



Sunday, September 21, 2025

**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 – Peter Federko

Cell phone (call or text): 306-536-9057

UCWLC President – Lorraine Woynarski

UCBC President – Tyler Woloshyn

Ultimate A&B Youth - Lesia Lazurko

Knights of Columbus – Tyler Woloshyn, Grand Knight

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

SAFEGUARDING REPORTING LINE: 306-222-1475 [e:mail:safeguarding@skeparchy.org](mailto:safeguarding@skeparchy.org)

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. Jerlin Francis

E-mail: jerlinfrancis31@gmail.com

[Phone: 1 \(825\) 333-7890](tel:18253337890)

Parish Council Trustee – Shammy Antony Phone: (1-639-365-0988)

E-mail: shammyantony@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/October Greeters		September/October Ushers & Tabulators
Sept 21	Kevin Korchinski & Karen Woitas	Kevin Korchinski & Rosanne Miller
Sept. 28	Gerry & Valerie Syrota	Linda Korchynski & Walter Brigidear
October 5	Maggie Stephen & Bernice Bzdell	John Dmyterko & Carl Korchynski
October 12	Volunteers	Art Wytrykush & Walter Brigidear
October 19	Gerry & Valerie Syrota	Karen Woitas & Rosanne Miller
October 26	Mark & Karen Woitas	Linda Korchynski & John Dmyterko

September/October Rosary		September/October Readers
Sept. 21	Marianne Stadnyk & Natalia Osoba <i>Bystantine - Joyful Mysteries</i>	Marianne Stadnyk
Sept. 28	Bernice Bzdell & Iryna Baran <i>Luminous Mysteries</i>	Stephanie Royal
October 5	UCWLC – <i>Glorious Mysteries</i>	UCWLC
October 12	Joe Hladky & Svitlana Zelenyi <i>Joyful Mysteries</i>	Joe Hladky
October 19	Karen Woitas & Natalia Osoba <i>Bystantine - Luminous Mysteries</i>	Karen Woitas
October 26	Christine Hladky & Iyrna Baran <i>Glorious Mysteries</i>	Christine Hladky

ALTAR SERVER/ COMMUNION MINISTER		ALTAR SERVER/ COMMUNION MINISTER	COMMUNION MINISTER
Sept. 21 – Sunday (9:30am)	Evan Derow 2 nd Chalice	Walter Wilchowy 3 rd Chalice	
Sept. 28 – Sunday (9:30am)	Ihor Zelenyi 2 nd Chalice	Mark Woitas 3 rd Chalice	
Oct. 5 – Sunday (9:30am) English	Mark Woitas 2 nd Chalice	Evan Derow 3 rd Challice	
Oct. 5 – Sunday (11:30am) Ukrianian	Ihor Zelenyi 2 nd Chalice	Tyler Woloshyn 3 rd Chalice	
Oct. 12 – Sunday (9:30am)	Walter Wilchowy 2 nd Chalice	Mark Woitas 3 rd Chalice	
Oct. 19 – Sunday (9:30am)	Ihor Zelenyi 2 nd Chalice	Evan Derow 3 rd Chalice	
Oct. 26 – Sunday (9:30am)	Tyler Woloshyn 2 nd Chalice	Mark Woitas 3 rd Chalice	

СЛАВА ІСУСУ ХРИСТУ! СЛАВА НА ВІКИ!
Glory be to Jesus Christ! Glory be Forever!

SUNDAY AFTER THE EXALTATION OF THE HOLY 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 (pg. 25) but with the following refrain:

O Son of God, crucified in the flesh, save us who sing to You: Alleluia!

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.

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 6): With His life-giving hand Christ our God, the Giver of life, raised all the dead from the murky abyss and bestowed resurrection upon humanity. He is for all the Savior, the resurrection and the life, and the God of all.

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

PROKIMEN (Tone 6): Save Your people, O Lord, and bless Your inheritance.

VERSE: Unto You I will cry, O Lord my God, lest You turn from me in silence.

**EPISTLE: A reading from the First 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: 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 (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 the 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: Praise the Lord from the heavens; praise Him in the highest. The Light of Your face, O Lord, is raised over us. Alleluia, Alleluia! Alleluia!

LITURGICAL SCHEDULE: SEPTEMBER 22 – SEPTEMBER 28, 2025

Monday, September 22, 2025 - The Holy Hieromartyr Phocas, Bishop of Sinope; The Holy Prophet Jonah; The Venerable Jonah the Presbyter. [Galatians 4:28-5:10; Mark 6:54-7:8.](#)
6:00 p.m. Children's service and Catechism

Tuesday, September 23, 2025 - The Conception of the Honourable and Glorious Prophet, Forerunner, and Baptist John. Great Doxology. [Galatians 4:22-31; Luke 1:5-25.](#)
10:00 a.m. Divine Liturgy for God's blessing and health upon Len Markewich and family

Wednesday, September 24, 2025 - The Holy First-Martyr and Equal-to-the-Apostles Thekla. Saint sith Six Stichera. [Galatians 6:2-10; Mark 7:14-24.](#)
No service scheduled

Thursday, September 25, 2025 - Our Venerable Mother Euphrosyne. [Ephesians 1:1-9; Mark 7:24-30.](#)
10:00 a.m. Divine Liturgy

Friday, September 26, 2025 -The Falling Asleep of the Holy Apostle and Evangelist John the Theologian. [1 John 4:12-19; John 19:25-27; 21:24-25.](#)
No service scheduled

Saturday, September 27, 2025 - The Holy Martyr Callistratus and those with him; Our Venerable Father Nilus, Founder and Hegumen of the Grottaferrata Monastery. [1 Corinthians 10:23-28; Matthew 24:34-44.](#)
10:30 a.m. Divine Liturgy in Glentworth
3:00 p.m. Divine Liturgy in Chaplin

Sunday, September 28, 2025 - **Sixteenth Sunday after Pentecost**; Blessed Hieromartyr Nykyta Budka, First Bishop of Canada. [2 Corinthians 6:1-10; 2 Corinthians 4:6-15; Matthew 25:14-30; Luke 6:17-23.](#)
9:10 a.m. Rosary - livestream
9:30 a.m. Divine Liturgy - livestream
1:30 p.m. Divine Liturgy in Moose Jaw

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 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. Non-parishioner sending an e-transfer must complete the message field with your name, and mailing address for income tax receipts. **WHEN MAKING AN E-TRANSFER DONATION, PLEASE COMPLETE THE MESSAGE FIELD INCLUDING YOUR ENVELOPE NUMBER and DO NOT USE ALIAS NAMES WHEN SENDING AN E-TRANSFER DONATION. When using a "Visitors Envelope", please complete all the information, if you wish to receive a tax receipt.**

POPE's PRAYER INTENTION FOR SEPTEMBER. *FOR OUR RELATIONSHIP WITH ALL OF CREATION. Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.*

SEPTEMBER FOOD BANK ITEM – SOUP

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.



**UCWLC
Notes!**



Thank you, Father, Parish members, visitors and UCWLC members for your participation either physically, virtually or spiritually during the UCWLC Installation Ceremony on Sunday, September 14.

UCWLC's first Soup Sunday is
September 28, 2025
following Divine Liturgy!
Come enjoy the warmth of food and fellowship!

*XXVIII National Congress UCWLC
will be held Oct. 2-5, 2025 in Saskatoon.
Three delegates from St. Athanasius UCWLC Branch will be attending and partaking in the Congress program.*

Saskatchewan Knights of Columbus Annual Charity Appeal



Support local Saskatchewan charities by purchasing raffle tickets.

\$10.00 per book or \$1.00 each

Bishop Budka Council #5914 will be actively selling tickets through the coming months

\$10,000 Grand Prize!

\$25,000 in total prize draws!

Limited ticket allocation - buy yours today!

Draw date – November 8th, 2025



CALENDARS CAN BE PURCHASED FROM ANY BROTHER KNIGHT
OUR COUNCIL ACTIVITIES ARE REPRESENTED IN JULY AND DECEMBER

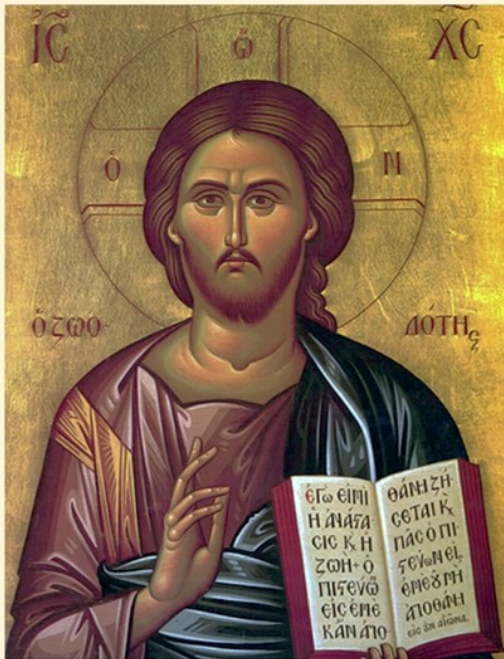
\$40.00 EACH

PLEASE SUPPORT THIS GREAT FOUNDATION PROJECT



CAMPION COLLEGE
AT THE UNIVERSITY OF REGINA

Come and Celebrate the Ukrainian Catholic Divine Liturgy



October 15th,
November 3rd,
December 2nd,
2025

@ Noon

2nd Floor,
Campion College

Presider: Fr. Vasyl Tymishak
Parish Priest, St. Athanasius Ukrainian
Catholic Church, Regina

All are welcome

to come and pray in the Byzantine spirit and
experience the diversity within the Catholic tradition.

Q&A to follow the Liturgy.

OUR PARKING LOT IS BROKEN!!!

We are sure you have all noticed, our parking lot is falling apart and in desperate need of repair. After a lot of searching for a contractor to come and have a look at it, we received a quote from only one contractor who was interested in such a small job. Parish Council has approved proceeding with this contractor to repair the parking lot in the spring of 2025 at a cost of between \$70,000 and \$75,000, depending on prices in the spring. This includes removal of the existing pavement and cement, and replacement of any base material as required, and in the installation of speed bumps to slow down any through traffic to Huda School.

We are asking you, our Parishioners, to help fund this significant cost through our Building Fund donations. The parking lot is approximately 1000 square metres and we are suggesting a donation of \$100 for each square metre of the parking lot that you wish to fund. Of course, any donation to the Building Fund would be welcomed and appreciated. We hope you can assist us in this much needed repair.

Parish Council

OPEN YOUR HEART AND CONTRIBUTE TO THE BUILDING FUND!

TOGETHER WE CAN ACHIEVE THE GOAL REQUIRED FOR A NEW PARKING LOT!



Total	\$ 39,740
Target	\$ 75,000

Achieved% 53%
Target% 100%

Parking Lot Project

100%
90%
80%
70%
60%
50%
40%
30%
20%
10%
0%



FUNERALS AT OUR PARISH

When a parishioner dies, it is important that we honour the deceased with a Christian Funeral. It is essential that you contact the Parish Priest to let him know that the person has died and then contact a local funeral home for the funeral arrangements.

The Funeral Service

Usually, a *Parastas* and/or *Panakhyda* (memorial service also called Prayers) is served the evening before the funeral. On the day of the funeral, while at Roman Catholic Church a Mass for the Deceased is celebrated, in Ukrainian Catholic Tradition the Funeral Service is celebrated, therefore, a Divine Liturgy or Eucharist is not attached to it.

Divine Liturgy for the Deceased is celebrated after the burial in the Ukrainian church and may be served 3, 6, 9, days after and 40 days and 1 year service, etc.

The Funeral Service of Our Church is deeply impressive, as well as truly meaningful and uplifting. It is profoundly moving, based in the Psalms, various hymns and a blessing of the body. The celebration is a truthful meditation on life and death, reminding us how precious and short life is and how it should be spent in union with God.

Cremation

The Church sincerely recommends that the pious custom of burial be retained; but it does not forbid cremation, unless this is chosen for reasons which are contrary to Christian teaching (*Canon 876, §3*).

If the cremation is preferred because of certain circumstances, please make sure you are familiar with the current teaching of the Church and the Eparchial policy regarding it. The Eparchial Funeral directives about cremation are more or less the same as those of Roman Catholics.

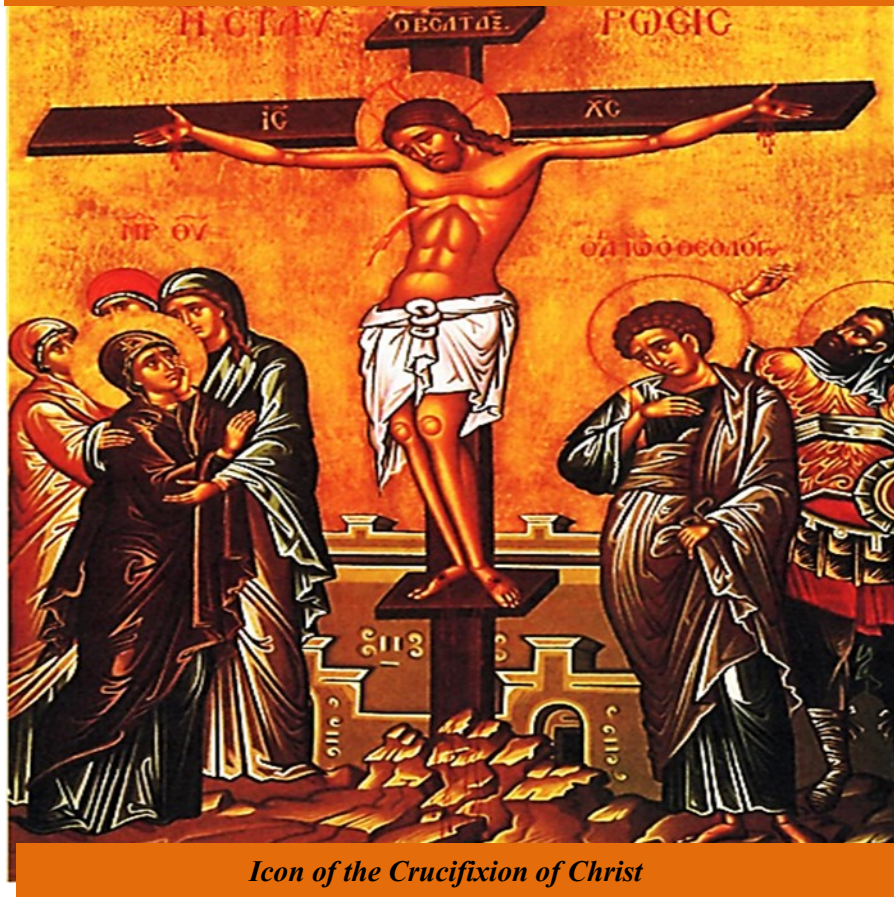
In any case, the decision to cremate should never be taken hurriedly and always in consultation with your parish priest.

The Catholic Church strongly recommends that the funeral service should be performed in the presence of the body of the deceased before it is cremated. The presence of the body over which the church community is praying is an essential and deeply meaningful feature of the Church's funeral rites.

Most parishioners are familiar with our funeral customs but if you are unsure, you can always contact the Parish Priest who will answer any questions you may have.



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.