



Sunday, March 5, 2023

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

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

E-mail: vasyltymishak@gmail.com

Parish Office: 306-543-8008

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 – Holly Paluck

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. 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

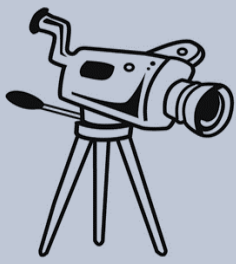
Phone: 1-416-262-9670

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 the auditorium for coffee, juice, cookies and socializing.

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 the 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/MARCH GREETERS		FEBRUARY/MARCH TABULATORS
Mar. 5	Maggie Stephen & Bernice Bzdell	Cliff Rakochy & Art Wytrykush
Mar. 12	Terry & Rosanne Miller	Walter Brigidear & John Dmyterko
Mar. 19	Kevin Korchinski & Len Markewich	Kevin Korchinski & Rosanne Miller
Mar. 26	Mark & Karen Woitas	Art Wytrykush & Karen Woitas

FEBRUARY/MARCH ROSARY		FEBRUARY/MARCH READERS
Mar. 5	Marianne Stadnyk /John Makuch <i>Sorrowful Mysteries</i>	John Makuch
Mar. 12	Karen Woitas/Svitlana Zelenyi <i>Sorrowful Mysteries</i>	Karen Woitas
Mar. 19	Bernice Bzdell/Iryna Baran <i>Byzantine Sorrowful Mysteries</i>	Rosanne Miller
Mar. 26	Louise Makuch/Natalia Osoba <i>Sorrowful Mysteries</i>	Louise Makuch

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

SECOND SUNDAY OF THE GREAT FAST

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 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.

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

KONDAK (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 for ever.

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

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 word 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 VERSES: *He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven.*

He says to the Lord: You are my protector and my refuge, my God, in Whom I hope.

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!

LITURGICAL SCHEDULE MARCH 6 – MARCH 12, 2023

Monday, March 6, 2023 -The Holy Forty-Two Martyrs of Ammorium (848)
6:30p.m. Children's Service & Catechism

Tuesday, March 7, 2023 - The Holy Priest-Martyrs and Bishops of Cherson Basil and Others (284-305)
Clergy Day Off

Wednesday, March 8, 2023 - Ven. Theophilactus, (c. 845)
12:00 p.m. Noon Service at Campion College University of Regina
6:30 p.m. Presanctified Liturgy (intention and panakhyda for +David Panagapko)

Thursday, March 9, 2023 - The Holy Forty Martyrs of Sebaste (321-23) Presanctified -
Genesis 7:11-8:3; Proverbs 10:1-22; Hebrews 12:1-10; Matthew 20:1-16.
10:00 a.m. Memorial Service in Glentworth, SK

Friday, March 10, 2023 - The Holy Martyr Codratus and Those with Him (249-51)
6:30 p.m. Stations of the Cross

Saturday, March 11, 2023 - Third Saturday of the Great Fast: All Souls Saturday; [Hebrews 10:32-38](#); [1 Thessalonians 4:13-17](#); [Mark 2:14-17](#); [John 5:24-30](#).

10:00 a.m. Sorokousty Divine Liturgy and Panakhyda

11:15 a.m. UCWLC meeting

Sunday, March 12, 2023 - Third Sunday of the Great Fast: Veneration of the Holy Cross. The Divine Liturgy of St. Basil the Great is celebrated today. [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 the Great – livestreaming

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

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 26: 53 Regular Envelopes - \$1785; 2 Building Fund envelopes - \$40; 2 Visitor Envelopes - \$70; 1 Aid to Ukraine envelope - \$200; Loose Change - \$110.

E-Transfers – 5 Regular Donations - \$230; 1 Aid to Ukraine Donation - \$100; 1 Eparchial Charities Donation - \$25.

ST. ATHANASIUS PARISH's ANNUAL GENERAL MEETING will be held immediately following Divine Liturgy on Sunday, March 19, 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 (second year of two-year term); Vice-President – Basil Kuzyk (second year of two-year term); Treasurer – Doris Gordon (1st year of a 3rd 2 year term) Secretary - Terelyne Vadeboncoeur (1st year of her first 2 year term) Past President – Kevin Korchinski.

Linda Korchynski has completed 2 years as Secretary and will be leaving the Parish Council. We thank Linda for all her work on Parish Council.

AGM reports will be available after Liturgy after Sunday, March 12th or can be picked up at the parish office after that date.

SOROKOUSTY SERVICES – ALL SOULS SATURDAYS

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



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.



THANK YOU, Father Vasyi, Parishioners, and Friends for your prayers, cards and kind words of sympathy, for the repose soul of brother Alexander Dakiniewich. Also, those who brought food and flowers, visits were very much appreciated. May God bless you and keep you in His care. Bernice and Eugene Bzdell.



On Williw/Palm Sunday, April 2nd, the UCBC will be hosting a brunch to help us celebrate with our First Holy Communicants. Come out and celebrate as a church family. Tickets will be sold until Sunday March 26th. Adults \$20.00; Children (6-12) - \$15.00; Children 5 and under free.

ATTENTION SENIORS OF ST. ATHANASIUS: Our membership is very low. We would love to keep the club active. We definitely need more seniors to come forward. If anyone is interested in joining the Senior’s organization please call me or text me at 306-591-3702.

Angie Lawryk

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

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



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 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 date mentioned as we journey through the stations of the cross this Lenten Season!



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)

POPE's PRAYER INTENTION FOR MARCH: *For Victims of Abuse.* We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.

MARCH FOOD BANK ITEM – JUICE

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):**

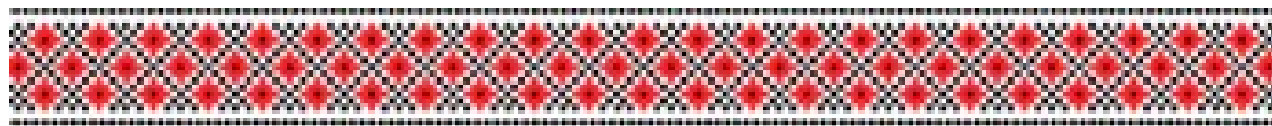
- 1) A strict fast is observed on the first day of the Great Fast and Passion Friday, i.e. abstention from meat and dairy products and eggs, as well as foods that contain these ingredients.
- 2) Abstention from all meat and foods containing meat is to be observed during the first week of the Great Fast 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!!



St. Athanasius Ukrainian Catholic Brotherhood

Easter Sausage Fundraiser



1 Ring = \$7.50 per lbs. (Which is two sticks of sausage.)

Contact Basil Kuzyk at

306-570-6618

or

basilkuzyk@gmail.com

Orders must be in by March 20, 2023.to order.



INTERNATIONAL NIGHT 2023

Come celebrate the incredible cultural diversity on campus with hundreds of your fellow peers at the largest and most thrilling annual event!

Join us as we embrace and showcase the brilliant wonders of traditional cultural performances, delicious food, and spectacular fashion!

Support our students as they compete in mind-blowing competitions for their chance to win:

Cultural Fashion Showcase: 1st prize winners will each receive \$1000; 2nd prize winners will each receive \$500

University of Regina Student Idol: 1st prize winners will each receive \$1000; 2nd prize winners will each receive \$500

Friday, March 10, 2023

Gym 3, CKHS, University of Regina

Doors @ 4:30PM | Dinner & Program @ 5:00PM

FREE Tickets (required for dinner only) available at UR International Student Services (College West 109)

****Deadline to pick up your ticket is March 2, 2023 (Limited number of tickets available!)***

Program to Include:

International Cuisine

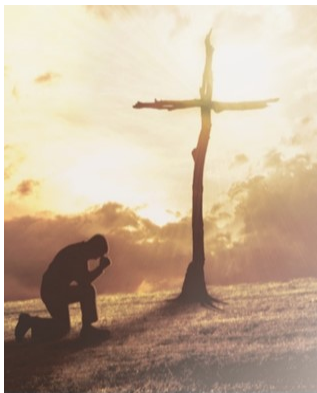
Traditional Performances

University of Regina Student Idol Competition

Cultural Fashion Showcase Competition

Prize Giveaways

FRIENDLY REMINDER: please do not drop used clothing and items at St. Athanasius Parish. The parish doesn't have the space to house the items and the clothing. Thank you for your co-operation regarding this matter.



A Life-Changing Study for the Whole Parish!



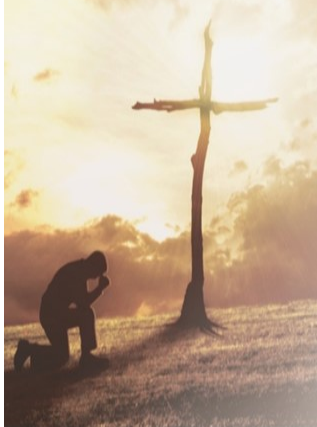
Session One: Where Are You?

What are we to do with guilt? Should it be ignored, or does it present an opportunity we don't want to miss? The truth is, God seeks us out when we have sinned, not to scold or punish us, but to offer us his healing and his forgiveness. It's certainly true that God is omnipotent and just, but before all else he is our loving, merciful Father.

All adults are invited to attend this 3-part Lenten video series - led by Fr. Warren Dungen

March 2, 9, 23 at 6:45pm in St. Basil's Church basement

FORMED® THE CATHOLIC FAITH.
ON DEMAND.



A Life-Changing Study for the Whole Parish!



Session Two: An Encounter with Mercy

Sin always damages our relationships with God and with others, and, depending on the gravity of the sin, it may even rupture these relationships. Jesus calls us to the Sacrament of Reconciliation not only to forgive us and wash away our sins, but also to heal our wounds and the root causes of our sins. We are not defined by our mistakes; we are defined by the Father's love for us!

All adults are invited to attend this 3-part Lenten video series - led by Fr. Warren Dungen

March 9, 23 at 6:45pm in St. Basil's Church basement

FORMED® THE CATHOLIC FAITH.
ON DEMAND.



A Life-Changing Study for the Whole Parish!



Session Three: Embraced in Mercy: The Rite Explained

God, in his wisdom and mercy, has given us a beautiful gift in the Sacrament of Reconciliation. Whether you go to Confession regularly or you haven't gone since second grade, this session guides you step-by-step through the deeper meaning of every aspect of the rite—what it is, why we do it, and how it impacts your life. God's merciful love shapes every word and action of the Sacrament, and when we prepare for it honestly and prayerfully, we will be open to receiving the fullness of his grace.

All adults are invited to attend this 3-part Lenten video series - led by Fr. Warren Dungen

March 23 at 6:45pm in St. Basil's Church basement

FORMED® THE CATHOLIC FAITH.
ON DEMAND.

*Icon of Healing the Paralytic**The Renewal that is the Sabbath*

Another reason why the Sabbath day was blessed is that he who formed this world in six days foresaw that man would turn towards evil and would, as a result, go back to the ground, descend to Hades, and be imprisoned there, and this whole world would grow old and useless because of man, but would be renewed by God becoming man.

This renewal was effected when God incarnate descended into Hades through death and declined there on the Sabbath the recall of souls. It was because he foresaw that this would happen on the Sabbath that he rightly deemed it the only day worthy to be blessed. However, although this work was secretly made ready on the seventh day, the Sabbath, everything was

clearly brought to light and accomplished when the body too had been summoned to immortality through the Lord's Resurrection on the eighth day. This is why we call it the Lord's Day.

As Friday, the day of preparation, stands in relation to the Sabbath, so is the Sabbath in comparison with Sunday, which is obviously superior to it. As perfection and reality surplus beginning, pattern, and shadow, so is Sunday more excellent and honorable, because on it the exceedingly blessed work was finished, and on it we await the General Resurrection of all, the perfect entry of the saints into the divine rest and dissolution of the world into its elements.

Saint Gregory Palamas