



**Sunday, January 8, 2023**

**ST. ATHANASIUS UKRAINIAN  
CATHOLIC CHURCH  
55 MCMURCHY AVENUE  
REGINA SK. S4R 3G3**

Parish Priest: Fr. Vasyl Tymishak  
Cell Phone: 306-519-9030

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**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 – Len Markewich

Cell phone (call or text) : 306-536-4252

UCWLC President – Iryna Baran

UCBC President - Mark Woitas

Ultimate A&B Youth - Lesia Lazurko

Knights of Columbus – Curtis Stechyshyn, Grand Knight

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

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

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

**DIVINE LITURGY in Ukrainian – the first Sunday of each month at 11:30 a.m.**

**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

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

Phone: 1-416-262-9670

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

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



**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.

We have completed the installation of our security system for the parish complex and rectory. Please be advised there is 24 hour video coverage of the church facility and rectory.

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>

JANUARY GREETERS		JANUARY TABULATORS
Jan. 8	Kevin Korchinski & Len Markewich	Kevin Korchinski & John Dmyterko
Jan. 15	Maggie Stephen & Bernice Bzdell	Cliff Rakochy & Linda Korchynski
Jan. 22	Mark & Karen Woitas	Art Wytrykush & Rosanne Miller
Jan. 29	Carl & Linda Korchynski	Carl Korchynski & Walter Brigidear

JANUARY 2023		JANUARY 2023
Jan. 8	Louise Makuch/Iryna Baran - Luminous	Louise Makuch
Jan. 15	Karen Woitas/Natalia Osoba – Byzantine Glorious	Karen Woitas
Jan. 22	John Makuch/Svitlana Zelena - Joyful	John Makuch
Jan. 29	Bernice Bzdell/Iryna Baran - Luminous	Rosanne Miller

**CHRIST IS BORN! LET US GLORIFY HIM!**  
**ХРИСТОС РОЖДАЄТЬСЯ! СЛАВІМО ЙОГО!**

### SUNDAY AFTER THEOPHANY

**FIRST ANTIPHON:** When Israel came forth from Egypt, the house of Jacob from a people of alien tongue.

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

Judah became His sanctuary, Israel His domain.

*Through the prayers of ...*

The sea beheld and fled, Jordan turned back.

*Through the prayers ...*

Why is it, O sea, that you flee? O Jordan, that you turn your back?

*Through the prayers ...*

Glory be to the Father... (P. 23 of Liturgy books)

**THIRD ANTIPHON:** Come, let us sing joyfully to the Lord, let us acclaim God, our Saviour.

*Son of God, baptized by John in the Jordan, save us who sing to You: Alleluia!*

Let us come before His face with praise, and acclaim Him in psalms.

*Son of God, baptized ...*

For God is the great Lord and the great king over all the earth.

*Son of God, baptized...*

**TROPAR (Tone 6):** Angelic powers were upon Your tomb and the guards became like dead men; Mary stood before Your tomb seeking Your most pure body. You captured Hades without being overcome by it. You met the Virgin and granted life. O Lord, risen from the dead, glory be to You.

**FESTIVE TROPAR (Tone 1):** At your baptism in the Jordan, O Lord, worship of the Trinity was revealed; for the Father's voice bore witness to You, calling You his beloved Son, and the Spirit in the form of a dove confirmed the truth of these words. O Christ God, who appeared and enlightened the world, glory be to You!

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

**FEASTIVE KONDAK (Tone 4):** Today You have revealed Yourself to the universe, and Your light O Lord has shone upon us who spiritually sing to You: You have come and revealed yourself, O inaccessible light.

**PROKIMEN (Tone 1):** Let Your mercy, O Lord, be upon us, as we have hoped in You.  
*Verse: Rejoice in the Lord, O you just; praise befits the righteous.*

**EPISTLE:** A reading from the Letter of the Holy Apostle Paul to the Ephesians (4: 7 -13)  
Brothers and Sisters! Each of us has received God's favor in the measure in which Christ bestows it. Thus you find Scripture saying: "When he ascended on high, he took a host of captives and gave gifts to men." "He ascended," what does this mean but that he had first descended into the lower regions of the earth? He who descended is the very one who ascended high above the heavens, that he might fill all men with his gifts. It is he who gave apostles, prophets, evangelists, pastors and teachers in roles of service for the faithful to build up the body of Christ, till we become one in faith and in the knowledge of God's Son, and form that perfect man who is Christ come to full stature.

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

**GOSPELS:** Matthew 4: 12 -17

At that time when Jesus heard that John had been arrested, he withdrew to Galilee. He left Nazareth and went down to live in Capernaum by the sea near the territory of Zebulun and Naphtali, to fulfill what had been said through Isaiah the prophet: "Land of Zebulun, land of Naphtali along the sea beyond the Jordan, heathen Galilee: A people living in darkness has seen a great light. On those who inhabit a land overshadowed by death, light has arisen." From that time on Jesus began to proclaim this theme: "Reform your lives! The kingdom of heaven is at hand."

**INSTEAD OF 'It Is Truly Right...':** O my soul, glorify Christ the King baptized in the River Jordan. No tongue has the power to fittingly extol you; and even a supernatural mind is powerless to glorify you, O Mother of God. But in your graciousness, accept our faith because you know our holy ambition; for you are the protectress of Christians, and we extol you.

**COMMUNION HYMN:** The grace of God has appeared, offering salvation to all men. Praise the Lord from the heavens, praise Him in the highest. Alleluia! Alleluia! Alleluia!

**POPE's PRAYER INTENTION FOR JANUARY: *For Educators.*** We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all.

**JANUARY FOOD BANK ITEM – RICE**

**LITURGICAL SCHEDULE January 9 – January 15, 2023**

**Monday, January 9, 2023** - Post-feast of Theophany. Holy Martyr Polyeuctus (249-51). [Hebrews 11:17-23, 27-31; Mark 9:42-10:1.](#)

**6:30 p.m. Divine Liturgy** (for health and protection upon Christina Obarianyck, requested by Andria and Maria Obarianyck) & **Catechism**

**Tuesday, January 10, 2023** - Post-feast of Theophany; Blessed Vincent Levoniuk and His Twelve Companions. Our Holy Father Gregory, Bishop of Nyssa (after 394); [Hebrews 12:25-26; 13:22-25; Mark 10:2-12.](#)

**10:00 a.m. Divine Liturgy** for repose of the soul of Josephine Mackow, requested by Harry Mackow

**Home blessings**

**Wednesday, January 11, 2023** - Post-feast of Theophany; Our Venerable Father Theodosius, Founder of the Cenobitic Monastic Life (529). [2 Corinthians 4:6-15; Matthew 11:27-30.](#)

**10:00 a.m. Divine Liturgy** for +Robert Wuschenny, requested by Alvina Krushelnysky

**Home blessings**

**Thursday, January 12, 2023** - Post-feast of Theophany; the Holy Martyr Tatiana [James 1:19-27; Mark 10:17-27.](#)

**Home blessings**

**Friday, January 13, 2023** - Post-feast of Theophany; the Holy Martyrs Hermylus and Stratonikus (313-24) [James 2:1-13; Mark 10:23-32.](#)

**No service scheduled**

**Home blessings**

**Saturday, January 14, 2023** - Leave-taking of the Feast of the Holy Theophany; Our Venerable Fathers Massacred in Sinai and Rhaithu (c. 370); [Colossians 1:2-6; Luke 16:10-15.](#)

**No service scheduled**

**Oremus Quartet Christmas Concert – cancelled**

**Sunday, January 15, 2023 - 31 Sunday after Pentecost, Tone 7. 1 Timothy 1:15-17; Luke 18:35-43.**

**9:10 a.m.- Rosary *livestream***

**9:30 a.m.- Divine Liturgy *-livestream***

1:30pm Divine Liturgy in Moose Jaw and home blessing

**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.**

**January 1 Donations:** 36 Regular envelopes - \$1020; 2 Building Fund envelopes - \$170; 14 Initial Offering envelopes - \$187; 3 Visitor envelopes - \$65; 1 Christmas Offering envelope - \$20; 1 Memorial Tree envelope - \$50; Loose Change - \$175.

**E-Transfer Donations:** 5 donations - \$855; 1 Christmas Offering - \$50; 1 Initial Offering envelope - \$10.

**CHRISTMAS MEMORIAL TREE:** Once again the memorial tree is set up in the front foyer.

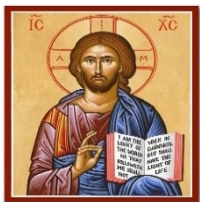


Christmas is a time to spend with loved ones, family and friends, and to remember those who are no longer with us in person but are with us in spirit. If you wish to donate, you may do so by placing your money and family names in the marked envelopes at the back of the church and then placed in the Sunday collection basket. E-Transfers are accepted, please indicate in the message field the names of the deceased member/members for whom you are donating. Fr.

Vasyl will have the Panakhyda for all those departed family and friends on Thursday, January 26, 2023 at 6:00 p.m. All funds received will be directed to purchase icons for the church.

**2023 SUNDAY DONATION ENVELOPES** are available for pick up during scheduled Divine Liturgy services or during office hours, Tuesday – Thursday, 10:00 a.m. – 2:00 p.m. Please phone 306-543-8008 during office hours to arrange for pick up of your donation envelopes. If there is an error or if you did not receive a set of envelopes, please contact the office. Although you may make your donations through e-transfers or are set up on pre authorized givings, **the designated box of envelopes belong to you and we would like them picked up at your earliest convenience.** Also, we would appreciate if you could include your e-mail address and any changes to your current address on your first donation envelope.





**2023 Julian and Gregorian Calendars are available at the parish. We have a limited amount of calendars, therefore, we encourage one calendar per family. If you know of someone who is in a care home or is not comfortable to attend church but would like a calendar, please do not hesitate to take a calendar for them.**

### **Ultimate A & B Youth Presents. . . A Youth “Lock-In” Retreat!**

Are you in grades 7-12 and are looking to attend a 24-hour Lock-in Retreat?

Well now's your chance!

**This year's lock-in takes place Friday, January 27, 2023 @7pm to Saturday, January 28, 2023 @ 6pm at St. Basil's Parish Centre (1717 Toronto Street, Regina).**

This year's theme will be “Refocus”. Activities for the two days include: team building activities, bowling, spiritual sessions, guest speakers, and so much more.

The cost for the event will be \$40. This will cover all the meals and activities.

**The registration deadline is Sunday, January 22, 2023. Upon registration, participants will receive a registration package that will include the following documents: registration form, waiver, media release, and a detailed schedule.**

If you are interested in attending or would like more please contact Lesia Lazurko (Ultimate A & B Youth Coordinator) at [ultimateaandb@hotmail.com](mailto:ultimateaandb@hotmail.com).



**2023 BLESSING OF HOMES: The blessing of homes begins in January after the Feast of Holy Theophany and is carried out until February 1<sup>st</sup>. By His Baptism in the River Jordan, Christ sanctified the waters. It is at this time of year that sanctification is brought to our homes, to us and to our loved ones. We keep this tradition of having our homes blessed by our Parish Priest every year in faith that God blesses all of us during this New Year with health and salvation. Sign up sheets are located in the foyer for the blessing of homes.**



**PEROGIES FOR SALE:** The parish has raw perogies for sale at a cost of \$12/2 dozen. Please contact Rosanne at 306-543-5773 to arrange for pick-up. The parish would like to keep a supply on hand for sale, so more perogy bees may be arranged.

## SUNDAY AFTER THEOPHANY



This time after the Theophany the Gospel introduces the person and work of John the Baptist, who reveals to his contemporaries a different road to follow, a different path of faith. This path is the path of *conversion*. What does the word ‘conversion’ mean? In the Bible it means to change direction and orientation; and thus also to change one’s way of thinking. It comes from the Greek word “Matanoia” – which means to change one’s way of thinking.

In the moral and spiritual life, to convert means to turn oneself from evil to good, from sin to love of God. And this is what the Baptist was teaching, who in the desert of Judea was “preaching a baptism of repentance for the forgiveness of sins”. Receiving baptism was an outward and visible sign of the conversion of those who had listened to his preaching and decided to repent. That baptism occurred with immersion in the Jordan, in water and it was useless if there was no willingness to repent and change one’s life.

Conversion involves the desire to be free from sins, the intention to exclude them from one’s own life forever. Conversion involves two elements: Detachment from too much worldly things and seeking God and his kingdom. Abandoning a worldly mentality is not an end in itself; it is not a way of living in fear of God and to do penance: a Christian is not like this. To be a Christian means something else. It means of attaining something greater, namely, the Kingdom of God, communion with God, friendship with God.

For some people of our time the word Conversion can even recall a discouraging thought. It is not that they don’t want to be good Christians or people who don’t want believe. Many would like to go that different path of conversion, to change a way of thinking, but they feel they cannot do it? One could ask - what to do in this case?

First of all, we should remind ourselves that conversion *is a grace*: no one can convert by his or own strength. It is a grace that the Lord gives you, and thus we need to forcefully ask God for it. To ask God to convert us, that we can truly convert, to the degree in which we open ourselves up to the beauty, the goodness, the tenderness of God. Think about God’s tenderness. God is not a bad father, an unkind father, no. He is tender. He loves us so much, like the Good Shepherd, who searches for the last member of his flock.

This is the way we should understand the word conversion as a grace of God who is with us. We don’t have to search for God but to open ourselves to Him. Like the shepherd’s and Magi were open to receive the message of God, beginning a different path of faith, because it is God who moves us to a different path in order to open ourselves to Him, to his Word, to his love which restores and saves.