

Sunday, September 17, 2023

**ST. ATHANASIOUS 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 – Tyler Woloshyn, 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. ATHANASIOUS 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.

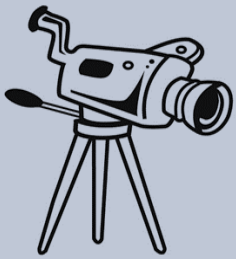
Please contact Fr. Vasyl if you know of any parishioner who is sick and wants to be visited.

St. John Paul II Syro-Malabar Parish – Fr. Daris Cherian
Phone: 1-306-510-7700
Parish Council Trustee – Arun Abraham Phone: (1-306-891-4302)

E-mail: daris.cherian@gmail.com

E-mail: abru.arun@gmail.com

Welcome to all visitors and parishioners who are celebrating the Liturgy with us today. Everyone is welcome 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>

SEPTEMBER GREETERS		/SEPTEMBER USHERS/ TABULATORS
Sept 17	Terelyne Vadeboncoeur & Len Markewich	Art Wytrykush & Rosanne Miller
Sept 24	Mark & Karen Woitas	Walter Brigidear & Cliff Rakochy

SEPTEMBER ROSARY		SEPTEMBER READERS
Sept 17	Bernice Bzdell & Mykola Perun – Byzantine - Luminous	Terelyne Vadeboncoeur
Sept 24	Louise Makuch & Natalia Osoba - Glorious	Louise Makuch

Glory Be To Jesus Christ! Glory Be Forever! Слава Ісусу Христу! Слава на віки!

SUNDAY AFTER THE EXALTATION OF THE CROSS

FIRST ANTIPHON: My God, my God, look upon me, why have You forsaken me? Why can't my sinful words reach You, my salvation.

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

When I cry to You during the day, O my God, You do not listen, and there is no rest for me at night.

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

Nonetheless You are there in the holy place, O Israel's boast.

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

Glory be to the Father. . . Only Begotten Son.. .

THIRD ANTIPHON: Regular 3rd Antiphon but with the following refrain:
O Son of God, crucified in the flesh, save us who sing to You: Alleluia!

TROPAR (Tone 7): By Your cross You destroyed death; You opened Paradise to the thief; You changed the lamentation of the myrrh-bearers to joy, and charged the apostles to proclaim that You are risen, O Christ, our God, offering great mercy to the world.

TROPAR OF THE EXALTATION (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 (Tone 7): No longer shall the dominion of death be able to hold humanity, for Christ went down shattering and destroying its powers. Hades is bound. The prophets exult with one voice. The Savior has come for those with faith, saying: "Come forth, O faithful, to the resurrection!"

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

PROKIMEN (Tone 7): The Lord will give strength to His people; the Lord will bless His people with peace.

Verse: Bring to the Lord, O you sons of God; bring to the Lord young rams.

EPISTLE: A reading from the Letter of the Holy Apostle Paul to the Galatians (2: 16-20)

Brothers and Sisters! Knowing that a man is not justified by legal observance but by faith in Jesus Christ, we too have believed in him in order to be justified by faith in Christ, not by observance of the law; for by works of the law no one will be justified. But if, in seeking to be justified in Christ, we are shown to be sinners does that mean that Christ is encouraging sin? Unthinkable! If, however, I were to build up the very things I had demolished, I should then indeed be a transgressor. It was through the law that I died to the law, to live for God. I have been crucified with Christ, and the life I live now is not my own; Christ is living in me. I still live my human life, but it is a life of faith in the Son of God, who loved me and gave himself for me.

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

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

GOSPEL: Mark 8:34 – 9:1

At that time He summoned the crowd with his disciples and said to them: "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 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 with 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...": My soul, extol the venerable cross of the Lord. O Mother of God, you are a hidden paradise* which mysteriously brought forth Christ by whom a life-giving tree of the cross has been planted on earth. Today this cross is being exalted, and we, adoring it, glorify You.

COMMUNION HYMN: The Light of Your face, O Lord, is raised over us.
Praise the Lord from the heavens, praise Him in the highest. Alleluia! Alleluia! Alleluia!

LITURGICAL SCHEDULE SEPTEMBER 18– SEPTEMBER 24, 2023

Monday, September 18, 2023 - Post-feast of the Exaltation of the Cross; Our Venerable Father Eumenes, Bishop of Gortyna [**Ephesians 1:22-2:3; Mark 10:46-52.**](#)

6:30 p.m. Divine Liturgy (intention for Greg and Ben and their families) & **Catechism**

Tuesday, September 19, 2023 - Post-feast of the Exaltation of the Cross; Holy Martyrs Trophimus, Sabbatius and Dorymedontus (276-82) [Ephesians 2:19-3:7; Mark 11:11-23.](#)
12:00 p.m. - noon Divine Liturgy at Campion College, University of Regina

Wednesday, September 20, 2023 - Post-feast of the Exaltation of the Cross; Holy Great-Martyr Eustathius and those with him (276-82); [Ephesians 3:8-21; Mark 11:23-26.](#)
6:30 p.m. Divine Liturgy for +Cynthia Misko, requested by Maxime & Eric Lawrenz
7:00 p.m. UCBC meeting

Thursday, September 21, 2023 - The Leave-taking of the Feast of the Exaltation of the Cross; Holy Apostle Codratus of Magnesia (249-52) [Ephesians 4:14-19; Mark 11:27-33.](#)
10:00 a.m. Divine liturgy for Stella Manchur for her health from UCWLC

Friday, September 22, 2023 - Holy Priest-Martyr Phocas, Bishop of Sinope (98-117); [Ephesians 4:17-25; Mark 12:1-12.](#)
No service scheduled at St. Athanasius
7:00 p.m.-9:00 p.m. Youth gathering at St.Basil's

Saturday, September 23, 2023 -The Conception of the Honourable and Glorious Prophet, Forerunner and Baptist John [Galatians 4:22-31; Luke 1:5-25.](#)
No service scheduled

Sunday, September 24, 2023 - Seventeenth Sunday after Pentecost. [2 Corinthians 6:16-7:1; Matthew 15:21-28.](#)
9:10 a.m. Rosary livestream
9:30 a.m. Divine Liturgy livestream
3:00 pm Divine Liturgy Praznyk in Glentworth

NOTICE: Our parish expenses continue, so please continue to support the parish. Your donations are very much appreciated. There are a few options available to you: drop off your envelope at 54 McMurphy Avenue, mail in your cheque to 55 McMurphy 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.

September 10: 43 Regular Envelopes - \$1590; 1 Building Fund Envelope - \$20; 4 Visitor Envelopes - \$80; 14; Loose Change - \$90.
E-Transfers: 5 general donations - \$190; 1 Beatifications & Canonizations donation - \$25; 1 Building Fund donation - \$25.



NEW COFFEE SIGN UP SCHEDULE: Please, if you can sign up for a Sunday to serve coffee, juice and cookies. This would be very much appreciated. Coffee schedule sign up sheets are located in the front foyer desk and on the kitchen table. If no one signs up for serving this would be an indicator no one is interested in having coffee after Sunday Divine Liturgy and will be discontinued. Please, help out when you can.

POPE'S PRAYER INTENTION FOR SEPTEMBER: *For People Living On The Margins* – we pray for those persons living on the margins of society, in inhumane life conditions: may they not be overlooked by institutions and never considered of lesser importance.

SEPTEMBER FOOD BANK ITEM – Soup

Regina Faith Formation

Saturday from 9 am – 1 pm

Fr. Gregory Hrynkiw

Social Doctrine of the Church

IN PERSON

September 23 (St. B's); October 21 (St. B's); November 25 (St. A's);

January 27 (St. A's); February 17 (St. B's); March 16 (St. B's);

April 27 (St. A's); May 25 (St. B's); June 22 (St. A's)

For WebEx Dates and More Information Contact

Sr. Marijka or Sr. Bonnie at:

rel.ed@sasktel.net or (306)380-8509

Cost: \$75.00

All are welcome!



**41st Anniversary of the passing of our
Late Bishop Andrew Roborecki**

Sunday, October 22, 2023

**9:30 a.m. - Divine Liturgy/Panakhyda -
LIVESTREAM**

St. George's Cathedral

**Short program to follow:
All faithful are invited!**

UCWLC Notes...



Примітки ЛУКЖК...

1. Looking for Cabbage Rolls?

Just in time for Thanksgiving! We have vegetarian cabbage rolls for sale: \$15/2 dz bag. They are also gluten-free! Contact Holly P.

Orders for meat/rice (\$18/2dz bag) & rice/onion (\$15/2dz bag) cabbage rolls are being accepted between Sept. 15 - Oct. 15/23. Payment is due at time of order.

Order Forms are available from Holly P., Lorraine W., or the UCWLC mailbox.

Order Pickup: Sunday, Nov. 5 (11am - 1pm) or Tuesday, Nov. 7 (4-6pm).

Perfect timing for the November long weekend, Grey Cup and Christmas menu planning!

2. Last Chance for UCWLC Dress Code Golf shirts - \$40, see Holly P.

3. Upcoming Branch Events – Mark Your Calendars!

- Wed., Sept. 27 (AM) Food Service Bee #1*
- Sat., Oct. 14 Branch Meeting follows liturgy

(we will have cake/coffee in honour of Sophie C's belated 90th birthday!)

- Sun., Oct. 15 Soup Sunday Luncheon (by donation)
- Wed., Oct. 25 (AM) Food Service Bee #2*

*Note: Call Marie B. to volunteer: 306-949-7493



UKRAINIAN LANGUAGE CLASSES

BEGINNERS

MONDAYS

Starting: September 11, 2023

INTERMEDIATE

TUESDAYS

Starting: September 12, 2023

ADVANCED

WEDNESDAYS

Starting: September 13, 2023

DETAILS FOR ALL CLASSES

Time: 7:00 p.m. – 9:00 p.m.

Cost: \$100/person/semester + materials

(Semester 1 – Sept-Dec 2023)

(Semester 2 – Jan-May 2024)

Location:

Classes will be held at Selo Gardens Classroom, 1106 McNiven Avenue, Regina

Instructor: Svitlana Kenyuk

If you require additional information regarding Ukrainian Language Classes, please refer to the poster on the bulletin board in the auditorium.

THE REGINA AREA ENVIRONMENTAL PUBLIC HEALTH DEPARTMENT is offering the 2023 Food Safety Level 1 training course.
2023 Fall Food Safety Level 1

General Information

Food Safe Level 1 is a food-handling, sanitation and work safety course designed for frontline foodservice workers such as cooks, servers, bus-persons, dishwashers and care home employees. The course covers important food safety and worker safety information on foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.

Under the Saskatchewan Food Safety Regulations, at least one employee preparing food in a food service establishment must hold a Food Safe Level 1 certificate, or a certificate from a course recognized as equivalent to Food Safe Level 1.

2023 Fall Food Safety Level 1 Course Dates:

Upcoming Level 1 Course Dates:

Tuesday, September 26, 2023

Tuesday, October 31, 2023

Wednesday, November 8, 2023

Thursday, November 23, 2023

Wednesday, December 6, 2023

Classes are held from 8:30am to 4:30pm. There is a half hour lunch and two 15 minute coffee breaks. The exam will be held near the end of the class. It is a multiple choice, closed book exam.

Level 1 In Person Classes are held at: Wascana Rehabilitation Centre, Main Auditorium
2180 - 23rd Avenue, Regina, Sk.



WELCOME BACK YOUTH!

As you've seen over the past few weeks our kick-off gathering for the year takes place **Friday, September 22, 2023 from 7-9pm at St. Basil's Parish Centre**. The evening will be filled with discussions, snacks and fun activities. Invite your friends!

Are you new? Or never heard of Ultimate A & B Youth? We're a joint parish (St. Athanasius and St. Basil) program for youth in grades 7-12 and meet once per month. Come join us!

Please contact Lesia (ultimateaandb@hotmail.com) or your parish priest for more information.



Come Walk with Christ!



UPCOMING EVENTS 2023

**FRIDAY, SEPTEMBER 22 -
ST. BASIL'S PARISH CENTRE (7 PM - 9 PM)**

**FRIDAY, OCTOBER 20 -
ST. ATHANASIUS PARISH (7 PM - 9 PM)**

**FRIDAY, NOVEMBER 17 -
ST. BASIL'S PARISH CENTRE (7 PM - 9 PM)**

**FRIDAY, DECEMBER 15 -
ST. ATHANASIUS PARISH (7 PM - 9 PM)**

For more information, email
ultimateaandb@hotmail.com



FALL TURKEY SUPPER will be held at Little Flower Parish, Sunday, October 1st, 5:00 P.M. Adults - \$25.00; Children Under 12 - \$12.00; Children Under 5 – Free.

For more information regarding this event, refer to poster on the bulletin board in the auditorium.



SUNDAY AFTER THE EXALTATION OF THE HOLY CROSS



Icon of the Crucifixion of Christ

THE GLORY OF THE CROSS

A hardened criminal was moved from his prison cell to solitary confinement because he deserved additional punishment. In the corner of his new cell, he saw something wedged into the corner of the room. Upon closer inspection, he discovered that it was a copy of the New Testament left there by the inmate before him. Out of curiosity, he began reading the Scriptures for the first time in his life and was drawn again and again to the account of our Lord's suffering and crucifixion.

Our Lord suffered on the cross for the good of many. Thinking of his own present sufferings, the inmate then wondered how his own life would have been different if he had used all of his

energies for good instead of evil. Then he realized that even he was among the many for whom Jesus died on the Cross! Because of the Cross, the inmate repented and found a place for God in his life!

The Cross is the instrument of Christ's suffering and passion. However, it is also the Trophy of Victory and the means by which Christ conquered death by His death. The Feast of the Exaltation of the Cross placed before us this most profound mystery of suffering and its undeniable paradox: that in death there is life, and that in suffering there is glory. As we continue to celebrate this holy feast, may we turn our own sufferings over to Jesus and ask Him for the grace to bear them with resignation to His divine will - for those who bear the Cross are also sheltered by it.