

E-mail: daris.cherian@gmail.com



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

E-mail: vasyltymishak@gmail.com

Parish Priest: Fr. Vasyl Tymishak

Cell Phone: 306-519-9030

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 <u>participating</u> in the Sunday Divine Liturgy and by fulfilling your baptismal responsibility in <u>contributing</u> 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

Phone: 1-416-262-9670

Parish Council Trustee – Arun Abraham Phone: (1-306-891-4302) E-mail: abru.arun@gmail.com

April 9, 2023 Vol. 51, No. 14

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

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

	APRIL GREETERS	APRIL TABULATORS
Apr.7	Good Friday: Rosanne Miller	N/A
Apr. 9	Easter Sunday: Mark & Karen Woitas	Walter Brigidear & Art Wytrykush (ushers)
Apr. 16	Carl & Linda Korchynski	Cliff Rakochy & Linda Korchynski
Apr. 23	Terry & Rosanne Miller	Carl Korchynski & Rosanne Miller
Apr. 30	Maggie Stephen/Bernice Bzdell	John Dmyterko/Art Wytrykush

	APRIL ROSARY	APRIL READERS
Apr. 7	Good Friday – No Rosary	3:00 p.m. – Len Markewich/Christine Hladky 7:00 p.m. – Marianne Stadnyk/Anna Markewich
Apr. 9	Easter Sunday – Resurrection Matins	Peter Federko – English Alla Tymishak - Ukrainian
Apr. 16	St. Thomas Sunday – Resurrection Matins	9:30 a.m.Phyllis Lukey 11:30 a.m. Alla Tymishak
Apr. 23	Karen Woitas/Iryna Baran – Byzantine Glorious	Karen Woitas
Apr. 30	Louise Makuch/Natalia Osoba – Joyful	Louise Makuch

AS WE CELEBRATE RESURRECTION OF THE LORD, TO ALL FAITHFUL WE EXTEND OUR SINCERE WISHES FOR HOLY AND HAPPY EASTER!

CHRIST IS RISEN! INDEED HE IS RISEN!

BCIM BIPHUM БАЖАЄМО

ВЕСЕЛИХ ТА ЩАСЛИВИХ СВЯТ ВОСКРЕСЕННЯ ХРИСТОВОГО

ХРИСТОС ВОСКРЕС! ВОІСТИНУ ВОСКРЕС!

EASTER SUNDAY

- The Resurrection of Our Lord and Savior Jesus Christ

NOTE: Please remember that from Resurrection Sunday up to Ascension Thursday, we stand to pray. Note also that from Easter Sunday to Ascension Thursday, at daily Liturgies, the Sunday antiphons are recited and the tropar, kondak, etc. are read from the preceding Sunday bulletin. The Epistle and Gospel are of the day.

EASTER REFRAIN: Christ is risen from the dead, by death He conquered death, and to those in the graves He granted life.

THIRD ANTIPHON: Let God arise and His enemies be scattered; let those who hate Him flee from His presence.

TROPAR: Christ is risen from the dead, by death He conquered death, and to those in the graves He granted life.

As smoke vanishes, let them vanish, as wax melts from the presence of fire.

TROPAR: Christ is risen from the dead....
So let sinners perish from the presence of God but let the righteous rejoice.

TROPAR: Christ is risen from the dead....

AT THE LITTLE ENTRANCE: In assemblies bless God, the Lord, you who spring from Israel.

TROPAR: Christ is risen from the dead....

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

KONDAK (Tone 8): Though You went down to the grave, immortal Lord, You destroyed the power of Hades and rose victorious, Christ our God. You who said "Rejoice" to the myrrh-bearing women, give peace to Your apostles and offer resurrection to the fallen.

INSTEAD OF 'Holy God...': All you, who have been baptized into Christ, have put on Christ. Alleluia!

PROKIMEN (Tone 8): This is the day the Lord has made; let us rejoice and be glad in it.

VERSE: Give thanks to the Lord, for He is good, His love is everlasting.

EPISTLE: A reading from the Acts of the Apostles (1:1-8)

In my first account, Theophilus, I dealt with all that Jesus did and taught until the day he was taken up to heaven, having first instructed the apostles he had chosen through the Holy Spirit. In the time after his suffering he showed them in many convincing ways that he was alive, appearing to them over the course of forty days and speaking to them about the reign of God. On one occasion when he met with them he told them not to leave Jerusalem: "Wait, rather, for the fulfillment of my Father's promise, of which you have heard me speak. John baptized with water, but within a few days you will be baptized with the Holy Spirit." While they were with him they asked, "Lord, are you going to restore the rule to Israel now?" His answer was: "The exact time is not yours to know. The Father has reserved that to himself. You will receive power when the Holy Spirit comes down on you; then

you are to be my witnesses in Jerusalem, throughout Judea and Samaria, yes, even to the ends of the earth."

ALLELUIA VERSES: Rise, take pity on Zion.

The Lord has looked down on earth from heaven.

GOSPEL: John 1:1-17

In the beginning was the Word; and the Word was in God's presence, and the Word was God.

He was present to God in the beginning, through him all things came into being, and apart from him nothing came to be.

Whatever came to be in him, found life, life for the light of men. The light shines on in darkness, a darkness that did not overcome it.

There was a man named John sent by God, who came as a witness to testify to the light, so that through him all men might believe.

But only to testify to the light, for he himself was not the light. The real light which gives light to every man was coming into the world.

He was in the world, and through him the world was made, yet the world did not know who he was. To his own he came, yet his own did not accept him.

Any who did accept him he empowered to become children of God. These are they who believe in his name.

Begotten not by blood, nor by carnal desire, nor by man's willing it, but by God.

The Word became flesh and made his dwelling among us, and we have seen his glory; the glory of an only Son coming from the Father, filled with enduring love.

John testified to him by proclaiming: "This is he of whom I said, The one who comes after me ranks ahead of me, for he was before me."

Of his fullness we have all had a share -- love following upon love.

For while the law was given through Moses, this enduring love came through Jesus Christ.

INSTEAD OF 'It is truly right...' (from #117 hymn book) The Angel greeted You O full of grace, O purest virgin rejoice and again I say rejoice. Your Son has risen from the tomb on the third day, and has raised all who were dead. O mankind rejoice!

Shine O Shine, O new Jerusalem for the glory of the Lord has surrounded you; be happy now and rejoice O Zion. And you pure Mother of God, exalt and rejoice in the Resurrection of Him who was born of you.

COMMUNION HYMN: Receive the Body of Christ; partake of the source of immortality. Alleluia! Alleluia! Alleluia!

INSTEAD OF 'Blessed is He who come....', TROPAR: Christ is risen from the dead....

Instead of: "We have seen the true light...": #118 Khrystos Voskrese
"May our mouths be filled..." #118 Arise and Rejoice!
"Blessed be the name..." #118 Xhrytos Voskres!

Khrystos Voskrese Khrystos voskrese voskrese, voskrese, iz mertvykh, Smertiu, smert' poprav, Smertiu, smert' poprav, Isuschym vo hrobikh, Isuschym vo hrobikh, zhyvot, zhyvot daryvav!

or

Arise and Rejoice! Arise and rejoice,

Arise, arise with the risen Lord. Through His death, death has gone. Through His death, death has gone! Everyone who was dead, Everyone who was dead, Everyone who was dead, Ever, everlasting life has won!

END OF LITURGY: He granted us eternal life, we exalt and glorify His Resurrection.

Please join us in all the singing today beginning with Matins (green cover booklets)

Opening Hymns and at the end of Matins: #120 This Is The Day

Before Communion: Christ Is Risen! (Tropar)

During Communion:

#124 On That First Day

#121 Sohlasno Zaspivajmo / Let Us Joyfully All Sing

#122 Khrystos Voskres, Radist Z Neba / Arise, Rejoice!

At conclusion of Liturgy: #116 Christ Is Risen! (tropar) with ending "He granted us eternal life; we exalt and glorify His Resurrection"

Closing Hymn: #119 Rejoice! Rejoice!



LITURGICAL SCHEDULE April 10 - APRIL 16 2023

Monday, April 10, 2023 - Bright Monday Bright Week. 10:00 a.m. Divine Liturgy at St.Athanasius

Tuesday, April 11, 2023 - Bright Tuesday, Bright Week. Acts 2:14-21; Luke 24:12-35. No service scheduled

Wednesday, April 12, 2023 - Bright Wednesday, Bright Week. Acts 2:22-36; John 1:35-51.

No service scheduled

Thursday, April 13, 2023 - Bright Thursday, Bright Week. Acts 2:38-43; John 3:1-15.

No service scheduled

Friday, April 14, 2023 - Bright Friday Bright Week. No fasting or abstention from foods. Acts 3:1-8; John 2:12-22.

No service scheduled

Saturday, April 15, 2023 - Bright Saturday Bright Week. Acts 3:11-16; John 3:22-33. No service scheduled

Sunday, April 16, 2023 - *Thomas Sunday. Julian Pascha* 9:00 a.m. Paschal Matins & Divine Liturgy at St.Athanasius 11:30 a.m. Divine Liturgy in Ukrainian at St.Athanasius

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.

April 2: 53 Regular Envelopes - \$2033.50; 1 Building Fund envelope - \$150; 8 Visitor Envelopes - \$205; 1 Missions in Canada envelope - \$20; 3 Easter flower envelopes - \$110; 1 Easter Offering envelope - \$100; 5 Lenten Missions envelopes - \$195; Loose Change - \$100.

E-Transfers – 7 Regular Donations - \$670; 1 Lenten Mission Donation - \$40; 1 Easter Offering Donation - \$40; 1 Holy Friday Donation - \$20. 10 Pre-authorized Givings - \$1605.

NEW PICTORIAL DIRECTORIES have now arrived and are ready to be picked up. Envelopes with address labels have been prepared for all parishioners. If you did not respond to our request to have your picture taken, or if you did not submit a picture for the directory, copies are available for you if you are an active parishioner. A copy for non-active parishioners is available at a cost of \$15/directory. Please contact the office during regular office hours.

Youth Announcement: Next Gathering(s)



Lead. Invite. Accept. Evangelize.

The youth and their friends in Grades 7-12 are invited to come out for an evening of fun, activities and discussions on:

Friday, April 21 from 7-9pm at St. Athanasius Parish

Friday, May 26 from 7-9pm at St. Basil's Parish Centre

Friday, June 16 – Year end Wind-up

Contact Lesia/Maggie at <u>ultimateaandb@hotmail.com</u> if you have questions.

UCWLC Notes...

Call for Prayer Partners!

Our long-awaited Prayer Partner Program is back! If you are interested in participating in this year's program, contact Iryna Baran (iryna21.baran@gmail.com or call 306-501-2808) by April 29, 2023! Open to all parishioners!

How it works:

- a) Interested individuals notify Iryna they would like to participate and submit a form.
- You will only know the identity of the person for whom you are to pray.
- Throughout the year you pray for the needs of your assigned partner.
- d) At the end of the year, the prayer partners are revealed!

Join us - Faith, Fun, & Fellowship!





Примітки UCWLC... Ви запрошені....

Наша довгоочікувана Молитовна партнерська програма повертається! Якщо ви зацікавлені в участі в цьогорічній програмі, звертайтеся до Ірини Баран (iryna21.baran@gmail.com або за телефоном 306-501-2808) до 29 квітня 2023 року! Відкрито для всіх парафіян!

Як працює програма:

- а) Зацікавлені особи повідомляють Ірині про бажання взяти участь.
- б) Бажаючі повідомляти Ірину вони хотіли б взяти участь і подати а форму. Ви знатимете лише особу людини, за яку будете молитися.
- в) Протягом року ви молитеся за потреби вашого призначеного партнера.
- г) Наприкінці року виявляються партнери по молитві!

Приєднуйтесь до нас – віра, веселощі та товариство!

<u>Reminder</u>: Next Branch meeting is Saturday, April 22, 2023, following the 9:30am liturgy.

The Marian Centre would once again be grateful for donations of men's clothing. We are primarily interested at this time of the year in men's walking shoes and runners and spring and summer weight clothing. Many thanks!

POPE's PRAYER INTENTION FOR April: For a Culture of Peace and Non-violence. We pray for the spread of peace and non-violence, by decreasing the use of weapons by States and citizens.

APRIL FOOD BANK ITEM - BEANS

March 2023 Parish Council Highlights

Hello everyone,

As a way to improve communication with all of you as St. Athanasius Parishioners we will be including a brief recap of the recent Parish Council meeting. If there is other information you would like to know about do not hesitate to contact Parish Council.

Financial Update

Inquiries regarding the balance of accounts is available by contacting the Parish office.

Business Arising

- The **photo icon** project for the front lobby continues the installation will happen once the temperature warms up to ensure the icons adhere to the windows. As well we would like to thank the UCBC for the new Stations of the Cross icons that were installed in March.
- **Coffee** Please sign up to serve coffee as it can only happen with your support. There will not be coffee if no one is signed up to help and we are VERY short of volunteers at the moment.
- **Support for Ukraine** The donations are noted weekly in the bulletin your generosity is very much appreciated, and Father Vasyl and the Social Justice Committee are continuing the process of distributing funds. We wish to thank all of the parishioners who have donated funds or goods, as well as those who have been driving the newcomers to appointments, church etc.

<u>Ushering</u> – in the last few months we have returned to the pre-pandemic way of ushering. Those scheduled to usher will be responsible for the collection after the Homily, guiding people during Holy Communion, and tabulating the collection after Liturgy. If you would like to volunteer please let the office know. We would also like to remind Parishioners that collections will happen immediately after the Homily.

<u>Bilingual Liturgies</u> - With the arrival of many newcomers from the Ukraine, we will continue in the short term of having a more bilingual service to help all feel welcome. Please use the weekly bulletin for English words for epistle and Gospel readings.

Special thanks to all parishioners for helping everyone feel welcome.

The first Sunday of the month will see a Ukrainian Liturgy starting at 11:30 A.M.

New Business

<u>March 19 AGM</u> - The Parish Council Executive for 2023-2024 is: President - Len Markewich; Vice-President - Basil Kuzyk; Treasurer – Doris Gordon; Secretary - Terelyne Vadeboncoeur; Past President - Kevin Korchinski.

<u>Easter Meal/Feast Day</u> - The Feast Day meal will be on Sunday, April 30. Father suggested we might want to have a Vespers service on Saturday, April29 as part of the Feast Day celebrations. Easter food will be served. Tickets will not be sold; rather, there will be a silver collection/goodwill offering. Rosanne Miller and her crew will prepare food for 150 people. If there is leftover food, it will be given to those in need.

<u>Changes at the Eparchial Office</u> – as mentioned on the Eparchy Facebook page and bulletin insert there have been some major changes at the Saskatoon office, including the discontinuation of the Data Management System, and the elimination of three positions – the Family Office, Youth Ministry and Chancellor.

Thanks for your continued support.

St. Athanasius Parish Council

Westminster United Church invites you to a Ukraine benefit concert: An intimate evening of entertainment with performances by Jack Semple, Jeffery Straker, Dale Mac and Olivia Obarianyk; along with special guest former senator Raynell Andreychuk.

Proceeds will go to mental health support for those affected by the trauma of war, in partnership with Canada-Ukraine Foundation & Ukrainian Canadian Congress. April 20, 2023 at 7:30pm. Tickets are \$25/in-person attendance or \$10 online viewing. For tickets contact wucrevents@gmail.com.

The event is at 3025 – 13th Avenue, Regina. Free parking at the Holy Rosary Cathedral, across Cameron Street.

For more information on the program supporting mental health please visit https://www.cufoundation.ca/mental-health-support-for-internally-displaced-children-in-ukraine

Can't attend? Send your donation to: Westminster United Church, in person at the event or e-transfer wucrevents@gmail.com



Regina Donation Center needs your help for Displaced Ukrainians arriving continually. To help them start their new lives, we are looking for the donations listed below.

Sundays between 1 pm and 3 pm at 1660 Park Street: Excellent condition furniture (no rips or stains) and likenew or new bedding and smaller-sized men's clothing (medium and small) at the warehouse location.

Sundays between 3:30 PM to 5:00 PM at 3303 Grant Road: Housewares, supplies, toys, and new toiletries.

We Need:

- Excellent condition pots (good for making soup, boiling potatoes, etc.)
- Excellent condition smaller furniture desks and office chairs, loveseats (not large couches and not hide-a-beds), nightstands, dressers (with working drawers), dining room or kitchen tables and chairs, futons.
- Working power bars, HDMI cables
- Working hair dryers
- Excellent condition mixing bowls
- Clean Mops and buckets
- Working microwaves and working vacuums
- Newer TV's (flatscreens, not tube TV's, as those won't work with their available technology)
- New beds / air mattresses or gift cards for places like Sleep Country.
- working bikes (kids and adults)

- Working irons
- Working gaming systems
- Excellent condition laundry baskets
- Booster car seats for toddlers
- New toiletries / sanitary supplies / cleaning supplies
- New toasters
- Working pressure cooker, blenders, mixers
- New or excellent condition backpacks
- Good condition smaller tools like screwdrivers, hammers, pliers, scissors, etc.
- Gift cards to Superstore, Walmart or other stores

NOTICE OF ANNUAL GENERAL MEETING OF THE UKRAINIAN CATHOLIC FOUNDATION OF SASKATCHEWAN CORPORATION

When: WEDNESDAY, APRIL 19, 2023

(NOTE: This will be a virtual meeting via the Zoom meeting facility)

Time: Registration (Sign into Zoom) – 7:00pm to 7:30pm Annual General Meeting – 7:30pm

Where: This will be a virtual meeting via the ZOOM Meeting facility.

MEMBERS WISHING TO PARTICIPATE IN THE ANNUAL GENERAL MEETING

MUST PRE-REGISTER WITH THE UCFSASK OFFICE VIA EMAIL

(admin@ucfsask.org) OR TELEPHONE (306-653-0138, EXT 223) BY NO LATER

THAN FRIDAY, APRIL 14, 2023 – 4:00PM. A ZOOM MEETING INVITE WILL BE

SENT TO ALL WHO HAVE PRE-REGISTERED FOR THE ANNUAL GENERAL

MEETING.

Who: All members of a Ukrainian Catholic parish or mission within the Ukrainian Catholic Eparchy of Saskatoon who are 18 years of age or older are entitled to participate and vote at the meeting.

Information regarding the detailed agenda and all the relevant annual meeting documents, including the audited financial statements for the period January 1, 2022, to December 31, 2022, are posted on the Ukrainian Catholic Foundation of Saskatchewan's website at www.ucfsask.org, under the 2022 Annual General Meeting tab.

UKRAINIAN CATHOLIC FOUNDATION OF SASKATCHEWAN CORPORATION <u>Call for Nominations to the Board of Directors of Ukrainian Catholic Foundation of</u> Saskatchewan

The Ukrainian Catholic Foundation of Saskatchewan is searching for people who are interested in serving on our Board of Directors. To qualify, a person must be 18 years of age or older, a resident of Canada and a member in good standing with a Ukrainian Catholic Parish or Mission within the Ukrainian Catholic Eparchy of Saskatoon.

The Board has two vacancies from the **Yorkton Deanery**. If you are interested in serving on the Board of Directors as a Deanery Representative from the Yorkton Deanery, please contact **the Office Administrator**, **Iris Owchar at 306-653-0138**, **ext 223**, or email your intention to **admin@ucfsask.org**. Each nomination will require a letter of support from your Pastor.

Nominations will close on Friday, April 14, 2023, at 4:00 p.m. Directors will be elected at the Annual General Meeting on Wednesday, April 19, 2023.

UKRAINIAN CATHOLIC FOUNDATION OF SASKATCHEWAN GRANT FUND PROGRAM

Ukrainian Catholic Foundation of Saskatchewan (UCFSask) is considering applications for grants from the Grant Fund Program. The Foundation is looking for applications from Parishes/Missions and approved Eparchial Organizations for projects/initiatives that align with the Foundation's mission and purpose. In addition, grant allocations will also be guided by the recommendations for action from the Eparchial 2014 SOBOR Document – The Vibrant Parish. The Foundation will be looking to distribute up to \$50,000 from the Grant Fund this year.

To receive this grant money, Parishes/Missions or Eparchial Organizations will be required to complete a grant application form. The application form is available under the "Grants" tab on the Foundation's website at www.ucfsask.org. More detailed information concerning the grant fund, and the guidelines under which grants will be considered is also available under the "Grants" tab on the website.

Parishes/Missions or Eparchial Organizations wishing to apply for a grant should complete and submit their "grant application form", to the Foundation Office by 5:00pm April 15, 2023.

NOTE: Parishes/Missions/Eparchial Organizations who have already submitted their applications to the Foundation DO NOT need to re-submit their applications

If more information or clarification is required, please contact the UCFSask office at: (306) 653-0138, ext 223 or email at admin@ucfsask.org. or go to our website at www.ucfsask.org where the criteria for grant funding and the grant application form is located under the "GRANTS" caption.

THE RESURRECTION OF OUR LOARD AND SAVIOR JESUS CHRIST



Icon of Christ Raising Adam and Eve from the Tombs

Holy Pascha

Many indeed are the wonders of that time: God crucified; the sun darkened and again rekindled, for created things also had to suffer with the Creator; the veil split; blood and water pouring from His side, the first as human, the second as above the human; the earth shaken, rocks broken in pieces for the sake of the Rock; dead people raised to bring faith in the completion of the universal resurrection; the signs at the tomb and after the tomb. Who can adequately sing their praise?

Yet none is like the wonder of my salvation: a few drops of blood recreate the whole world and become for all human beings like a curdling agent for milk, binding and drawing us together into one.

But, O Pascha, great and holy and purifier of all the world, I will speak to you as to a living being. O Word of God and light and life and wisdom and power! For I rejoice in all your names. O offspring and movement and imprint of the Great Mind! Apprehended as Word and contemplated as human, you uphold all things, biding them by the word of your power! Accept now this discourse, not as first fruits but perhaps as a completion of the fruit we offer, as a thankoffering and at the same time a supplication, that we may suffer nothing beyond the necessary and sacred things pertaining to us; and stop the body's tyranny over us - you see, Lord, how great it is and burden some; or what you decree, if we are to be purified by you. But if we are to be released worthily as we desire, and received in the heavenly tabernacle, perhaps also there we

will make acceptable offerings to you on your holy altar, O Father and Word and Holy Spirit, for to you belong all glory, honor and sovereignty to the age of ages. Amen.

St. Gregory the Theologian