

Sunday, October 4, 2026

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

Parish Priest: Fr. Vasyl Tymishak

E-mail:

vasyltymishak@gmail.com

Cell Phone: 306-519-9030

Parish Office: 306-543-8008 **Office Hours:** 10:00am-2:00pm (Tuesday, Wednesday, Thursday)

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 – Mark Woitas

Ultimate A&B Youth - Lesia Lazurko

Knights of Columbus – Nathan Sapach, 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

РОЗКЛАД БОГОСЛУЖІНЬ:

Вервиця: неділя — 9:10 (*пряма трансляція*)

Божественна Літургія (двомовна): неділя — 9:30 (*пряма трансляція*)

Божественна Літургія українською мовою: перша неділя кожного місяця — 11:30

Божественні Літургії у будні: згідно з розкладом

Сповідь: перед кожною Божественною Літургією; у будні — згідно з розкладом.

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 the parish office.

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

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 30 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 on Facebook: <https://facebook.com/reginaukrainian catholic north/live>

October Greeters		October Ushers & Tabulators
Oct. 4	Terry & Rosanne Miller	Art Wytrykush & Rosanne Miller
Oct. 11	Karen Woitas & Svitlana Zelenyi	To Be Determined (Volunteers)
Oct. 18	Maggie Stephen & Bernice Bzdell	John Dmyterko & Carl Korchynski
Oct. 25	Gerry & Valerie Syrota	Art Wytrykush & Rosanne Miller

October Rosary		October Readers
October 4	UCWLC <i>Joyful Mysteries</i>	UCWLC
October 11	Christine Hladky & Svitlana Zelenyi <i>Luminous Mysteries</i>	Christine Hladky
October 18	Marianne Stadnyk & Natalia Osoba <i>Byzantine – Luminous Mysteries</i>	Marianne Stadnyk
October 25	Karen Woitas & Marian Bioarchuk <i>Joyful Mysteries</i>	Stephanie Royal

ALTAR SERVER/ COMMUNION MINISTER		ALTAR SERVER COMMUNION MINISTER	COMMUNION MINISTER
October 4 – Sunday 9:30 am. English	Evan Derow 2nd Chalice	Mark Woitas 3rd Chalice	
October 4 -Sunday 11:30 a.m. Ukrainian	Ihor Zelenyi		
October 11 – Sunday 9:30 a.m.	Mark Woitas	Evan Derow 3rd Chalice	Joe Hladky 2nd Chalice
October 18 – Sunday 9:30 a.m.	Walter Wilchoway 2nd Chalice	Mark Woitas 3rd Chalice	
October 25 – Sunday 9:30 a.m	Evan Derow 2nd Chalice	Tyler Woloshyn 3rd Chalice	

***СЛАВА ІСУСУ ХРИСТУ! СЛАВА НА ВІКИ!
Glory Be To Jesus Christ! Glory Be Forever!***

NINETEENTH SUNDAY after PENTECOST

TROPAR (Tone 2): When You went down to death, O Life Immortal, You struck Hades dead with the blazing light of Your divinity. When You raised the dead from the nether world, all the powers of heaven cried out: “O Giver of life, Christ our God, 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 2): You rose from the tomb, O almighty Savior; and Hades, seeing this wonder, was stricken with fear; and the dead arose. Creation saw and rejoices with You, and Adam exults. And the world, my Savior, sings Your praises for ever.

PROKIMEN (Tone 2): The Lord is my strength and my song of praise, and He has become my salvation.

Verse: *The Lord has indeed chastised me, but He has not delivered me to death.*

EPISTLE: A reading from the Second Letter of the Holy Apostle Paul to the Corinthians. (11: 31- 12:9)

Brothers and Sisters! The God and Father of the Lord Jesus knows --- blessed be he forever --- that I do not lie. In Damascus the ethnarch of King Aretas was keeping a close watch on the city in order to arrest me, but I was lowered in a basket through a window in the wall and escaped his hands. I must go on boasting, however useless it may be, and speak of visions and revelations of the Lord. I know a man in Christ who, fourteen years ago, whether he was in or outside his body I cannot say, only God can say --- a man who was snatched up to the third heaven. I know that this man --- whether in or outside his body I do not know, God knows --- was snatched up to Paradise to hear words which cannot be uttered, words which no man may speak. About this man I will boast; but I will do no boasting about myself unless it be about my weaknesses. And even if I were to boast it would not be folly in me because I would only be telling the truth. But I refrain, lest anyone think more of me than what he sees in me or hears from my lips. As to the extraordinary revelations, in order that I might not become conceited

I was given a thorn in the flesh, an angel of Satan to beat me and keep me from getting proud. Three times I begged the Lord that this might leave me. He said to me, "My grace is enough for you, for in weakness power reaches perfection." And so I willingly boast of my weaknesses instead, that the power of Christ may rest upon me.

ALLELUIA VERSES: *The Lord will hear you in the day of tribulation; the name of the God of Jacob will shield you.*

Lord, grant victory to the king, and hear us in the day that we shall call upon You.

GOSPEL: Luke 6: 31-36

The Lord said: "Do to others what you would have them do to you. If you love those who love you, what credit is that to you? Even sinners love those who love them. If you do good to those who do good to you, how can you claim any credit? Sinners do as much. If you lend to those from whom you expect repayment, what merit is there in it for you? Even sinners lend to sinners, expecting to be repaid in full. Love your enemy and do good; lend without expecting repayment. Then will your recompense be great. You will rightly be called sons of the Most High, since he himself is good to the ungrateful and the wicked. Be compassionate, as your Father is compassionate."

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

LITURGICAL SCHEDULE: OCTOBER 5 – OCTOBER 11, 2026

Monday, October 5, 2026 - The Holy Martyr Charitina. Philippians 2:12–16; Luke 6:24–30.
6:00 p.m. Children's service followed by catechism

Tuesday, October 6, 2026 - The Holy and Glorious Apostle Thomas. Polyeleos Feast. 1 Corinthians 4:9–16; John 20:19–31.
12:00 p.m. noon Divine Liturgy at Campion College UofR (*intention for God's blessing upon Chris Forsberg*)

Wednesday, October 7, 2026 - The Holy Martyrs Sergius and Bacchus. Philippians 2:24–30; Luke 6:46–7:1.
10:00 a.m. Divine Liturgy for God's blessing and health upon Mary Bernatsky, requested by Riona and Lloyd Freeman

Thursday, October 8, 2026 - Our Venerable Mother Pelagia. Philippians 3:1–8; Luke 7:17–30.
10:30 a.m. Divine Liturgy for health and God's blessing upon Ernie Paluck, requested by Holly Paluck

Friday, October 9, 2026 - The Holy Apostle James, son of Alphaeus; Our Venerable Father Andronika and his wife Anastasia. Polyeleos Feast. Abstention from meat and foods that contain these ingredients. 1 Corinthians 4:9–16; Luke 10:16–21.
No service scheduled

Saturday, October 10, 2026 - The Holy Martyrs Eulampius and Eulampia. 2 Corinthians 1:8–11; Luke 5:27–32.

No service scheduled

Sunday, October 11, 2026 - Commemoration of the Holy Fathers of the Seventh Ecumenical Council; Hebrews 13:7–16; John 17:1–13.

9:10 a.m. Rosary - *livestreaming*

9:30 a.m. Divine Liturgy – *livestreaming*

POPE's PRAYER INTENTION FOR OCTOBER – FOR MENTAL HEALTH MINISTRY

Let us pray that the mental health ministry be established throughout the Church, helping to overcome the stigma and discrimination of persons with mental illnesses.

OCTOBER FOOD BANK ITEM – CEREAL

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 your cheque to 55 McMurchy Avenue, Regina, S4R 3G3, or you can also do an e-transfer to stathandeposit@sasktel.net. Non-parishioners 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 please DO NOT USE ALIAS NAMES WHEN SENDING AN E-TRANSFER DONATION.** When using a “visitor’s envelope”, please complete all the information, if you wish to receive a tax receipt.

St. Athanasius Children's Catechism/First Solemn Holy Communion Preparation began on [Monday September 21, 2026](#):

-6:00pm Liturgical Service

-6:20pm Father's Spiritual Message

-6:30pm Catechism Classes

-7:15pm Children's Choir Practice

Please contact the Catechism Coordinator-Tyler Woloshyn at tjvwoloshyn@gmail.com or 306-526-6563 for registration, questions or assistance.



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 indication no one is interested in having coffee after Sunday Divine Liturgy and it will be discontinued. Please, help out when you can.

UCWLC Notes!



Thank you one and all for attending the Soup Sunday Luncheon on Sept 27. Your companionship is truly fulfilling!

The next Soup Sunday is Sunday October 18, 2026.

This weekend, October 2, 3 and 4 2026, several UCWLC members are in Yorkton, Sask., attending the

Eparchy of Saskatoon UCWLC 40th Convention

This year's theme is **Hands of Mercy! Gifts of Gold!**

Cabbage Roll making dates have been set for:

- Tuesday, October 6—10:00 am
- Wednesday, October 14—10:00 am
- Tuesday, November 10—10:00 am

Kolachi making dates have been set for:

- Tuesday, November 3—9:30
- Thursday, November 10—9:30

If you like to join the fellowship and production, please come!

Cabbage rolls will be available for purchase after October 6, 2026

Prices are: 1 Kg rice cabbage rolls--\$19.00

1 Kg rice and meat cabbage rolls--\$21.00

Contact: Lorraine W. 1-306-274-7722

Forms for all food purchases will be available soon.

REGINA'S ANNUAL FARM TOY AND COLLECTOR'S SHOW & SALE



October 23 & 24, 2026

**Hosted at St. Athanasius Ukrainian
Catholic Church Centre • 55 McMurphy
Avenue, Regina, SK, Canada**

Friday Oct 23: 5pm-9pm • Saturday Oct 24: 9am-5pm

Admission \$5 • 13 & under free

**Farm & construction toys • vintage & antiques •
model trains • dolls • collectibles**



**Traditional Ukrainian food:
perogies, cabbage rolls &
Ukrainian sausage**

Tables \$45 per 8 ft • Info: Ray Storozuk 1-306-550-9514



KNIGHTS OF COLUMBUS
INTER-COUNCIL CHARITY APPEAL • 2026
BUY YOUR TICKETS BEFORE SEPTEMBER 30

Support Charity. Support Community. Support Our Order.
Purchase tickets from any Knights of Columbus member.
Tickets: \$1 each Total Prizes: Over \$25,000 in cash
Draw Date: Nov. 7, 2026 – 9:00 p.m., Yorkton, SK
Need not be present to win. Early purchase helps councils reach
their charity goals.

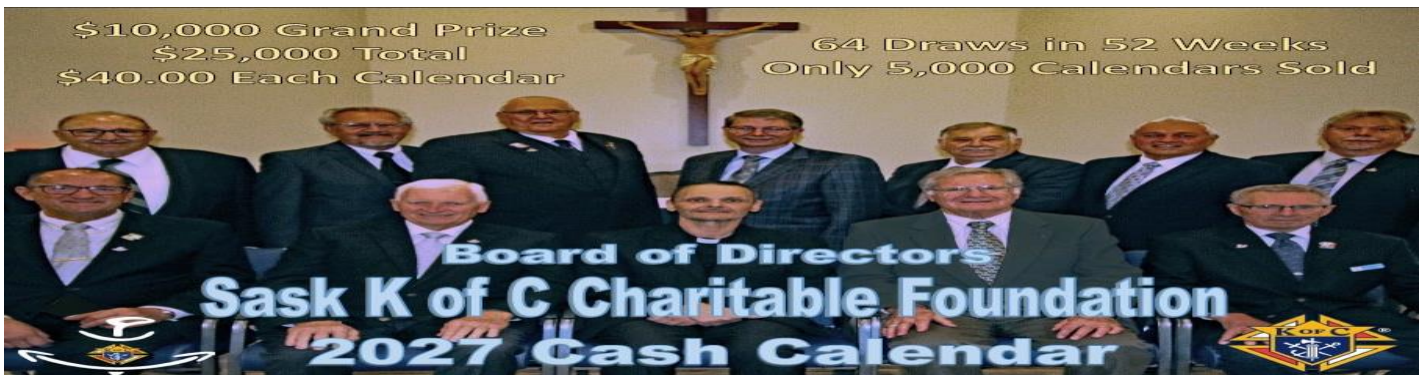
GRAND PRIZE

\$10,000

kofcsask.com

**\$10,000 Grand Prize
\$25,000 Total
\$40.00 Each Calendar**

**64 Draws in 52 Weeks
Only 5,000 Calendars Sold**



"The Knights of Columbus Charitable Foundation 2027 Cash Calendars. sale for \$40.00 per calendar . Please contact Tyler Woloshyn at 306 526 6563 or a Brother Knight from Bishop Budka Council #5914 to purchase your calendar."



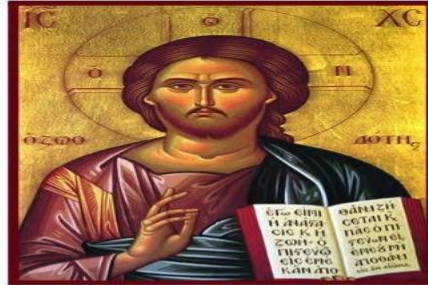
CAMPION COLLEGE

FALL 2026

UKRAINIAN CATHOLIC DIVINE LITURGY

with Fr. Vasyl Tymishak

Parish Priest, St. Athanasius Ukrainian Catholic Church



SEPT 10 | OCT 6 | NOV 26 | DEC 4
12pm - Campion College Chapel (2nd floor)
Everyone is welcome!

LET US UNITE IN CATECHETICAL MINISTRY IN CANADA



A CATECHIST IS:

a vocation | a mission of the heart | a way of life and service



Monthly Bilingual **Online Gatherings**
For Catechists and Those Who Aspire to Become One

These gatherings aim to:

- unite in catechetical ministry and build community;
- develop and discover the beauty of the catechist's vocation;
- pray together;
- share experiences and support one another in ministry;
- grow both spiritually and professionally.



The first gathering will take place in **October 6, 2026.**

Registration: <https://forms.gle/Lsh2t9ZXcBwg8Wan7>

For additional information, please contact: catechistugcc@gmail.com (Viktoriiia)



Cantoring & Liturgical Singing Workshop with Protodeacon Dr. Cyril Kennedy, PhD – Oct 23-24, 2026 at St. Basil's in Regina (1757 Toronto Street). Open to everyone interested in learning the principles of liturgical singing and leading in a parish setting. The goal is to increase participants understanding, competence, and confidence when leading and/or partnering to sing the Divine Liturgy and other liturgical services. This is the first of two workshops being offered in the Deanery, thanks to support from a UCFSask Grant. Registration fee is subsidized at only \$50 per person, and includes: 3 meals, a copy of the Anthology for Divine Workshop, and additional electronic files. To Register, contact Fr. Warren Dungen at info@stbmd.ca <<mailto:info@stbmd.ca>> or 306-590-7900. Payment in person, or through e-Transfer to: treasurer@stbmd.ca <<mailto:treasurer@stbmd.ca>> with "Cantoring Workshop" listed in the notation. Please refer to the poster on the bulletin board in the auditorium for additional information.

The Ukrainian Canadian Congress – Regina Branch invites the community to a Service and Program commemorating the 112th Anniversary of Canada's First National Internment Operations (1914–1920). The commemoration will take place on Sunday, October 25, 2026, at 2:00 PM at the Holodomor Monument in Regina. The community will gather to honour the victims and families whose lives were impacted by these historic events. Everyone is encouraged to attend and help preserve the memory of this important chapter in Ukrainian Canadian history. For more information refer to the Poster in the Hall.



Ukrainian Canadian Congress
Regina Branch



Remembering the 112th Anniversary of Canada's First National Internment Operations 1914 - 1920



Service & Program
Sunday, October 25, 2026
2:00 PM

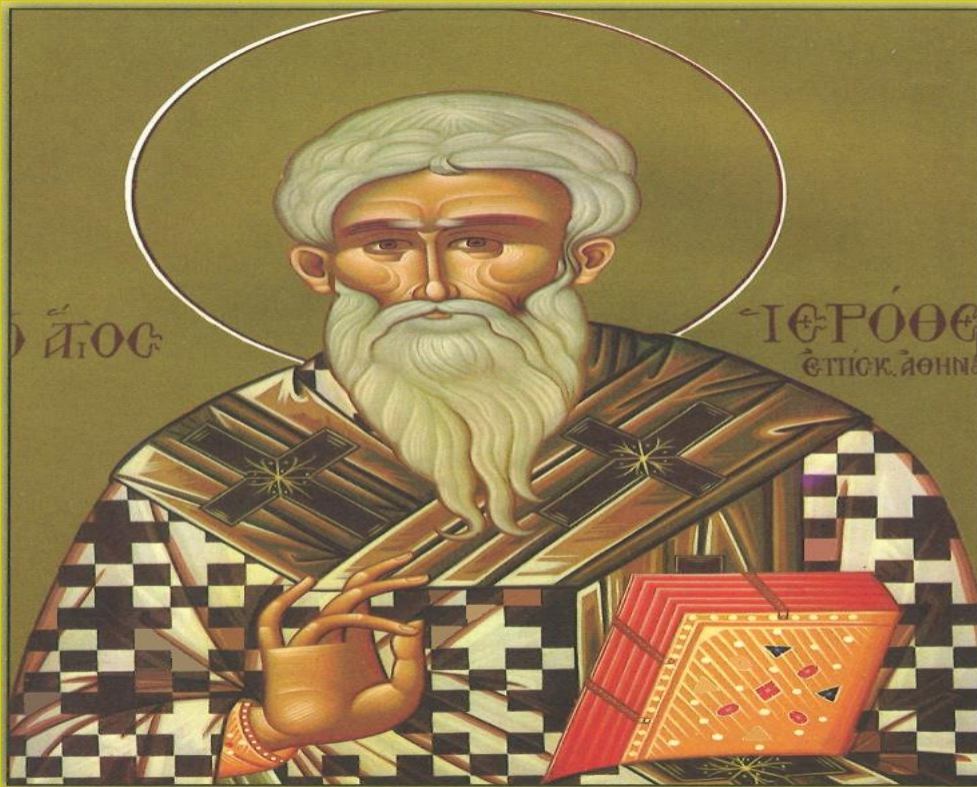
Holodomor Monument
Regina, Saskatchewan



*~ Follow UCC Regina Facebook
Page for Updates ~*



NINETEENTH SUNDAY AFTER PENTECOST



Icon of Saint Hierotheus, Bishop of Athens – October 4th

ADVICE for CHRISTIAN LIVING

Let everything you do be done for God, both deeds and words. Refer all that is yours to Christ. Constantly turn your soul to God; and put your thought on the power of Christ, as if in some harbor by the divine light of the Savior it were resting from all talk and action. And often by day speak your thoughts to men, but most of all to God at night as well as by day. Don't let too much sleep keep you from your prayers and hymns to God, since long sleep is a rival of death. Show yourself always a partner of Christ, who makes the divine ray shine from heaven. Let Christ be to you continual and unceasing joy.

Do not relax the tension of your soul with feasting and drunkenness, but consider what is needful to be enough for the body. And do not rush early to meals, before the time for dinner comes; but let your dinner be bread, and let earth's grasses and the ripe fruits of trees be set before you; and go to your meal with composure, showing no sign of raging gluttony. In place of such pleasures, choose the joys that are in divine words and hymns, joys supplied to you by wisdom from God; and let heavenly meditation ever lead you upward to heaven.

And give up the many anxious cares about the body by taking comfort in hopes toward God; because for you He will provide enough of all the necessary things: food to support life, covering for the body, and protection against winter cold. For to your King belongs the whole earth and all that is produced from it; and God treats the bodily parts of His servants with exceeding care, as if they were His, like His own shrines and temples. On this account do not dread severe diseases, nor the approach of old age, which must be expected in time; for even disease will come to an end, when with wholehearted purpose we do His commandments.

St. Clement of Alexandria