



**Sunday, March 13, 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](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

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](mailto: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)

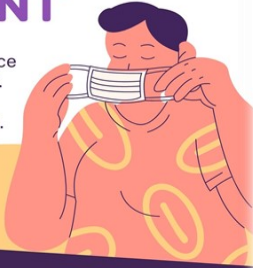
E-mail: [daris.cherian@gmail.com](mailto:daris.cherian@gmail.com)

E-mail: [abru.arun@gmail.com](mailto: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](https://saskatchewan.ca/COVID19) #COVID19SK

Saskatchewan



**Although masks are not mandatory in our parish, we strongly encourage you to continuing wearing a mask!**

**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:**

## SECOND SUNDAY OF LENT

*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 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 OF 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 forever.

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

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

*Brothers and Sisters! 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 work 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 VERSE:** *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 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!



*MARCH GREETERS*

<b>March 13</b>	<b>Terry &amp; Rosanne Miller</b>
<b>March 20</b>	<b>Mark &amp; Karen Woitas</b>
<b>March 27</b>	<b>Kevin Korchinski &amp; Len Markewich</b>

## LITURGICAL SCHEDULE March 14 – March 20, 2022

**Monday, March 14:** Our Venerable Father Benedict of Nursia (547) Readings: [Isaiah 8:13-9:7](#); [Genesis 6:9-22](#); [Proverbs 8:1-21](#);  
6:30p.m. Prayer for Ukraine followed by catechism

**Tuesday, March 15:** The Holy Martyr Agapius and the Six Martyrs with Him (284-305)  
Readings: [Isaiah 9:9-10:4](#); [Genesis 7:1-5](#); [Proverbs 8:32-9:11](#);  
**10:00 a.m. Liturgical Service**

**Wednesday, March 16:** The Holy Martyrs Sabinus and Papas (284-305) Presanctified – [Genesis 7:6-9](#); [Proverbs 9:12-18](#);  
**5:15 p.m. Liturgy of Presanctified Gifts** (intention for +Herold, requested by Brigidear Family) – *livestreaming*

**Thursday, March 17:** Our Venerable Father Alexius, Man of God, Readings: [Isaiah 11:10-12:2](#);  
Vespers – [Genesis 7:11-8:3](#); [Proverbs 10:1-22](#);

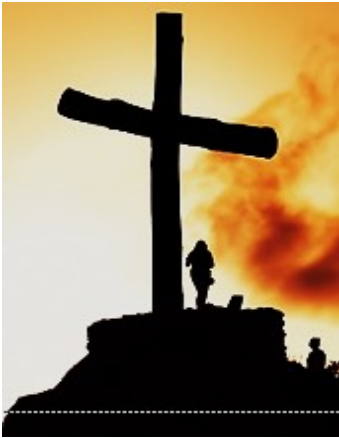
**5:30 p.m. – Pray the rosary in Ukrainian and English for peace in Ukraine - *livestreaming***

**Friday, March 18:** Our Holy Father Cyril, Archbishop of Jerusalem (386) Readings: [Isaiah 13:2-13](#); [Genesis 8:4-21](#); [Proverbs 10:31-11:12](#);  
**7:00p.m. Stations of the Cross led by Regina Youth at St. Athanasius - *livestreaming***

**Saturday, March 19:** All Souls Saturday, Readings: [1 Thessalonians 4:13-17](#); [John 5:24-30](#)  
**10:00 a.m. Sorokousty – Divine Liturgy & Panakhyda - *livestreaming***  
**4:00 p.m. Sorokousty in Moose Jaw**

**Sunday, March 20:** Third Sunday of the Great Fast: Veneration of the Holy Cross. [Hebrews 4:14-5:6](#); [Mark 8:34-9:1](#)  
**9:10 a.m. Rosary *livestreaming***  
**9:30 a.m. Divine Liturgy of St. Basil for faithful *livestreaming***  
**2:30 p.m. Divine Liturgy in Chaplin**

**GENERAL CHURCH CLEANING** will be held on Saturday, March 26, starting at 9:00 a.m. If you are available, your help would be greatly appreciated. Considering a general cleaning has not been done for over two years, one at this time is very much needed.



### 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 18<sup>th</sup> – Time: 7pm at St. Athanasius Parish

Friday, April 1<sup>st</sup> – Time: TBA in Moose Jaw

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

### SOROKOUSTY SERVICES – ALL SOULS SATURDAYS

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

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 schedule of offerings for Sorokousty is \$10.00.

**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.

**PLEASE REMEMBER TO BRING YOUR COPY OF THE AGM BOOKLET WITH YOU IF YOU PLAN TO ATTEND THE MEETING.**

**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**



## **Young Adult Events**

**Age 18 - 35ish**

**March/April**

Leading Stations of the Cross

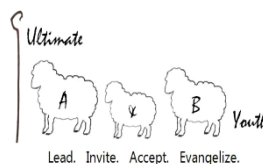
(See poster for details)

**May**

14<sup>th</sup> 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)

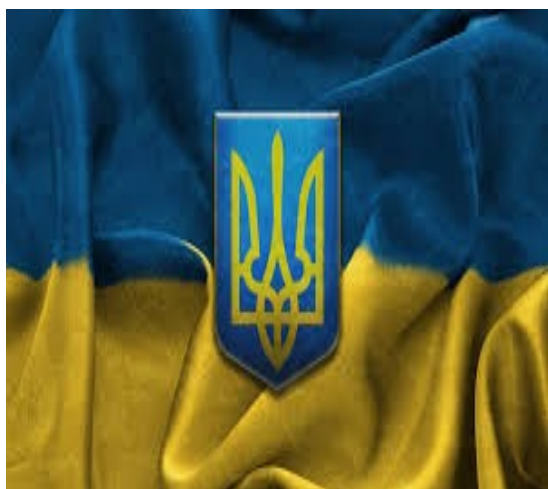
**May**

13<sup>th</sup> from 7:15-9:15pm at St. Athanasius  
Parish

**Year-end Wind-up**

June 10 or 11 (Details to follow)

## **ST. A'S APPEAL FOR 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](mailto: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

## 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 19<sup>th</sup>, 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 16<sup>th</sup> contact: Fr. Warren Dungen – (306) 590-7900 [wdungen@gmail.com](mailto:wdungen@gmail.com)

**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 Emeritus Most Rev. Peter 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 22<sup>nd</sup> & 23<sup>rd</sup> at St. Basil Parish**, and will continue **Thurs/Fri, March 24<sup>th</sup> & 25<sup>th</sup> 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*



**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**

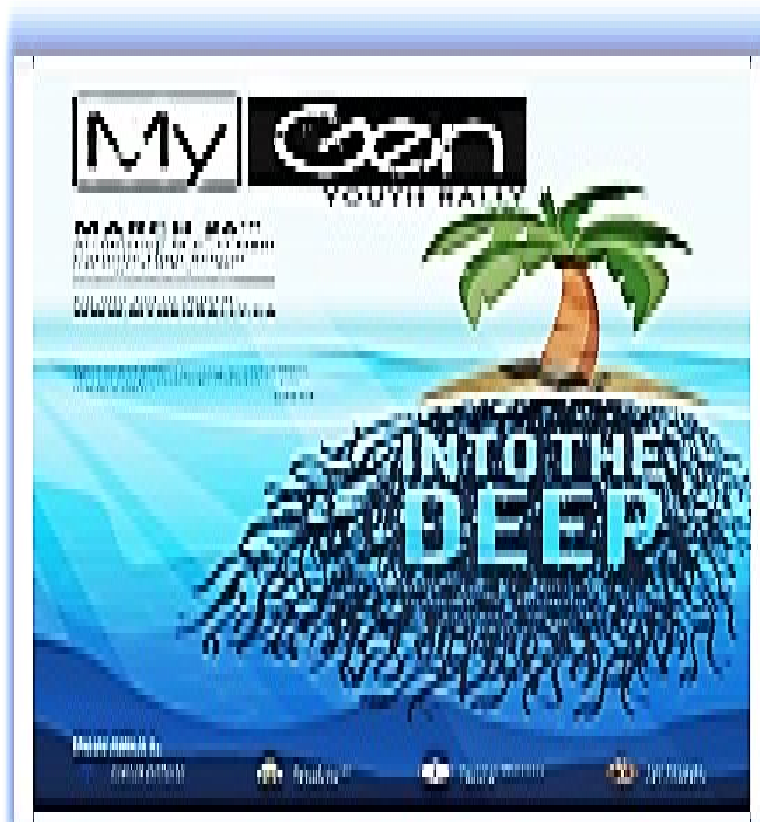


**ALL TICKETS MUST BE PURCHASED BY SUNDAY MARCH 20.**

**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](mailto:bdstadnyk@sasktel.net) "FISH FRY"**

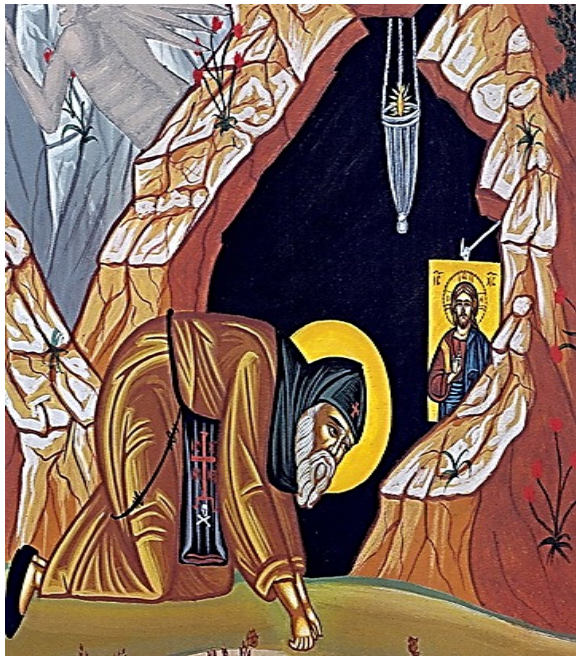
**YOUTH RALLY AT ARCHBISHOP O'NEILL HIGH SCHOOL: Saturday, March 26th**



**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](mailto:stathandeposit@sasktel.net). PLEASE COMPLETE THE MESSAGE FIELD and DO NOT USE ALIAS NAMES WHEN SENDING AN E-TRANSFER DONATION.

**March 6 Donations:** 31 Sunday donation envelopes - \$2,100; 1 Building Fund envelope - \$20; 1 Visitor envelope - \$100; 6 Missions in Canada envelopes - \$100; 6 St. A's Appeal for Ukraine Envelopes - \$640; Loose Change - \$20.

**E-Transfers – 8 Regular donations - \$410; 4 St. A's Appeal for Ukraine - \$1,400; 1 Eparchial charities donation - \$25; 1 Missions in Canada donation - \$25; 1 Building Fund donation - \$50; 10 Pre-Authorized Giving - \$1,675.**



**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)*



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

## SECOND SUNDAY OF LENT – ST. GREGORY OF PALAMAS



On the second Sunday of Lent, the great theologian and ascetic of the Church, [St Gregory of Palamas](#) is remembered. To honour this, I post some words of his on the Holy Icons, taken from his work: *The New Testament Decalogue*.

You shall not make an image of anything in the heavens above, or in the earth below, or in the sea' (cf. Exodus 20.4), in such a way that you worship these things and glorify them as gods. For all are the creations of the one God, created by Him in the Holy Spirit through His Son and Logos, who as Logos of God in these latter times took flesh from a virgin's womb, appeared on earth and associated with men, and who for the salvation of men suffered, died and rose again, ascended with His body into the heavens, and 'sat down on the right hand of the Majesty on High' (Hebrews 1.3), and who will come again with His body to judge the living and the dead. Out of love for Him you should make, therefore, an icon of

Him who became man for our sakes, and through His icon you should bring Him to mind and worship Him, elevating your intellect through it to the venerable body of the Saviour, that is set on the right hand of the Father in heaven.

In like manner you should also make icons of the saints and venerate them, not as gods –for this is forbidden– but because of the attachment, inner affection and sense of surpassing honour that you feel for the saints when by means of their icons the intellect is raised up to them. It was in this spirit that Moses made icons of the Cherubim within the Holy of Holies (cf. Exodus 25.18). The Holy of Holies itself was an image of things supercelestial (cf. Exodus 25.40; Hebrews 8.5), while the Holy Place was an image of the entire world. Moses called these things holy, not glorifying what is created, but through it glorifying God the Creator of the world. You must not, then, deify the icons of Christ and of the saints, but through them you should venerate Him who originally created us in His own image, and who subsequently consented in His ineffable compassion to assume the human image and to be circumscribed by it.

You should venerate not only the icon of Christ, but also the similitude of His cross. For the cross is Christ's great sign and trophy of victory over the devil and all his hostile hosts; for this reason they tremble and flee when they see the figuration of the cross. This figure, even prior to the crucifixion, was

greatly glorified by the prophets and wrought great wonders; and when He who was hung upon it, our Lord Jesus Christ, comes again to judge the living and the dead, this His great and terrible sign will precede Him, full of power and glory (cf. Matthew 24.30). So glorify the cross now, so that you may boldly look upon it then and be glorified with it. And you should venerate icons of the saints, for the saints have been crucified with the Lord; and you should make the sign of the cross upon your person before doing so, bringing to mind their communion in the sufferings of Christ. In the same way you should venerate their holy shrines and any relic of their bones; for God's grace is not sundered from these things, even as the divinity was not sundered from Christ's venerable body at the time of His life-quicken death. By doing this and by glorifying those who glorified God—for through their actions they showed themselves to be perfect in their love for God—you too will be glorified together with them by God, and with David you will chant: *'I have held Thy friends in high honour, O Lord'* (Psalm 139.17 LXX).