



**Sunday, March 20, 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)

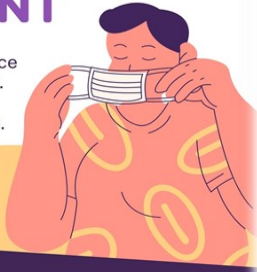
E-mail: [daris.cherian@gmail.com](mailto:daris.cherian@gmail.com)

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 #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:**

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

**THIRD SUNDAY OF LENT**  
**Veneration of the Holy Cross**

**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 2):** When you went down to death, O Life Immortal, You struck Hades dead with the blazing light of Your divinity. When You raised the dead from the nether world, all the powers of heaven cried out: “O Giver of life, Christ our God, glory be to You!”

**TROPAR OF THE CROSS (Tone 1):** Save Your people, O Lord, and bless Your inheritance. Grant victory to Your faithful people against enemies, and protect Your community by Your cross.

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

**KONDAK OF THIRD SUNDAY OF LENT (Tone 7):** The gates of Eden are no more guarded by a blazing sword, for the tree of the cross has gloriously extinguished it, destroying the sting of death and the victory of hell. O my Saviour, You went to those in Limbo crying out, “Return to paradise!”

**INSTEAD OF Holy God, Holy Mighty:** To Your cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

**PROKIMEN (Tone 6):** Save Your people, O Lord, and bless Your inheritance.  
*Verse: Unto You I will cry, O Lord my God, lest You turn from me in silence.*

**EPISTLE:** A reading from the Epistle to the Hebrews (4:14-5:6)

*Brothers and Sisters! Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our profession of faith. For we do not have a high priest who is unable to sympathize with our weakness, but one who was tempted in every way that we are, yet never sinned. So let us confidently approach the throne of grace to receive mercy and favour and to find help in time of need. Every high priest is taken from among men and made their representative before God,*

to offer gifts and sacrifices for sins. He is able to deal patiently with erring sinners, for he himself is beset by weakness and so must make sin offering for himself as well as for the people. One does not take this honour on his own initiative, but only when called by God as Aaron was. Even Christ did not glorify himself with the office of high priest; he received it from the One who said to him: "you are my son; today I have begotten you"; just as he says in another place, "You are a priest forever, according to the order to Melchizedek."


**ALLELUIA VERSES:** Remember the people you long since made your own.  
 Yet, God, my king from the first, author of saving acts throughout the earth.

**GOSPEL:** Mark 8:34-9:1

The Lord said: "If a man wishes to come after me, he must deny his very self, take up his cross, and follow in my steps. Whoever would preserve his life will lose it, but whoever loses his life for my sake and the gospel's will preserve it. What profit does a man show who gains the whole world and destroys himself in the process? What can a man offer in exchange for his life? If anyone in this faithless and corrupt age is ashamed of me and my doctrine, the Son of Man will be ashamed of him when he comes to the holy angels in his Father's glory." He also said to them: "I assure you, among those standing here there are some who will not taste death until they see the reign of God established in power."

**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:** The Light of Your face, O Lord, is raised over us. Alleluia! Alleluia! Alleluia!

 MARCH GREETERS	
March 20	Mark & Karen Woitas
March 27	Kevin Korchinski & Len Markewich

### LITURGICAL SCHEDULE March 21 – March 27, 2022

#### Monday, March 21 at St. Athanasius

- 6:30pm: Children's service and Catechism

#### Tuesday, March 22 - Lenten Mission Day 1 at St. Basil

- 6:00-7:30pm: Confessions
- 7:00-7:30pm: Akathist
- 7:30-8:00pm: Mission Talk "Exploring the Riches of the Bible through the Ukrainian Catholic Church"  
*livestreaming*
- 8:00-9:00pm: Further Discussion & Social

#### Wednesday, March 23 - Lenten Mission Day 2 at St. Basil

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

#### **Thursday, March 24 - Lenten Mission Day 3 at St. Athanasius**

- 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?” *livestreaming*
- 8:00-9:00pm: Further Discussion & Social

#### **Friday, March 25 - Lenten Mission Day 4 at St. Athanasius**

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

#### **Saturday, March 26**

- 9:00am – Church cleaning at St. Athanasius
- 4:00pm – Divine Liturgy in Moose Jaw

#### **Sunday, March 27 - 4<sup>th</sup> Sunday of the Great Fast:** Heb 6:13-20, Mk 9:17-31

**9:10 a.m. Rosary** *livestreaming*

**9:30 a.m. Divine Liturgy** of St. Basil for faithful *livestreaming* followed by AGM

**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.



**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.



**ENVELOPES** for donations towards the expense of the **Lenten Mission** are also available at the back of the church.

**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**



**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](mailto:stathanasius@sasktel.net)

**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.

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



### **ATTENTION YOUTH AND YOUNG ADULTS!**

The St. Basil's UCWLC have invited us to join them for **PASKA MAKING on Saturday, March 26, 2022** beginning at 10:00 am. It will take place at the St. Basil's Parish Centre.

If you are interested in attending or would like more information, please contact Lesia at

[ultimateaandb@hotmail.com](mailto:ultimateaandb@hotmail.com).

### **STATIONS OF THE CROSS**

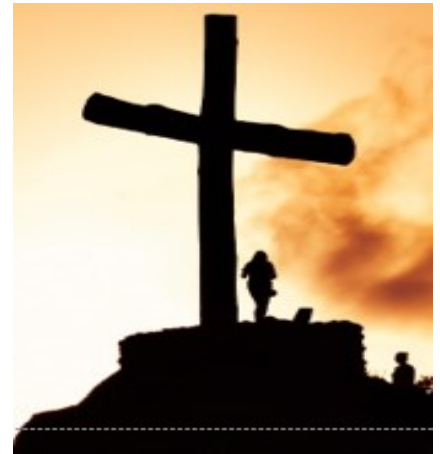
**Led by the Youth and Young Adults**

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

Friday, April 1<sup>st</sup> – Time: 7pm 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, March 31.**

There is the option to carpool for those interested in coming to Moose Jaw. Please let Lesia know if you would be interested in carpooling.





**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"**

**ST. MARY'S UKRAINIAN CATHOLIC CHURCH, YORKTON:** My name is Rose Maleschuk and I am the Stewardship Coordinator for St. Mary's Ukrainian Catholic Church in Yorkton, Saskatchewan.

As you may have heard, the Redemptorist Fathers have decided to demolish the rectory that has been part of our church for many years. Our parish will now be faced with the cost of having to rebuild the wall for the church which will also come with upgrades. We are hoping and praying that the people in our community and surrounding areas will help us raise the funds needed for this rebuilding project.

We realize that money is needed everywhere, especially in the Ukraine right now. This is why we are reaching out to all of the neighbouring parishes for their help.

I have attached a poster which is on the bulletin board in the auditorium.

If you do have any questions regarding this fundraiser please feel free to call me at 621-4987 or email me at [rose.maleschuk@cttcs.ca](mailto:rose.maleschuk@cttcs.ca).

### **SOROKOUSTY SERVICES – ALL SOULS SATURDAYS**

Sorokousty Services (All Souls Saturdays) will be celebrated this year on 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.

#### **Announcement from St. Michael's at Madge**

The board of St. Michael's Camp at Madge Lake announces the full release of the mortgage on the camp. As of March 15, 2022, St. Michael's has satisfied their mortgage obligations with the Affinity Credit Union and is mortgage free. This will ensure the camp's viability and long-term mission of providing quality programming for our Ukrainian Catholic youth and a place where our community may gather for religious formation, family reunions, weddings etc...

Please consider renting our facility for your family function or sending your children to one of our programs. Keep an eye out for our upcoming fundraising events to support our winter and summer camp programs! For more information or inquiries please visit our website at [stmichaelscamp.com](http://stmichaelscamp.com)

#### **St. A's UCBC is once again holding their Easter Sausage Fundraiser.**

We have two types to choose from. One choice is the ham sausage, the other choice is the garlic sausage. We are selling each for \$7.00 a link. (which is approx. 1 lb. - which is 2 sticks). Please contact Basil Kuzyk at 306-570-6618 or [basilkuzyk@gmail.com](mailto:basilkuzyk@gmail.com) to place your order by April 4th. Sausage pickup will be on Saturday April 9th between 10:00am to 2:00pm at the west entrance to the hall.

#### **Prayer resources in solidarity with Indigenous delegations' visit with the Holy Father**

We received gratefully the recent announcement of the upcoming visit of First Nations, Inuit and Metis delegations with Our Holy Father Pope Francis at the Vatican. The Canadian Catholic Bishops, Assembly of First Nations, Métis National Council, and Inuit Tapiriit Kanatami has announced that the delegation, originally planned for December 2021, is now scheduled to take place from March 28 to April 1, 2022. As co-chairs of the Our Lady of Guadalupe Circle (Circle), we encourage the whole faith community to embrace this historic moment and prepare to stand in prayerful solidarity with all of those who will be meeting with the Holy Father so that this will be a true encounter on our journey toward reconciliation. On behalf of the Circle, we are pleased to attach two initiatives to support you:

1. [A prayer card](#) which contains a prayer for the intercession of Our Lady of Guadalupe. You are invited to download this card and share it with your own organization or network.
2. [An invitation from the Circle to join in a Sacred Fire](#) to be held across the land on the opening day of the Encounter March 28. Please review it and consider gathering personally with your parish, community, organization, or network to link to this vigil.

We will pray to Our Lady of Guadalupe for her to intercede with her Son to shower abundant graces among and between us, for the conversion and healing of hearts, as we continue our journey of truth and reconciliation.

Tom Dearhouse  
Co-chair

Colleen Martin  
Co-chair

## Press Release – UKRAINIAN BISHOPS OF CANADA MEET

The Ukrainian Catholic (UGCC) and Ukrainian Orthodox (UOCC) Bishops of Canada met by zoom conferencing on Thursday, 10 March 2022, to discuss the ongoing tragedy of the War in Ukraine. Initiating and ending their meeting with prayer, the Bishops discussed their insights on the war situation in Ukraine, the plight of those fleeing the war in various countries, and how the faithful in Canada are responding to this human and political tragedy. The Ukrainian Bishops of Canada expressed gratitude to the various agencies that are assisting in providing humanitarian aid to Ukraine, and thank their faithful for their willingness to help in whatever way they can. The Bishops concluded by considering plans to unite the faithful of both Orthodox and Catholic Churches in prayer and action for Ukraine.

+ Lawrence (Huculak), Ukrainian Catholic Archeparch of Winnipeg, Metropolitan, UGCC  
+ Ilarion (Rudnyk), Bishop of Edmonton and the Western Eparchy, Locum Tenens of the Metropolitan Cathedral of the UOCC  
+ David (Motiuk), Ukrainian Catholic Eparch of Edmonton, Administrator of the New Westminster Eparchy, UGCC  
+ Andriy (Peshko), Bishop of Toronto and the Eastern Eparchy of the UOCC  
+ Bryan (Bayda), Ukrainian Catholic Eparch of Saskatoon, Administrator of Toronto and Eastern Canada, UGCC

10 March 2022

### 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.

In the first two weeks of the campaign, your generous donations allowed us to send \$5005.00 to CNEWA (Catholic Near East Welfare Association), which with their matching campaign resulted in over \$10,000 being forwarded to help the

people of Ukraine.

As the needs of millions of refugees continues to evolve, Father Vasyl has asked that we adapt our donations to help those refugees arriving in Regina or forwarded for those in need in Ukraine and we will be working with local and provincial organizations to have those valuable dollars have the maximum impact.

Thank You and God Bless,  
St. Athanasius Parish Council



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

**Prayer in War: Fr. Vasyl Tymishak of St. Athanasius Ukrainian Catholic Church**  
**By Dan Sherven**

*In January 2014, Pope Francis released two doves from the Pontifical Apartment in St. Peter's Square as a symbolic gesture for peace in Ukraine, following the Russian takeover of Crimea. The two doves were attacked after taking flight, by a crow and a seagull.*

Donbass is a region in southeastern Ukraine, which was controlled by the separatist Donetsk People's Republic, and Luhansk People's Republic. It has been a contested region for years.

Father Vasyl Tymishak, of St. Athanasius Ukrainian Catholic Church in Regina, shares how his Church is responding to the Russian invasion of Ukraine.

"Since 2014, Ukraine has been fighting for Donbass and in the beginning of this year we understood the threat Ukraine faced with more than 100,000 Russian troops amassed on its eastern border, which ended with the full invasion." Tymishak says.

Tymishak has many ties to Ukraine. "I was born and raised in Ukraine and I moved to Canada in 2017. Obviously, I am very concerned for the safety of my family in western Ukraine. Now there is no safe place in Ukraine, every area is in danger."

"All the time I am in contact with my family and friends who live in Ukraine, assuring them with our prayers, solidarity, and showing them our support. People from Ukraine are grateful for all forms of support: spiritual, moral, and financial."

The Ukrainian Catholic Church is in full communion with the Catholic Church. However, instead of being part of an Archdiocese, the Ukrainian Catholic Church is overseen by a similar hierarchy called an Eparchy.

"[The Ukrainians] are in danger, but they are strong as they live on their land and believe in the values of liberty, freedom, dignity, and justice." Tymishak says. "We are united in prayer with *our* Ukraine and with people of all faiths. People from Ukraine say they feel the support of the prayers."

The situation Ukraine finds itself in reminds Fr. Tymishak of a New Testament passage: "It reminds me of the Gospel of John. Jesus, at the most dramatic moment of his life, when he is about to be captured, humiliated, tortured, and killed, says to his followers: 'Have courage: I have won the world.' (John 16:33).

"Jesus' promise is not a future promise. It does not assure 'I will win', but affirms that He has already won. Why? For Jesus and those who, like Him, are always placing themselves at the side of Life, Light, and Truth — they will always be victorious over the lie, darkness, and every form of death."

Fr. Tymishak prays for Ukraine President Volodymyr Zelenskyy. “I pray that God helps him make wise decisions during this difficult time for Ukraine and its people.”

Tymishak says support for the president is strong. “He has shown he is with his people. Zelenskyy is unanimously supported by Ukraine and the world. He has been greeted by the British Parliament’s applause, the U.N., and his images are placed on the covers of the most famous newspapers.”

St. Athanasius, where Fr. Tymishak is a priest, is one of two Ukrainian Catholic Churches in Regina. The other is St. Basil’s.

“Here in Regina we are close with our parishioners who have family in Ukraine.” Tymishak says. “First of all, with our spiritual support and moral support in various forms of prayer — together with Ukrainian Orthodox Churches — [our parishioners] know their native country is a strong friend of Canada’s and [our parishioners] are grateful for all the support. Both the support for them and for the Ukrainian people.”

Most people in Saskatchewan’s Ukrainian Catholic Church have Ukrainian roots, Tymishak says.

“The news of this absurd war, the harrowing images of destruction, pain, and death as Russia invaded Ukraine by air, sea, and land on February 24<sup>th</sup> — my parishioners are particularly troubled by the risks our family members face in Ukraine. The parishioners are worried about the safety of their loved ones in the conflict zones.”

The Ukrainian Catholic Church is actively praying for those in Ukraine, and for Canadians with family in Ukraine, Tymishak says. The Ukrainian Catholic Church is also raising donations to [support humanitarian aid in Ukraine](#).

“We continue to pray for peace.” Tymishak says. “However at this point, it has become clear that the aggressor is not interested in respectful, neighbourly relations. So we pray that Ukrainians can defend themselves and survive on their land. We pray for Ukrainians who are weak and powerless to take refuge in safe countries, to survive in bomb shelters and basements.

“We pray that Ukrainians in the midst of thunder and fire may maintain hope for life, truth, and victory. We pray that humanity can help Ukrainians, and that they don’t seek solace in hatred, but seek comfort in God. We pray the Russian aggressors recognize and cease the evil they are committing, and malice be replaced with a spirit of wisdom, understanding, and justice.”

Tymishak is grateful for the Canadian Conference of Catholic Bishops, who condemned the Russian invasion. He wants to encourage “the faithful, and all people of good will, to pray for the restoration of peace, dialogue, and human fraternity. We are also grateful for prayers and support by Ukrainian Orthodox Churches in Saskatchewan, and other Christian Churches as well as leaders of other religions.”

Tymishak says the Ukrainian Eparchial Bishops in Canada have also condemned the eight year conflict in Ukraine, beginning with the Russian occupation of Crimea. (The Ukrainian Catholic Church, in Ukraine itself, also condemned the conflict.)

“People from all over the world are praying for Ukraine in this moment.” Tymishak says. “They realize the war in Ukraine is not just a war against Ukraine, but that very dramatic scenarios could play out for the whole European continent, because in recent decades Europe has been facing a security crisis.”

Prayer has been one of the central ways Tymishak is responding to the war.

“In union with millions of Christians around the world, we pray for peace — responding to the call of the Holy Father with our faith that ‘prayer is stronger than any weapon’. Tymishak says. “Whatever the end of this war will

be, Ukraine has already won because it lives by values that cannot be killed by any weapon. Ukrainians are not only winners, they are more than winners.”

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

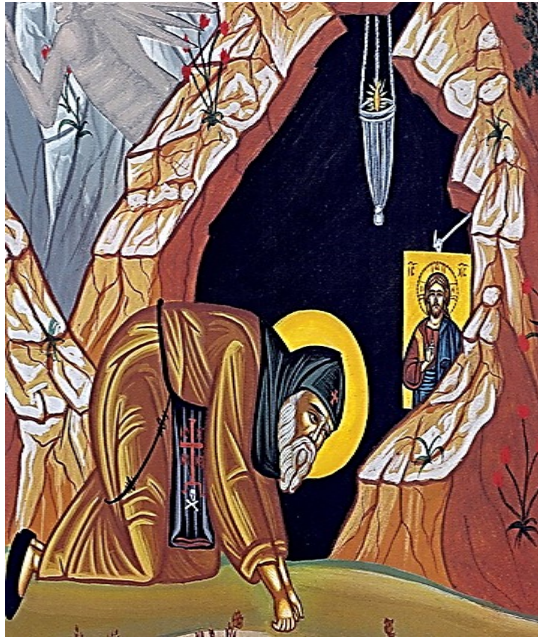


**NOTICE:** Although though there are no restrictions on numbers who can attend church services, some people are not comfortable in group settings, therefore we continue our livestreaming of services. Our parish expenses continue and it would be very much appreciated if you could continue to support the parish. There are a few options available to you: drop off your envelope at 54 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 13 Donations: 26 Sunday donation envelopes - \$4,420; 1 Building Fund envelope - \$20; 1 Missions in Canada envelope - \$30; 12 St. A's Appeal for Ukraine Envelopes - \$2,430; Loose Change - \$40.**

**E-Transfers – 4 Regular donations - \$130; 3 St. A's Appeal for Ukraine - \$475.**





**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)*

Слава Ісусу Христу! Glory be to Jesus Christ!

Dear Reverend Fathers, Sisters, Parish Council Presidents, brothers and sisters in Christ:

On behalf of Bishop Bryan Bayda, C.Ss.R., I would like to announce the formation of a new working-group in the Ukrainian Catholic Eparchy of Saskatoon dedicated to addressing ways to assist with the current humanitarian crisis occurring in Ukraine: RESCU (Response by Eparchy of Saskatoon to Crisis in Ukraine). RESCU will continue to convene to organize and action various responses that the Ukrainian Catholic Eparchy of Saskatoon will undertake to assist Ukrainians effected and displaced by the war including through spiritual, financial, and educational means. After receiving many calls to our parishes and Chancery Office, we want to reiterate that the best help that the faithful of the Eparchy can give is through financial support to humanitarian aide organizations, of which we highly promote the Catholic Near-East Welfare Association of Canada (CNEWA). You can send donations directly to CNEWA through the following ways: Visit: [cnewa.org/ca/campaigns/Ukraine](http://cnewa.org/ca/campaigns/Ukraine) Call: 1-866-322-4441 Send a cheque to: CNEWA Canada, 223 Main Street, Box 80, Ottawa, Ontario K1S 1C4 Current information from the Government of Saskatchewan in support of displaced Ukrainians arriving in our province can be found here:

<https://www.saskatchewan.ca/residents/saskatchewan-supports-ukraine/resources-fordisplaced-Ukrainians> Let us continue to pray earnestly for an end to the war and for peace in Ukraine.

In Christ,  
Very Rev. Janko Kolosnjaji, Chair of RESCU

### THIRD SUNDAY OF LENT – VENERATION OF THE CROSS



In today's gospel lection, taken from Mark 8:34, Jesus says: "If anyone would come after me, let him deny himself and take up his cross and follow me." According to accepted English dictionaries, "deny" means to refuse, reject, repudiate and/or to declare something untrue. If we limit ourselves to these definitions, we do an injustice to the deeper meaning of Christian self-denial. For a clearer picture of what Jesus means, we must return to the original Greek text. The Greek is "aparnisastho" and it has the meaning of renunciation and absolute rejection of whatever is incongruous with Jesus' planned salvation for us.

There are those of us who have a narrow and limited understanding of self-denial. We pick and choose at random what we will give up and what we will do in the name of Christianity. We proceed to label them "Our little crosses we must bear." "I'll give up movies and/or TV during lent." Thus we conclude with a list of trivialities that have no bearing on the "self-denial" Jesus speaks about in our gospel lesson for today. Christ-like self-denial goes much deeper. It penetrates the facade which hides our hidden sins, our shortcomings and our faults.

Utter denial does not mean depriving ourselves of the necessities of life, nor does it mean we must become paupers and live in rags. Neither does it mean we must lose our individuality, personality and identity. When Jesus speaks of total and utter denial of self, He means we must subordinate our clamoring ego that prohibits us from being the Children of God we were intended to be. Good intentions are not enough. This is why Jesus says, "If anyone would come after me, let him deny himself and take up his cross and follow me."

"Take up your cross and follow me" means to get started on our journey to salvation. If the road we are on does not have God's Eternal Kingdom as its destination, then we had better make a U-turn and find the right one!

"Taking up our cross and following Jesus" means trying harder when those moments of calamity, tragedy, sorrow and loss and grief beset us. It means bringing under control our uncontrollable anger, our undue insensitivity, our impatience and impetuosity. It means subduing our temperament and disposition so that we can master them rather than their mastering us.

There is another reason this gospel passage is read at the Divine Liturgy of the Third Sunday of Lent. The Synaxarion, that portion of the Orthros service book which both announces and describes the observed Feast Day for today, says the following:

"On this the Third Sunday of Great Lent, we observe the Veneration of the Precious and Life-giving Cross and for this reason: Inasmuch as in the forty days of fasting we in a way crucify ourselves and become bitter, despondent and failing, the Life-giving Cross is presented to us for spiritual refreshment and assurance, for

remembrance of our Lord's Passion and for comfort. Like those who are following a long and tedious path are tired, see a beautiful tree with many leaves, they would sit in its shade and rest for a while and then, as if rejuvenated, they will continue their journey. Likewise today, in the time of fasting and difficult journey and effort, the Life-giving Cross was planted in its midst by the Holy Fathers of the Church to give rest and spiritual refreshment, to make us light and courageous for the remaining task.

Christ comforts us who are, as it were, in a desert until He will lead us up to the spiritual Jerusalem by His Resurrection. Just as the Precious Cross, which is also called the Tree of Life, was planted in the middle of Paradise, so our Holy Fathers planted the Cross in the middle of holy and Great Lent, as a sacred reminder of both Adam's bliss and how he was deprived of it. Remembering also that by partaking of this Tree of Life, the Precious and Life-giving Cross, we no longer die but are kept alive."

St. John Chrysostom, a fourth century Patriarch of Constantinople describes the Cross this way: "The Cross is the proof of the love of God. The Cross is the unshaken wall, the unconquered weapon, the Kingdom of virtue. The Cross has torn asunder our mortgage and rendered useless the prison of death. The Cross has opened Paradise, it has admitted the thief and has guided the human race from impending disaster to the Kingdom of God."

Jesus extends His invitation to us once again to "deny ourselves, take up our cross and follow Him." Our Church gives us this Third Sunday of Lent--Mid-point to Golgotha--to pause with Jesus, to refresh ourselves spiritually, to assess our Lenten journey and to continue with greater determination. But the initiative is still ours. There is no way into spring but that we endure the rigors of winter. There is no way we can arrive to Easter Sunday if we do not live the agonies of all our Good Fridays. There is no way we can achieve eternal life with God unless we deny ourselves utterly and totally in Christ. This we do when we endure and sustain our own personal crosses and follow Him.