

The Sunday Shepherd

Descent of the Holy Spirit
Ukrainian Orthodox Church (Sobor)
in Regina

1305 – 12th Ave,
Regina, SK S4P 4L6

Український Православний
Собор Зіслання Св. Духа в
Реджайні

And serving the congregations of St.
Michael's in Candiac, Selo Gardens Chapel,
St. Volodymyr's in Moose Jaw

Parish Bulletin for the week of October 2, 2016

15-та. НЕДЛЯ ПО П'ЯТИДЕСЯТНИЦІ. ГОЛОС 6-ий. ПІСЛЯСВЯТО
ВОЗДВИЖЕННЯ ХРЕСТА. НЕДЛЯ ПІСЛЯ ВОЗДВИЖЕННЯ ХРЕСТА.

МЧЧ. ТРОФИМА, САВВАТІЯ І ДОРИМЕДОНТА (276).

15-th. SUNDAY AFT. PENTECOST. TONE – 6. AFTERFEAST OF THE
EXALTATION. SUNDAY AFTER THE EXALTATION. MARTYRS
TROPHIMUS, SABBATIUS AND DORUMEDON (276).



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Please let Father Pawlo know of anyone who is in the hospital or is convalescing at home or if you may, for any other reason, wish to have a visit from Father Pawlo call 306-761-0480 or 306-539-5315 cell.

Загальна Інформація

Свята Літургія – що-неділі і по святах о год. 10:00 рано. Вечірня – що суботи о год 5:00 ввеч.

Сповідь: Ісповідувати свої гріхи можна в Таїнстві Покаяння кожної неділі, чи свята перед Літургією (від 9:00 до 10:00 рано), або перед чи після Вечірньої Служби напередодні неділі чи свята. А також в будь-який інший день за домовленістю із священником.

Святе Причастя: Причащатись Святих Таїнств Христових за Літургією потрібно як найчастіше, попередньо ісповідувавши свої гріхи в Таїнстві Покаяння і належно приготувившись до Причастя через виконання Молитовного Правил. За додатковими поясненнями, будь-ласка, звертайтеся до настоятеля в будь-який час

Подавання Записок “За Здоров’я” і “За Упокой”: Ви завжди можете подати записки з іменами ваших сродників і помолитись за їх здоров’я і благополуччя чи за упокій померших під час Літургії. Запишіть імена і передайте до Вівтаря перед Літургією для попереднього поминання імен спочатку за Проскомидією а потім і за Літургією.

Церковні Треби: Ви завжди можете замовити Треби: Молебні, Панахиди, Освячення, Хрещення, Вінчання, Похорон тощо, попередньо домовившись із священником про час і місце. Якщо вам потрібна додаткова інформація відносно Церковних Треб і їх призначення, звертайтеся до настоятеля за поясненнями.

General Information

The Divine Liturgy is served on Sundays and Feast Days at 10:00 am. Vespers is served at 5:00 pm at Selo Chapel on Saturdays.

Confession: You may always confess your sins in the Holy Mystery of Repentance before Liturgy on Sundays or Feast Days (between 9:00 - 9:30 AM), as well as before or after Vespers. You may also arrange to confess your sins on any other day by appointment with the parish priest.

Holy Communion: Orthodox Christians are encouraged to receive Holy Communion as often as possible, after having prepared themselves by fulfilling the prayer rule, fasting, and confession. For additional information about receiving Communion ask your parish priest. According to our pious Orthodox tradition we approach for the Holy Mysteries regularly and often, for healing of our spiritual and physical illnesses.

Prayers “For Health” and “For Repose”: You can always request of the church prayers for health or for the repose of the departed by writing down their names and passing this list to the Altar before Liturgy for commemoration at the Proskomedia and during the Liturgy.

Special Services: In time of special needs you can always request special services, such as: Service of Thanksgiving; Requiem/Panahyda for the departed; Blessings; Baptism; Wedding; Funeral; and other services by appointment with your parish priest. For additional information regarding Special Church Services and what they are for, please contact your parish priest.

Our Orthodox faith teaches us the importance of interceding on behalf of others through Prayer. In our prayers today please remember the following faithful who are hospitalized, convalescing or ill: Please note that individuals will be kept on the prayer list for one month.

Wayne (0904)	George ((0904)	Larissa ((0904)	Michael (0904)
Bill ((0904)	Lena (0904)	Merve (0904)	Yvonne H (0804)
Pearl ((0904)	Vicky (0904)	Sophie K (0904)	Mary R (1004)
Katherine L (0904)	Wendy (0904)	Marge (0904)	

And those in care homes or similar situations:

Ivan Kozey	Bill Warnyca	
Christina Spak	Doreen Kuyek	Carolina Miller
Joyce Stadnyk	Mary Yaremchuk	Larry Trafananko

Please let Father Pawlo know if there are others who we should remember in our prayers

And those in special or extraordinary situations: We pray for peace in Ukraine. Вічна Пам'ять! Memory Eternal to all (10,000 plus) who died in the conflict in Ukraine these past weeks and months.

WELCOME! WELCOME! WELCOME!

Today we welcome special guests from across the country and Ukraine attending the Triennial Ukrainian Canadian Congress in our city. In particular, we welcome members of our church leadership and ask for their prayers, His Eminence Metropolitan Yuriy and the Very Reverend Archpriest Taras Udod, Chair of the Consistory Presidium and Dobrodijka Dr. Sonia Udod.

ВІТАЄМО! ВІТАЄМО! ВІТАЄМО!

Сьогодні ми вітаємо дорогих гостей, учасників XXV Трирічного Конгресу Українців Канади що відбувається в нашому місті. Особливо ми вітаємо та просимо їхніх молитов – Високопреосвященого Митрополита Юрія та Всечесного Протоєрея Тараса Удода, Голову Президії Консисторії та Добродійку Др. Союю Удод.

SAINTS OF THE DAY

Martyrs Trophimus, Sabbatius and Dorymedon of Synnada

The Holy Martyrs Trophimus, Sabbatius and Dorymedon suffered for Christ during the reign of the Roman emperor Probus (276-282). A pagan festival was being celebrated in the city of Antioch. Sacrificial offerings were brought, the wine was poured, and vile acts were performed. The Christians Trophimus and Sabbatius arrived in the city just as the festival was taking place, and were saddened by this loud and indecent spectacle. They prayed that the Lord would guide the errant on the way of salvation. As they said this, the idolaters noticed their presence. Seeing that the strangers did not worship the idols, they arrested them and took them to the governor.

At their interrogation, the saints firmly confessed their faith. When they were told to renounce Christ, they resolutely refused to do so. St Sabbatius died under the fierce torment. St Trophimus was sent to the city of Synnada in Phrygia for even more terrible tortures.

For three days St Trophimus walked shod in iron sandals with sharp nails, driven on by a cavalry guard. The governor of Frigius, Dionysius, infamous as a torturer and executioner, used all manner of tortures to break the will of the brave Christian. St Trophimus merely repeated the words of Scripture: “many afflictions has the righteous one, but from them all will the Lord deliver him” (Ps 33/34:20).

The senator Dorymedon, a secret Christian, visited St Trophimus in prison, washing and binding his wounds. When the pagans learned that the senator would not participate in the festival of Castor and Pollux, they asked the reason for his refusal. He said that he was a Christian, and would not attend a festival in honor of the demons. He and St Trophimus were thrown to the wild beasts to be eaten by them, but the martyrs remained unharmed. Then they were beheaded with the sword.

TROPAR OF SUNDAY IN TONE 6

The angelic powers were at Your tomb. The guards became as dead men. Mary stood by Your grave seeking Your Most Pure Body. You captured hades, not being tempted by it. You came to the Virgin, granting life. O Lord Who arose from the dead. Glory to You.

TROPAR OF LIFE-GIVING CROSS IN TONE 1

O Lord, save Your People and bless Your inheritance! Grant victory to Orthodox Christians over their adversaries, and by Your Cross preserve Your Commonwealth.

TROPAR OF SAINTS IN TONE 8

God Who is praised in Trinity, has glorified a trinity of martyrs, Trophimus, Sabbatius and Dorymedon. Through faith they cast down the enemy. By their prayers, O Christ God, have mercy upon us.

KONDAK OF SUNDAY IN TONE 6

When Christ God, the Giver of life, raised all of the dead from the valleys of darkness with His life-giving hand, He bestowed resurrection on the human race. He is the Savior, the resurrection, the life and the God of all.

GLORY to the Father and to the Son and to the Holy Spirit.**KONDAK OF SAINTS IN TONE 8**

As the foundation of athletes and confirmation of piety, the Church honors and glorifies your suffering, O wise and glorious Trophimus, ever hymned and blessed athlete. Those who suffered with you ask cleansing for those who hymn you, for you are invincible.

NOW AND FOREVER and to the ages of ages, Amen.**TROPAR OF LIFE-GIVING CROSS IN TONE 4**

O Christ God, Who was voluntarily raised up on the Cross, be compassionate to the new Commonwealth which bears Your name. Gladden all Orthodox Christians by Your power, granting them victory over enemies; bestowing on them the invincible trophy, Your weapon of peace.

PROKIMEN IN TONE 7

Exult the Lord our God and worship the footstool of His feet for it is holy.

The Lord reigns, let the people rage.

ТРОПАР НЕДІЛЬНИЙ НА ГОЛОС 6

Ангельські сили на гробі Твоїм і ті, що стерегли, умертвіли, і стояла Марія у гробі, шукаючи пречистого тіла Твого. Полонив Ти ад, не спокушений ним, зустрів єси Діву, даруючи життя, Господи, що воскрес із мертвих, слава Тобі.

ТРОПАР ЧЕСНОГО ХРЕСТА НА ГОЛОС 1

Спаси, Господи, людей Твоїх і благослови насліддя Твоє, перемогу православним на супротивників подай і Хрестом Твоїм охороняй нас, оселю Твою.

ТРОПАР СВЯТИХ НА ГОЛОС 8

У Трійці славимий Бог трійцю мучеників прославив, Трофима, Саватія і Дорімедонта, тому що вірою ворога здолали. Їх молитвами, Христе Боже наш, помилуй нас.

КОНДАК НЕДІЛЬНИЙ НА ГОЛОС 6

Життєдавець Христос Бог, животворчою рукою з темряви безодні воскресивши всіх померлих, воскресіння подав людському родові. Він бо є Спаситель, воскресіння, життя і Бог усіх.

СЛАВА Отцю і Сину і Святому Духові.**КОНДАК СВЯТИХ НА ГОЛОС 8**

Як страдників основу і благочестя укріплення, Церква шанує і прославляє твоє світлосяйне страждання в піснях прославлених, блаженний страднику, добромудрий славний Трофиме, із тими, що страждали з тобою, і очищення тим, що тебе оспівують, випроси, тому що ти непереможний.

І НИНИ і повсякчас і на віки вічні, Амінь.**КОНДАК ЧЕСНОГО ХРЕСТА НА ГОЛОС 4**

Ти, що вознісся на Хрест з волі Своєї, Христе Боже, даруй милосердя Твої новій оселі, що носить Імя Твоє. Звесели силою Твоєю православних християн, подаючи їм перемогу над супротивникам зброєю миру, непоборним знаменем перемоги.

ПРОКИМЕН НА ГОЛОС 7

Вознесіте Господа, Бога нашого і поклоняйтеся підніжжям ніг Його, бо святе воно.

Господь воцарився, нехай гніваються люди

Апостол – Epistle

3 2 Книги до коринтян 4:6-15

Ukrainian Bible (UKR)

⁶ Бо Бог, що звелів був світлу засяяти з темряви, у серцях наших засяяв, щоб просвітити нам знання слави Божої в Особі Христовій.

⁷ А ми маємо скарб цей у посудинах глиняних, щоб велич сили була Божа, а не від нас.

⁸ У всьому нас тиснуть, та не потиснені ми; ми в важких обставинах, але не впадаємо в розпач.

⁹ Переслідують нас, але ми не полишені; ми повалені, та не погублені.

¹⁰ Ми завсіди носимо в тілі мертвість Ісусову, щоб з'явилося в нашому тілі й життя Ісусове.

¹¹ Бо завсіди нас, що живемо, віддають на смерть за Ісуса, щоб з'явилося Ісусове в нашому смертельному тілі.

¹² Тому то смерть діє в нас, а життя у вас.

¹³ Та мавши того ж духа віри, за написаним: Вірував я, через те говорив, і ми віруємо, тому то й говоримо, ¹⁴ знавши, що Той, Хто воскресив Господа Ісуса, воскресить з Ісусом і нас, і поставить із вами.

¹⁵ Усе бо для вас, щоб благодать, розмножена через багатьох, збагатила подяку на Божу славу.

До галатів 2:16-20

Ukrainian Bible (UKR)

¹⁶ А коли ми дізнались, що людина не може бути виправдана ділами Закону, але тільки вірою в Христа Ісуса, то ми ввірували в Христа Ісуса, щоб нам виправдатися вірою в Христа, а не ділами Закону. Бо жадна людина ділами Закону не буде виправдана!

¹⁷ Коли ж, шукаючи виправдання в Христі, ми й самі показалися грішниками, то хіба Христос слуга гріху? Зовсім ні!

¹⁸ Бо коли я будую знов те, що був зруйнував, то самого себе роблю злочинцем.

¹⁹ Бо Законом я вмер для Закону, щоб жити для Бога. Я розп'ятий з Христом.

²⁰ І живу вже не я, а Христос проживає в мені. А що я живу в тілі тепер, живу вірою в Божого Сина, що мене полюбив, і видав за мене Самого Себе.

Lesson from 2 Corinthians 4:6-15

New Revised Standard Version (NRSV)

⁶ For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

⁷ But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. ⁸ We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹ persecuted, but not forsaken; struck down, but not destroyed; ¹⁰ always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. ¹¹ For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. ¹² So death is at work in us, but life in you.

¹³ But just as we have the same spirit of faith that is in accordance with scripture "I believed, and so I spoke"—we also believe, and so we speak, ¹⁴ because we know that the one who raised the Lord Jesus will raise us also with Jesus, and will bring us with you into his presence. ¹⁵ Yes, everything is for your sake, so that grace, as it extends to more and more people, may increase thanksgiving, to the glory of God.

Galatians 2:16-20

New Revised Standard Version (NRSV)

¹⁶ yet we know that a person is justified not by the works of the law but through faith in Jesus Christ. And we have come to believe in Christ Jesus, so that we might be justified by faith in Christ, and not by doing

the works of the law, because no one will be justified by the works of the law. ¹⁷ But if, in our effort to be justified in Christ, we ourselves have been found to be sinners, is Christ then a servant of sin? Certainly not! ¹⁸ But if I build up again the very things that I once tore down, then I demonstrate that I am a transgressor. ¹⁹ For through the law I died to the law, so that I might live to God. I have been crucified with Christ; ²⁰ and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

ALLELUIA IN TONE 1

Remember Your congregation, which You have purchased from the beginning.

God is our King from before the ages, He has wrought salvation in the midst of the earth.

АЛИЛУЯ НА ГОЛОС 1

Підніс Згадай громаду Твою, яку придбав Ти спочатку.

Бог Цар наш споконвіку, учинив спасіння посеред землі.

Євангелія – Gospel

Євангеліє від Матвія 22:35-46

Ukrainian Bible (UKR)

³⁵ І спитався один із них, учитель Закону, Його випробовуючи й кажучи:

³⁶ Учителю, котра заповідь найбільша в Законі?

³⁷ Він же промовив йому: Люби Господа Бога свого всім серцем своїм, і всією душею своєю, і всією своєю думкою.

³⁸ Це найбільша й найперша заповідь.

³⁹ А друга однакова з нею: Люби свого ближнього, як самого себе.

⁴⁰ На двох оцих заповідях увесь Закон і Пророки стоять.

⁴¹ Коли ж фарисеї зібрались, Ісус їх запитав,

⁴² і сказав: Що ви думаєте про Христа? Чий Він син? Вони Йому кажуть: Давидів.

⁴³ Він до них промовляє: Як же то силою Духа Давид Його Господом зве, коли каже:

⁴⁴ Промовив Господь Господеві моему: сядь праворуч Мене, доки не покладу Я Твоїх ворогів підніжком ногам Твоїм.

⁴⁵ Тож, коли Давид зве Його Господом, як же Він йому син?

⁴⁶ І ніхто не спромігся відповісти Йому ані слова... І ніхто з того дня не наважувався більш питати Його.

Від Марка 8:34-9:1

Ukrainian Bible (UKR)

³⁴ І Він покликав народ із Своїми учнями, та й промовив до них: Коли хоче хто йти вслід за Мною, хай зречеться самого себе, і хай візьме свого хреста та й за Мною йде!

³⁵ Бо хто хоче душу свою зберегти, той погубить її, а хто згубить душу свою ради Мене та Євангелії, той її збереже.

³⁶ Яка ж користь людині, що здобуде весь світ, але душу свою занастить?

³⁷ Або що назамін дасть людина за душу свою?

³⁸ Бо хто буде Мене та Моєї науки соромитися в роді цім перелюбнім та грішнім, того посоромиться також Син Людський, як прийде у славі Свого Отця з Анголами святими.

⁹ І сказав Він до них: Поправді кажу вам, що деякі з тут-о приявних не скуштують смерти, аж поки не бачитимуть Царства Божого, що прийшло воно в силі.

Saint Matthew 22:35-46

New Revised Standard Version (NRSV)

³⁵ and one of them, a lawyer, asked him a question to test him. ³⁶ "Teacher, which commandment in the law is the greatest?" ³⁷ He said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." ³⁸ This is the greatest and first commandment. ³⁹ And a second is like it: 'You shall love your neighbor as yourself.' ⁴⁰ On these two commandments hang all the law and the prophets."

41 Now while the Pharisees were gathered together, Jesus asked them this question: 42 “What do you think of the Messiah? Whose son is he?” They said to him, “The son of David.” 43 He said to them, “How is it then that David by the Spirit calls him Lord, saying,
44 “The Lord said to my Lord,
“Sit at my right hand,
until I put your enemies under your feet”?”
45 If David thus calls him Lord, how can he be his son?” 46 No one was able to give him an answer, nor from that day did anyone dare to ask him any more questions.

Mark 8:34-9:1

New Revised Standard Version (NRSV)

34 He called the crowd with his disciples, and said to them, “If any want to become my followers, let them deny themselves and take up their cross and follow me. 35 For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. 36 For what will it profit them to gain the whole world and forfeit their life? 37 Indeed, what can they give in return for their life? 38 Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.” 9 1 And he said to them, “Truly I tell you, there are some standing here who will not taste death until they see that the kingdom of God has come with power.”

ЗАДОСТОЙНИК:

Величай, душе моя, пречесний Хрест Господній.

ІРМОС, ГОЛОС – 8:

Таємничий рай Ти, Богородице, що незорана виростила Христа. Він на землі насадив хресне життєносне Древо. Тим то нині, як підносимо Його, вклоняємось Йому, і Тебе величаємо.

Причасний:

Хвалить Господа з небес, хвалить Його в вишніх. Аلیلія.

Позначилося на нас світло лиця Твого, Господи. Аلیلія

INSTEAD OF “IT IS TRULY WORTHY...”

Magnify, O my soul, the Most Precious cross of the Lord.

IRMOS, IN TONE 8.

You are a Mystical Paradise, O Theotokos, who, untilled, has brought forth Christ. Through Him the Life-Bearing Wood of the Cross was planted on the earth. At its exaltation on this day, we worship Him and we magnify You.

Communion Hymn:

Praise the Lord from the heavens, praise Him in the highest. Alleluia.

The light of Your Countenance, O Lord, has been signed upon us. Alleluia.

WHO AM I?

While praying one day a woman asked, “Who are you, God?” He answered, “I Am.”

“But who is, ‘I Am?’” She asked.

He replied, “I am Love, I am Peace, I am Grace, I am Shelter, I am Power, I am the Creator, I am the Comforter, I am the Beginning and the End. I am the Way, Truth, and the Life.”

With tears in her eyes, she looked toward heaven and said, “Now I understand. But who am I?”

God tenderly wiped the tears from her eyes and whispered,

“You are mine.”

What to expect when you visit an Orthodox Church

This article is meant to answer many of the questions that are asked by visitors to the Orthodox Church. Hopefully it will help you to understand some of the things you might see that seem unfamiliar to you.

Worship for all the senses.

The first thing you may notice when you visit is that Orthodox worship engages all the five senses. The burning candles and lamps, the color, form and placement of the icons, the music of the choir, the smell of the incense, the taste of the "Bread" and "Wine", all work to focus our entire being on worshipping the Living God.

Why are there so many candles?

Since the Saviour Himself taught that He is the Light of the World (John 8:12), our candles and lamps ultimately refer to His radiance. The Light of Christ illumines all humanity – in fact it enlightens the whole world. Some of our light is provided by oil lamps. These recall the parable of the wise and foolish bridesmaids who kept their vigil for the Bridegroom (Matthew 25:1-13), and help us to remember that we also must keep our watch for His coming again.

Some of our light is provided by wax candles. In Psalm 68 we read that the wicked (i.e., those who hate God) will disperse when they encounter Him in just the same way that wax melts near a fire. Our prayer is that any wickedness in us will vanish as the wax of a candle vanishes and is consumed by the flame. But more practically, wax candles are simply a convenient and age old means of providing light by which to see. The faithful light candles as a sign of their fervent prayer to God. We light candles and lamps before icons; we carry them in processions; we place them at various locations throughout the church building – simply to give off illumination. The more candles that are lighted, the more light is generated, and greater is the image of the Empty Tomb of the Lord which shone forth with a brilliance far greater than the light of day.

May I light a candle, as well?

Of course. Just purchase one at the candle stand, light it and place it in one of the stands at the front of the Church.

Why do we use incense?

Psalm 141 declares "Let my prayer arise in Your sight as incense; the lifting-up of my hands as an evening sacrifice." Incense is thus linked to prayer. In the Apocalypse (8:1-5) we also see this connection in a Christian context. In addition, we show that we honour someone or something when we burn incense before it or them. You will notice that the Gospel Book upon the altar table (the verbal image of Christ), the altar table itself (a sign of the throne of God), the icons (themselves representing the presence of the holy men and women and the events in the history of salvation), and finally all the faithful people who have assembled for worship are censured. Remember that human beings are made in the image and according to the likeness of God (Genesis 1:27) – thus we are icons, too.

Why are there so many icons around?

We read in the Epistle to the Hebrews (12:1-4) that we are surrounded by a great cloud of witnesses [literally, the martyrs] who watch after us and urge us on in our race toward Christ. We believe that the saints who have already run their race on earth indeed surround us – as in a stadium, the crowd surrounds the runners in the Olympics. In our homes, as well as in our church, Orthodox Christians image this reality out by the placement of icons.

Why do people kiss icons when they enter and depart from the Church?

It is our belief that human beings have a deep God-given need to express what we feel inside when those feelings are pure and good. Orthodox Christians have great devotion and love for the individuals

depicted in many of our icons. We have a great respect and veneration for the biblical and historical scenes depicted in our icons because those events are part of God's plan of salvation for the life of the world. When an Orthodox Christian bows before and/or places a kiss upon an icon, the Gospel Book (or even another Christian), it is a sign of humility and devotion before God Who acts through the individual (or scriptures if that is the case) so that all His people may be brought back to Paradise.

Isn't all that idolatry?

Are you worshipping your mother, father, husband, wife, son or daughter when you give that person a kiss? Of course not. It is our belief that the outward honour we pay to the material reality goes far beyond to the "prototype." There is also a vast distinction between honour (i.e., veneration or respect) and worship. We worship God alone, and may have no others before Him (Exodus 20). The Orthodox Church has already dealt with the issue of those who could not make that distinction (i.e., the "iconoclasts") in the 8th century 7th Ecumenical Council.

Why is the whole service sung acapella?

It is held that the human voice is at its best in song. The voice is the musical instrument created by God Himself. For Orthodox Christians, then, the voice is the one instrument which is most fitting for the praise of God. Now, other traditions within Orthodox Christianity have used pipe organs, pianos, drums, cymbals, bells, etc., in worship. It is the custom of our parish (and most parishes which come from Slavic roots) that there be only the human voice to make a joyful noise to the Lord (Psalm 66).

Why do the people stand for the whole Services?

The Lord once declared that "Whenever two or three are gathered together in My Name, I am in their midst." (Matthew 18:20) Orthodox Christians could not conceive of simply sitting in the presence of the Lord especially while in worship. It is a sign of respect when a judge or even the President or Prime Minister enters a room that those assembled rise up. No less do Orthodox Christians stand (or kneel in humility if it is not a Sunday) before the King of Glory Who comes invisibly unborn by unseen armies of angels. Those who are not able to stand for whatever reason are not, of course, expected to do so.

Must I stand all the while?

You should do what you feel comfortable doing. Many people get weary after a while. So, they sit down. Others feel more comfortable remaining on their feet so as not to appear conspicuous. Don't worry! We only ask that you stand with us at least during the reading of the Gospel, the Creed, the Eucharistic Prayer, and the time of Holy Communion.

Who may receive Holy Communion?

The Orthodox Church has never known the practice of "open communion" which is found among many of the denominations. For Orthodox Christians, there must already exist the essential unity of faith between those who partake of the One Bread and the One Cup. Holy Communion is not a means to that unity, but is the fruit of a unity already reached. It is a tragic fact that Christianity is divided into different groups, beliefs and presuppositions. We all must pray and work for a day when all Christians will be united in faith and in love around the Mystical Wedding Banquet Table of the Lamb of God.

Шануймо наші традиції – В нашій Православній Церкві є стародавній звичай, після причастя, підходити на благословення чашою із Святими Божими Дарами. Після Св. Причастя немає причини підходити на благословення чашою, оскільки Ви вже причастилися Їх. Благословення чашою при кінці Літургії є призначене для тих вірних, котрі не є готові прийняти Св. Причастя цього дня, але хочуть бути благословенними Ним на зцілення душі і тіла.

Let us honor our traditions – In our Orthodox Church there is an ancient custom, after Holy Communion, come to be blessed by chalice with the Holy Gifts of God. But please note that after you receive Holy Communion there is no need to come to be blessed by the chalice, since you already received them. Blessing with the chalice at the end of the Liturgy is intended for those faithful who have not received Holy Communion that day, but wish to be blessed by It for the healing of their soul and body.

May God Bless You, Today and Always!

ANNOUNCEMENTS

We ask our members to send in information about special – significant date - anniversary or birthday announcements that can be shared with the rest of our membership.

1. **Прийомні години - отець Павло запрошує всіх до зустрічі в парафіяльній канцелярії або резиденції за попереднім домовленням (306) 761-0480.**

Office Hours - Father Pawlo is holding office hours at the Manse office 306-757-0445 or at the residence by appointment 136 - 2501 Windsor Park Rd. 306 761 0480 home; 306-539-5315 cell-мобільний: e-mail: pberezniak@gmail.com

2. **Пригадуємо: Просимо шановних членів нашої парафії, якщо хто із Вас змінив адресу або номер телефону, просимо Вас повідомити про це отця настоятеля або кого з членів церковної управи. Щиро дякуємо за Вашу співпрацю!**

Reminder: We ask the members of our parish, if anyone of you have changed your address or phone number, please notify Father Pawlo or any member of the Parish Council. *We thank you for your cooperation!*

3. **Next Parish Council Meeting – Monday October 24, 2016 at Selo Gardens Television Room.**

October Services

Sunday	2	10:00 am	Divine Liturgy
Wednesday	5	6:15 pm	Akathyst - Sobor
Saturday	8	10:00 am	Divine Liturgy Moose Jaw and Blessing of Harvest
Sunday	9	10:00 am	Divine Liturgy and Blessing of Harvest
Wednesday 12 – Sunday 15			Clergy retreat and Central Eparchy Annual Conference Saskatoon
Sunday	16	10:00 am	Divine Liturgy - Regina - Sobor)
Wednesday 19		10:15 am	Noon Service - Parkside Care Home
		6:15 pm	Akathyst - Sobor
Saturday	22	5:00 pm	Vespers - Selo
Sunday	23	10:00 am	Divine Liturgy - Candiac (85 Anniversary of St. Michael's Parish)
Wednesday 26		10:00 am	Care Home Service – Pioneer
		6:15 pm	Akathyst
Saturday	29	5:00 pm	Akathyst Selo
Sunday	30	10:00 am	Divine Liturgy
		5:00 pm	Hallelujah Night

Always Give Thanks To God

“The mark of a soul that loves wisdom always gives thanks to God. If you have suffered evil, give thanks and it is changed to good. He has not sinned who suffered the evil but he who has done the evil. Give thanks even in disease, lack of possessions, or false accusations. It is not we who are injured but those who are the authors of them”

– St. John Chrysostom

ДОРОГІ БАТЬКИ! ДО ВАШОЇ УВАГИ!

Навчання в нашій Недільній Школі вже розпочалися. Парафіяльна управа з насоятелем о. Павлом просить всіх батьків, що мають дітей у віці вище 3-4 років, вписувати їх в нашу церковну Недільну Школу, аби дати їм релігійно-національне виховання у вірі їх батьків.

Релігійного виховання в державних школах Ваші діти не засвоять, це самі Ви добре знаєте, - тільки Недільна Школа зі своєю програмою навчання може це виховання забезпечити Вашим дітям. Тому, сповніть свій батьківський обов'язок супроти своїх діточок, шліть їх в Недільну Школу на релігійне навчання, а в майбутньому, Ваші діти будуть вдячеї Вам за це.

DEAR PARENTS! FOR YOUR ATTENTION!

The new academic year of Sunday School has already begun. The Parish Board jointly with Fr. Pawlo appeal to the parents with children above the age of 3, to register them in our church Sunday School. Do not deprive our children of religious education, register them and attend regularly the Sunday School. The much needed religious education that our children need and which cannot be obtained from any other educational institution. Give our children the opportunity to experience the richness of their forefathers' faith.

Therefore, we most earnestly appeal to the parents to enroll their children in our Sunday School program, thus fulfilling your sacred obligation as parents to your children.

Sunday School begins at 10 o'clock. Children 3 to 12 years of age can attend. Note: Children 3 years of age can attend if a parent stays with them. Please complete the Sunday School Registration form and give it to Donna Van Beselaere or in the church parishioner's mailbox #124. If you have any questions please feel free to call me, Donna (306)789-8879.

STRUGGLES

If your entire life passed smoothly and without worry, then weep for yourself.

For the Gospel and the experience of the people, with one accord assert that no one has, without great suffering and pain, left behind any great and beneficial work on earth or was glorified in the heavens.

If, however, your earthly sojourn is completely adorned with sweat and tears to attain justice and truth, rejoice and be exceedingly glad for truly great is your reward in the heavens.

Do not ever succumb to the insane thought that God has abandoned you. God knows exactly how much one can endure and, according to that, measures the sufferings and pains of everyone.

St. Nil Sorsky says: "When even men know how much weight a horse, or a donkey or a camel can carry and, according to that they are loading them according to their strength; when a potter knows how long to leave the clay in the kiln for it to be neither shattered nor over-baked, how could God not know how much temptation a soul can bear to make it ready and fitted for the Kingdom of Heaven?"

- St Nikolaj Velimirovic (Prologue of Ochrid)

Sunday School Registration 2016-2017

Father's Name: _____

Mother's Name: _____

Address: _____

Phone: () _____ cell: () _____

E-Mail: _____

The children's class time starts at 10:00 A.M. in the church lower level.

Student's name	Age	Date of Birth	Grade in School
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Preschool children (3-4 year olds) are to be accompanied by a parent.

Every parent is encouraged to participate in Sunday School time. Here are some opportunities for you to help:

- Teacher, Teacher helper , Substitute Teacher
- Teacher in Ukrainian
- Hallelujah Celebration Oct. 31
- Christmas concert- St. Nicholas celebration
- Pre-lent party
- Year end- last Sunday of June
- Special Events (help / organize)
- Clean up
- Other _____

September 2016