16th contact: Fr. Warren Dungen – (306) 590-7900 wdungen@gmail.com



REKINDLE THE FLAME: A Men's

BISHOP BUDKA 5914

INVITES YOU TO JOIN US FOR AN
EVENING OF PRAYER & GOOD FOOD

WHEN: FRIDAY APRIL 1, 2022

WHERE: ST. BASILS CHURCH/PARISH CENTER
1747 TORONTO ST

WHAT: 5:00pm LENTEN SERVICE IN THE CHURCH
5:45pm SUPPER IN THE PARISH CENTER

MENU: *POTATO CRUSTED COD, SIDE DISHES, COLESLAW, DESSERT*

COST: ADULTS - \$20.00, YOUTH (12 AND UNDER) - \$10.00

ALL TICKETS MUST BE PURCHASED BY SUNDAY MARCH 20.

TICKETS CAN BE PURCHASED FROM A KNIGHTS MEMBER BEFORE/AFTER ALL LITURGIE OR BY
CALL/TEXT BRIAN 306-791-0086

E-TRANSFERS ARE WELCOME: bdstadnyk@sasktel.net "FISH FRY"

YOUTH RALLY AT ARCHBISHOP O'NEILL HIGH SCHOOL: Saturday, March 26th



NOTICE: Although though there are no restrictions on numbers who can attend church services, some people are not comfortable in group settings, therefore we continue our livestreaming of services. Our parish expenses continue and it would be very much appreciated if you could continue to support the parish. There are a few options available to you: drop off your envelope at 54 McMurphy Avenue, mail in your cheque to 55 McMurphy 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 27: 31 Sunday donation envelopes - \$2275; 3 Building Fund envelopes - \$110; 1 Initial Offering envelope - \$5; 1 Visitor envelope - \$10; Loose Change - \$40.
E-Transfers – 8 Regular donations - \$1450.

WEEKLY BULLETIN MATERIAL:

PROLIFE PRAYERS for March and April 2022 from the Eparchial Family and Life Office

Pro-life Personal Prayer Intentions for the weeks of the Great Fast

March 6 – 1st Sunday of Lent Sunday of Orthodoxy—

When we are confronted with the Culture of Death, Lord help us remember and pray, "The Lord is the stronghold of my life; of whom shall I be afraid?" We pray for moral courage to confront and fight injustice wherever we might encounter it. We begin by asking You to help us in our daily lives, to treat all persons with the dignity of ones who bear your image. As we gaze upon your holy icons, we especially pray in repentance for the sins of using other human beings through our lust, sexual sins and pornography which distorts and wounds our ability to receive You and see You in others.



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)*

THE MAIN RULE OF FASTING – “DO NOT EAT EACH OTHER...”

Lent - the Great Fast - begins forty days before Palm Sunday, on the Monday after Forgiveness Sunday (Cheese-Fare Sunday), and lasts until the Friday preceding Palm Sunday.

Holy Week is a special Fast in honor of our Lord's Passion, and lasts from the evening of Palm Sunday until Holy Saturday inclusive.

According to the decisions of the Episcopal Synods of Ukrainian Greek Catholic Church the minimum prescriptions for fasting are:

1. On the first day of the Great Lent and on Good Friday there is a strict fasting. It is necessary to refrain from using foods and dishes containing meat, milk, eggs.
2. In other weeks of Great Lent: on Mondays, Wednesday and Friday should be kept from foods and meals containing meat; as well on Holy Saturday.
3. Tuesday, Thursday, Saturday, and Sunday are allowed all types of food and dishes.

Prayer & Good Works: All faithful are urged to attend, besides the regular Sunday and Holiday services, the special services of the Great Lent. They are exhorted to perform Christian and penitential deeds of charity.

Following the Church's recommendations about fast, we do not only fast from food, in today's world, we also need to fast from television, internet, computer, games or anything else that prevents us from hearing God's voice of Gospels.

All that the Church recommends to observe regarding the fasting is solely for the welfare of the faithful. It must be understood that the requirements for fasting are recommended only to healthy Christians who do not have any dependence on work, road, training, pregnancy, and much more. Following all previous rules, the Church, considering the present-day life and circumstances, prescribes all the recommended requirements for fasting on the conscience, conditions and current circumstances of the life of Christians.

Have a great Lenten Journey!!



Let us pray for peace
and the lives of our
brothers and sisters in
Ukraine.



Ukrainian Catholic Eparchy of Saskatoon Українська Католицька Єпархія Саскатуну

214 Avenue M South Saskatoon, SK S7M 2K4 Canada
Office: (306) 653-0138 ext. 221 or 222 Fax: (306) 665-2569
email: admin.skeparchy@sasktel.net

Glory to Jesus Christ!

Reverend Fathers and Beloved Faithful of the Ukrainian Catholic Eparchy of Saskatoon,

As of this morning, 2022-02-24, Russian forces have commenced missile strikes throughout Ukraine in preparation for what is likely a full-scale invasion. We call upon all of you to pray for Ukraine, for the government and the Ukrainian armed forces, for His Beatitude Sviatoslav, our bishops, clergy and religious, for our brothers and sisters in Christ, our relatives, and for the entire Ukrainian people.

Reverend Fathers, we ask you to spend whatever time you can in our churches, in both silent and public prayer. Please keep our churches open throughout the day, so that the faithful may come to pray together with you.

May the Spirit of Peace and Truth prevail!

Most Holy Theotokos save us!

Bishop Bryan Bayda and Eparchial Chancery staff



Слава Ісусу Христу!

Всечесні отці та Дорогі Вірні Української Католицької Єпархії Саскатуну,

Сьогодні зранку російські сили розпочали ракетні удари по Україні в підготовці до правдоподібної повномасштабної інвазії. Ми закликаємо вас до молитви за Україну, за її владу та збройні сили, за Блаженнішого Святослава, наших владик, духовенство і богопосвячених осіб, за наших братів і сестер в Христі, за наших рідних і за весь український народ.

Всечесні отці, скільки час дозволить, просимо Вас перебувати у наших храмах на молитві, як тихій, так і спільній. Ласкаво відкрийте наші храми впродовж дня, щоб наші вірні могли стати на молитву разом з вами.

Хай Дух Миру і Правди переможе!

Пресвятая Богородице, спаси нас!

Єп. Браєн, та члени Єпархіарльної Курії

Appeal of His Beatitude Sviatoslav on outbreak of war

Thursday, 24 February 2022

Today we solemnly proclaim: “Our soul and body offer we for our freedom! With one heart we pray: “Lord, Great and Almighty, protect our beloved Ukraine!”

Beloved in God people of Ukraine!

Our country is in danger again!

The treacherous enemy, despite his own commitments and assurances, breaking the basic norms of international law, as an unjust aggressor, stepped on Ukrainian soil, bringing with him death and destruction.

Our Ukraine, which the world fairly called "lands of blood", which has been so many times sprinkled with the blood of martyrs and fighters for the freedom and independence of its people, calls us today to stand up for it - to defend its dignity before God and humanity, its rights for existence and the right to choose one's future. It is our natural right and sacred duty to defend our land and our people, our state and all that is dearest to us: family, language and culture, history and the spiritual world! We are a peaceful nation that loves children of all nations with Christian love, regardless of origin or belief, nationality or religious identity. We do not infringe upon others and do not threaten anyone, but we have no right to give our own to anyone! At this historic moment, the voice of our conscience calls us all as one to stand up for a free, united and independent Ukrainian State!

The history of the last century teaches us that all those who started world wars lost them, and the idolaters of war brought only destruction and decline to their own states and peoples.

We believe that in this historic moment the Lord is with us! He, who holds in his hands the fate of the whole world and of each person in particular, is always on the side of the victims of unjust aggression, the suffering and the enslaved. It is He who proclaims His holy Name in the history of every nation, captures and overthrows the mighty of this world with their pride, the conquerors with the illusion of their omnipotence, the proud and insolent with their self-confidence. It is He who grants victory over evil and death. The victory of Ukraine will be the victory of God's power over the meanness and arrogance of man! So it was, is and will be!

Our holy Church-Martyr has always been and always will be with its people! This Church, which has already survived death and resurrection, as the Body of the Risen Christ, over which death has no power, the Lord gave to his people in the baptismal waters of the Dnipro River.

Since then, the history of our people and its Church, the history of their liberation struggles, the history of the incarnation of God's Word and the manifestation of His Spirit of truth in our culture have intertwined forever. And in this dramatic moment, our Church, as a mother and teacher will be with its children, will protect them and serve them in the name of God! In God is our hope and our victory will come from Him!

Today we solemnly proclaim: "Our soul and body offer we for our freedom! With one heart we pray: "Lord, Great and Almighty, protect our beloved Ukraine!"

Holy righteous people, martyrs and confessors of the Ukrainian land, pray and intercede for us before God! God's blessing be upon you!

+ Sviatoslav

Given in Kyiv
at the Patriarchal Cathedral of the Resurrection of Christ,
February 24, 2021 A.D.

Source:

http://news.ugcc.ua/en/articles/appeal_of_his_beatitude_sviatoslav_on_outbreak_of_war_95772.html?fbclid=IwAR3NxZbPSU_GoAJtTxvRm0ppMvZIR1D7zh5M5P7HpHGONAGHsSB0oVQY6J8

ORTHODOXY AND ICONS



TODAY, March 6th, 2022 – First Sunday of the Great Fast is the Sunday of Orthodoxy which celebrates the restoration of the Orthodox use of icons in the Byzantine Empire. But what exactly is "Orthodoxy" and what does it have to do with icons?

Literally the word means "rightly proclaiming" – those who glorify God in the correct manner. The oldest use of this term in the Christian East is in reference to the understanding of the Trinity as expressed in the Nicene Creed. If you could not profess this creed, then you were not Orthodox. Thus, the sixth century Code of Justinian, the compilation of laws in the empire, decreed: "We

direct that all Catholic Churches, throughout the entire world, shall be placed under the control of the Orthodox bishops who have embraced the Nicene Creed.”

Since then the Eastern Churches in the Roman Empire and their offshoots have called themselves Orthodox. There are two major groups of Orthodox Churches: those of the Byzantine tradition, called in English “Eastern Orthodox” and those of the Syriac and Coptic traditions, called “Oriental Orthodox.” The Armenian Church, considered one of the Oriental Orthodox Churches, does not generally use the term as Armenia was not part of the Byzantine Empire.

It was only after the separation of the Greek and Latin Churches in the Middle Ages that the term “Catholic” became more identified with the Western Church and “Orthodox” with the Eastern Churches. To this day, of course, Orthodox use the term “Catholic” and vice versa. Most Greek Catholics continue to use the term “Orthodox” when it appears in their liturgical texts, as well.

As the controversy over icons developed in the Byzantine Empire, many saw the use of icons as a necessary consequence of the Incarnation of Christ as expressed in the Nicene Creed. If the Word of God truly took flesh, He could be depicted in images. As St. John of Damascus wrote, “In the old days, the incorporeal and infinite God was never depicted. Now, however, when God has been seen clothed in flesh and talking with mortals, I make an image of the God whom I see. I do not worship matter; I worship the God of matter, who became matter for my sake, and deigned to inhabit matter, who worked out my salvation through matter. I will not cease from honoring that matter which works my salvation.”

Since the Church saw icons as connected with its faith in the Incarnation, it came to see icons as an expression of the Orthodox faith. Thus, the definitive restoration of icons in Constantinople on the first Sunday of the Great Fast in the year 842 was called “Triumph of Orthodoxy.”