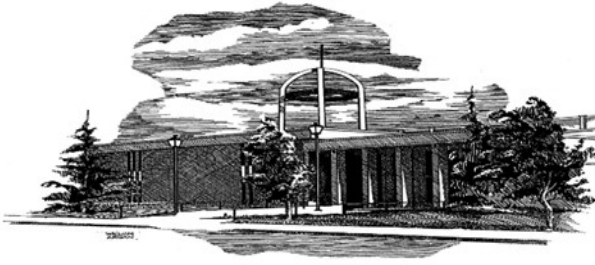


Sunday, February 19, 2023



**ST. ATHANASIOS 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

E-mail: stathanasius@sasktel.net

Website: 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. ATHANASIOS 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. If you would like to become a registered member, please contact Fr. Vasyl or parish office.

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

Phone: 1-416-262-9670

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

E-mail: abru.arun@gmail.com

Welcome to all visitors and parishioners who are celebrating the Liturgy with us today. Everyone is invited to Valentines sweet treats and coffee served by the UCBC in the auditorium following todays Liturgy.

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>

FEBRUARY GREETERS		FEBRUARY TABULATORS
Feb. 19	Maggie Stephen & Bernice Bzdell	Walter Brigidear & Cliff Rakochy
Feb. 26	Mark & Karen Woitas	Kevin Korchinski & Karen Woitas

FEBRUARY ROSARY		FEBRUARY READERS
Feb. 19	Marianne Stadnyk/Natalia Osoba - <i>Byzantine Luminous Mysteries</i>	Marianne Stadnyk
Feb. 26	Bernice Bzdell/Svitlana Zelenyi – <i>Sorrowful Mysteries</i>	Rosanne Miller

**СЛАВА ІСУСУ ХРИСТУ! СЛАВА НА ВІКИ!
GLORY BE TO JESUS CHRIST! GLORY BE FOREVER!**

**THIRTY-SIXTH SUNDAY AFTER PENTECOST
- Sunday Of Cheese-fare**

TROPAR (Tone 4): When the disciples of the Lord learned from the angel the glorious news of the resurrection and cast off the ancestral condemnation, they proudly told the apostles: "Death has been plundered! Christ our God is risen granting to the world great mercy."

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

KONDAK OF CHEESFARE (Tone 6): Guide of wisdom, giver of understanding, teacher of the ignorant and protector of the poor, Master, strengthen my heart and make it understand. You give me speech, word of the Father, for I will not keep my lips from crying out to You. Merciful Lord, have mercy on me a sinner.

PROKIMEN (Tone 8): Pray and give praise to the Lord our God.

Verse: God is renowned in Judah, in Israel great is his name.

EPISTLE: A reading from the first Letter of the Holy Apostle Paul to the Romans (13: 11-14:4)

Brothers and Sisters! Our salvation is closer than when we first accepted the faith. The night is far spent; the day draws near. Let us cast off deeds of darkness and put on the armor of light. Let us live honorably as in daylight; not in carousing and drunkenness, not in sexual excess and lust, not in quarreling and jealousy. Rather, put on the Lord Jesus Christ and make no provision for the desires of the flesh. Extend a kind welcome to those who are weak in faith. Do not enter in disputes with them. A man of sound faith knows he can eat anything, while one who is weak in faith eats only vegetables. The man who will eat anything must not ridicule him who abstains from certain foods; the man who abstains must not sit in judgment on him who eats. After all, God himself has made

him welcome. Who are you to pass judgment on another's servant? His master alone can judge whether he stands or falls. And stand he will, for the Lord is able to make him stand.

ALLELUIA VERSES: *It is good to give praise to the Lord, and to sing to Your name, O Most High!*

To announce Your mercy in the morning and Your truth every night.

GOSPEL: Matthew (6: 14 -21)

The Lord said: The Lord said: If you forgive the faults of others, your heavenly Father will forgive you yours. If you do not forgive others, neither will your Father forgive you. When you fast, you are not to look glum as the hypocrites do. They change the appearance of their faces so that others may see they are fasting. I assure you, they are already repaid. When you fast, see to it that you groom your hair and wash your face. In that way no one can see you are fasting but your Father who is hidden; and your Father who sees what is hidden will repay you. Do not lay up for yourselves an earthly treasure. Moths and rust corrode; thieves break in and steal. Make it your practice instead to store up heavenly treasure, which neither moths nor rust corrode nor thieves break in and steal. Remember, where your treasure is there your heart is also.

COMMUNION HYMN: Praise the Lord from the heavens, praise Him in the highest.
Alleluia! Alleluia! Alleluia!

RITE OF FORGIVENESS ON CHEESE-FARE SUNDAY:

PRIEST: Let us remember all our sins, voluntary and involuntary, done with knowledge or in ignorance which we have committed against our brothers and sisters in Christ and against the Lord God.

PEOPLE: *(reflecting about the questions) answer - Lord, forgive us our sins*

PRIEST: If we feel sorry before God, for something that we have done or felt in our lives, let us recall the cause of our regret.

PEOPLE: *Lord, help us to accept Your will in all situations and to trust You Lord, our best friend and Father.*

PRIEST: Let us remind ourselves about the people who at any time have offended us, or were guilty in their actions towards us.

PEOPLE: *Sincerely, with all my heart, I forgive all those who at any time have offended me or have been guilty against me.*

PRIEST: Let us remember all those whom we consciously, or unknowingly, at any time, have offended.

PEOPLE: *With all my heart, I ask for forgiveness if I have committed sins today and through my entire lifetime, by word, deed, thought and by my senses.*

PRIEST: Brothers and sisters, if I have sinned against you by thought, word, deed or other feeling, forgive me and pray to God for me.

PEOPLE: *May God forgive and have mercy on you, Reverend Father, and we forgive you. Bless and forgive us Reverend Father, if we have sinned against you.*

PRIEST: May the lord God forgive your sins and will have mercy on you and I also forgive you.

Now, let us turn to each other and say: "FORGIVE ME, BROTHER (SISTER) AND I FORGIVE YOU".

The response is, "MAY GOD FORGIVE YOU, AND I FORGIVE".

LITURGICAL SCHEDULE FEBRUARY 20 – FEBRUARY 26, 2023

Monday, February 20, 2023 - First day of the Great Fast. Abstention from meat, dairy, and eggs, and foods that contain these ingredients. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. [Isaiah 1:1-20; Genesis 1:1-13; Proverbs 1:1-20.](#)

No service scheduled

Tuesday, February 21, 2023 - Our Venerable Father Timothy of Symbola (8th c.); [Isaiah 1:19-2:3; Genesis 1:14-23; Proverbs 1:20-33.](#)

No service scheduled

Wednesday, February 22, 2023 - The Discovery of the Relics of the Holy Martyrs at Eugenius (345-408) [Presanctified - Genesis 1:24-2:3; Proverbs 2:1-22.](#)

6:00 p.m. Presanctified Liturgy (intention for +Robert Wuschenny, requested by UCBC Roborecky branch)

7:00 p.m. UCBC AGM and monthly Meeting

Thursday, February 23, 2023 - The Holy Priest-Martyr Polycarp, Bishop of Smyrna (155-56) [Isaiah 2:11-21; Genesis 2:4-19; Proverbs 3:1-19.](#)

6:30 p.m. Lenten Akathist

7:00 p.m. Parish Council Meeting

Friday, February 24, 2023 - Our Holy Father Tarasius, Archbishop of Constantinople (806)
[Isaiah 40:1-11; Malachi 3; Wisdom 4:7-15.](#)

7:30 p.m. Moleben in Ukrainian - The UGCC church-wide Day of fasting, prayer and almsgiving – for Ukraine

Saturday, February 25, 2023 - The First and Second Finding of the Precious Head of the Holy, Glorious Prophet and Forerunner John the Baptist; First Saturday of the Great Fast: [2 Corinthians 4:6-15; Hebrews 1:1-12; Matthew 11:2-15; Mark 2:23-3:5.](#)

No service scheduled

Sunday, February 26, 2023 - First Sunday of the Great Fast: The Sunday of Orthodoxy; The Divine Liturgy of St. Basil the Great is celebrated today. [Hebrews 11:24-26,32-40; 12:1-2; John 1:43-51.](#)

9:10 a.m. Rosary - livestreaming

9:30 a.m. Divine Liturgy - livestreaming

1:30 p.m. Divine Liturgy in Moose Jaw

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. PLEASE COMPLETE THE MESSAGE FIELD and DO NOT USE ALIAS NAMES WHEN SENDING AN E-TRANSFER DONATION.

February 12: 50 Regular envelopes - \$1800; 1 Building Fund envelope - \$20; 2 Visitor envelopes - \$40; Loose Change - \$85.

E-Transfers - 2 donations - \$55.

Parish Council Update:

ST. ATHANASIUS PARISH's ANNUAL GENERAL MEETING will be held immediately following Divine Liturgy on Sunday, March 19, in the parish auditorium.

SOROKOUSTY SERVICES – ALL SOULS SATURDAYS

Sorokousty Services (All Souls Saturday) will be celebrated this year **on March 4, March 11, March 18, and May 27.**

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 deceased by holding Liturgies, Panakhydas or Parastas for them in five Saturdays.

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 @ 306-543-8008 our parish office Tuesday-Thursday 10:00 a.m. – 2:00 p.m.



A special thank you, to the hands that helped prepare, serve and clean up after our Pre-Lent (Puschennia) lunch last Sunday. Thank you to the UCWLC and Parish for hosting the event. And to all that attended the lunch, may God bless us all with a prayerful Lenten Journey! There is borscht and chicken rice soup left over and will be for sale after Liturgy today - \$5 per container.



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, February 24 – Time: 7pm at St. Basil’s Parish

Friday, March 24 – Time 7pm at St. Athanasius Parish

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

We welcome everyone to join us on the above dates mentioned as we journey through the stations of the cross this Lenten Season!

Attention UCWLC Members: Your 2023 membership is due by February 28th. \$20.00. New members welcome. Questions? Please contact Iryna Baran 306-501-2808, iryna21.baron2gmail.com or Marie Brigidear 306-949-7493, mariebrigidear@accesscomm.ca

UCWLC Cabbage Roll Sale: have 2 different types of cabbage rolls: with meat, rice, and onions and just rice and onions. The prices are as follows: with meat - \$18 for 2 dozen and \$10 for 1 dozen; no meat - \$15 for 2 dozen and \$8 for 1 dozen. Contact Iryna (306) 501-2808 or Marie Brigidear (306) 949-7493. Limited amount for sale, therefore if you are interested, please call at your earliest convenience.

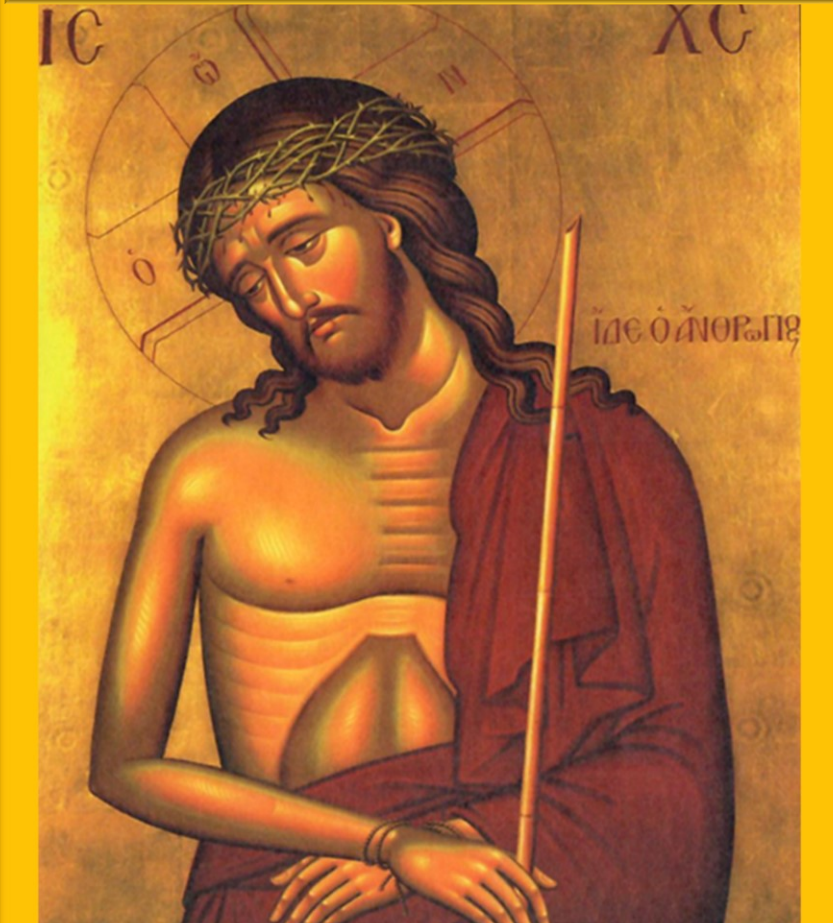
POPE's PRAYER INTENTION FOR FEBRUARY: *For Parishes.* We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

FEBRUARY FOOD BANK ITEM – PASTA

PRAYER FOR FAMILIES

God our Father, bless and strengthen our families and those who are preparing for marriage, parents and children, by your love they may become the loving, caring persons they are meant to be according to your commandment. Guide them to be good role models to their children. Give them grace and patience to handle all situations of life in a loving way. We pray for blessing upon them, we pray for their health and salvation. Amen.

**CHEESEFARE SUNDAY
FORGIVENESS SUNDAY**



Icon of Christ the Bridegroom

Proclaim a Fast, Spare Your People!

Yet even now, says the Lord, return to me with your whole heart, with fasting, weeping, and mourning.

Rend your hearts, not your garments, and return to the Lord, your God, for He is gracious and merciful, slow to anger, abounding in steadfast love, and relenting in punishment. Perhaps he will again relent and leave behind a blessing. Grain offering and libation for the Lord, your God.

Blow the horn in Zion! Proclaim a fast, call an assembly!

Gather the people, sanctify the congregation; Assemble the elderly; gather the children, even infants nursing at the breast; Let the bridegroom leave his room, and the bride her bridal tent.

Between the porch and the altar let the priests weep, let the

ministers of the Lord weep and say: "Spare your people, Lord! do not let your heritage become a disgrace, a byword among the nations! Why should they say among the peoples, 'Where is their God?'" Then the Lord grew jealous for his land and took pity on his people.

The Prophet Joel 2: 12-18

2023 LENTEN MISSION IN REGINA



As every year now, the two Regina parishes organize their Lenten Mission retreat jointly. Lenten Mission will take place on **Tuesday, March 28th and Wednesday March 29th** at St. Basil's Parish and will continue at St. Athanasius Parish on **Thursday, March 30th and Friday, March 31st**. The four traditional mission themes for Great Lent will be presented by **Rev. Fr. Leonid Malkov, CSsR** from Yorkton (**Wednesday March 29th and Thursday, March 30th**) and Seminarian Ivan Simko (**Tuesday, March 28th and Friday, March 31st**).

The sessions are not repeated and are different, although related to one another. The mission sessions will be livestreamed on Facebook pages: <https://facebook.com/reginaukrainiancatholicnorth/live> and on website: <https://st-athanasius.ca>

<https://www.facebook.com/stbasilchurchregina/live>

SCHEDULE

Tuesday, March 28 – Lenten Mission at St. Basil's Parish – Session 1

6:00-7:00 p.m.: Confessions
6:30 – 7:00 p.m.: Lenten Akathist
7:00 – 7:30 p.m.: Mission Talk – Seminarian Ivan Simko
7:30 p.m.: Fellowship & Social

Wednesday, March 29 – Lenten Mission at St. Basil's Parish - Session 2

6:00 – 7:30 p.m.: Confessions
6:30 – 7:40 p.m.: Liturgy of the Presanctified Gifts and Mission Homily – Fr. Leonid Malkov, CSsR
8:10 – 9:00 p.m.: Fellowship & Social

Thursday, March 30 – Lenten Mission at St. Athanasius Parish – Session 3

6:00 – 7:00 p.m.: Confessions
6:30 – 7:00 p.m.: Lenten Akathist
7:00 – 7:30 p.m.: Mission Talk – Fr. Leonid Malkov, CSsR
7:30 p.m.: Fellowship & Social

Friday, March 31 – Lenten Mission at St. Athanasius Parish - Session 4

6:00 – 7:30 p.m.: Confessions
6:30 -7:40 p.m.: Liturgy of the Presanctified Gifts and Mission Talk – Seminarian Ivan Simko
8:10 – 9:00 p.m.: Fellowship & Social



START AND END YOUR DAY DURING LENT

WITH THE PRAYER OF ST. EPHREM

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)

Communal Lenten Prayers of our Church

Every year, starting the Great Lent, we ask ourselves: “How good Christians are we”? We try to analyze our spiritual state and make decisions for ourselves at this time. Our Liturgical services of the Great Lent (*Liturgy of the Presanctified Gifts, Lenten Akafist, Great Canon of St. Andrew of Crete, Prayer of St. Ephraim Syrian and others*) are proposed to help us understand the essence of the Great Lent, to know the beauty of the Lenten prayers. They are built in the manner that everyone can conveniently participate in the great renewal.

The communal prayer is strongly recommended for all who are interested in their spiritual development and their desire to meet Christ’s Resurrection, having gone through the path of renewal through prayer, spiritual fast, reflection and personal experience.

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 directions of the Episcopal Synods of Ukrainian Greek Catholic Church the canonical prescriptions for fasting are **UGCC Part.Law Can. 115§ 2. (CCEO, c. 882):**

- 1) A strict fast is observed on the first day of the Great Fast and Passion Friday, i.e. abstention from meat and dairy products and eggs, as well as foods that contain these ingredients.
- 2) Abstention from all meat and foods containing meat is to be observed during the first week of the Great Fast and all days of Passion Week.
- 3) During the Great Fast, abstention from the consumption of meat and meat products is to be observed on all Mondays, avoided Wednesdays and Fridays. All other foods are permitted on Tuesdays, Thursdays, Saturdays and Sundays.

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!!