

# The Sunday Shepherd

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

1305 – 12<sup>th</sup> Avenue  
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 September 23, 2018

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17-та. НЕДІЛЯ ПО П'ЯТИДЕСЯТНИЦІ. ГОЛОС – 8-ий.

ПІСЛЯСВЯТО РІЗДВА ПРЕСВЯТОЇ БОГОРОДИЦІ. СВЯТИХ  
МУЧЕНИЦЬ МИНОДОРИ, МИТРОДОРИ І НІМФОДОРИ.

17-th. SUNDAY AFT. PENTECOST. TONE – 8.

AFTERFEAST OF THE NATIVITY OF THE MOST-HOLY THEOTOKOS.  
MM. MENODORA, METRODORA AND NYMPHODORA AT  
NICOMEDIA.



*Please let Parish Council President Orest Warnyca 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 a priest call 306-584-1844 or 306-584-0501.*

**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: Individuals will be kept on the prayer list for one month.**

<b>Madeline (0904)</b>	<b>Doug (0904)</b>	<b>Gladys (0904)</b>	<b>William O 0904</b>
<b>Jim (0904)</b>	<b>Ksenia(0904)</b>	<b>Donna 0904</b>	<b>Savelia (0904)</b>
<b>Diana Ov (0904)</b>	<b>Brent (0904)</b>	<b>Sophie (0904)</b>	<b>Mary R (0904)</b>
<b>Bill D (0904)</b>	<b>Nick (0904)</b>	<b>Orest (0904)</b>	<b>Steve (0904)</b>
<b>Edward B (0904)</b>	<b>Zora (0904)</b>	<b>Andrea (0904)</b>	<b>Bill Ber(9-4)</b>
<b>Stan G (0904)</b>	<b>Yaroslav (94)</b>		<b>Fr. Nazari (94)</b>

**And those in care homes or similar situations:**

<b>Carolina Miller</b>	<b>Bill Warnyca</b>	<b>Larry Trafananko</b>
<b>Christina Spak</b>	<b>Doreen Kuyek</b>	<b>John Hneda</b>

***(Please let Bulletin Editor Yaroslav Lozowchuk (306-501-9200) know if there are others who we should pray for.)***

**And those in special or extraordinary situations: We pray for peace in Ukraine. Вічна Пам'ять! Memory Eternal to all (11,000 plus) who died in the conflict in Ukraine these past weeks and months.**

**Let us also remember in prayer the needs of those suffering from:**

- **persecution and forced migration of the Muslim Rohingya minority by the State of Myanmar.**
- **starvation facing the people Sudan and Yemen.**
- **The continuing horrible destruction in Syria and the Middle East.**
- **Let us continue to pray that God's grace fill the lives of the families who experienced this great loss and that the Lord accept the souls of those who died in the Humboldt crash into His Kingdom.**
- **Let us pray for the families who lost family members and homes in the fires and floods in Greece, India and Italy in the bridge collapse. Memory Eternal to all who died.**
- **Let us also pray that the Lord bless us with a loving and caring pastor.**

**We welcome– Father Victor Lakusta who is with us this Sunday.**

**FOR OUR VISITORS: Holy Communion is reserved for Orthodox Christians who prepare themselves by prayer and fasting. Non-Orthodox visitors are welcome to come forward to venerate the cross and receive the Antidoron (blessed bread) at the conclusion of the service.**

**“Prayer for others which is made gently and with deep love is selfless and has great spiritual benefit. It brings grace to the person who prays and also to the person for whom he is praying. When you have great love and this love moves you to prayer, then the waves of love are transmitted and affect the person for whom you are praying and you create around him a shield of protection and you influence him, you lead him towards what is good. When He sees your efforts, God bestows His grace abundantly on both you and on the person you are praying for.” - St Porphyrios**

**TROPAR OF SUNDAY IN TONE 8**

You descended from on high, O Merciful One. You accepted the three-day burial to free us from our passions. Our life and resurrection; O Lord, Glory to You.

**TROPAR OF THE FEAST IN TONE 4**

Your nativity, O Theotokos, has brought joy to the whole universe. The Sun of Righteousness, Christ our God, has shone forth from You, annulling the curse, and giving a blessing. He has abolished death and granted us eternal Life.

**KONDAK OF SUNDAY IN TONE 8**

Having risen from the tomb, You raised the dead and resurrected Adam. Eve rejoices in Your resurrection and the ends of the earth celebrate Your rising from the dead, O Greatly Merciful One.

**GLORY to the Father and to the Son and to the Holy Spirit.****KONDAK OF MARTYRS IN TONE 4**

You who suffered with fortitude for the Trinity, and did defeat the cunning enemy; You were strengthened spiritually as sisters, therefore, you made your abode with the five virgins in the heavenly bridal chamber, O passion-bearers, and with the angels you stand in endless gladness before the King of all.

**NOW AND FOREVER and to the ages of ages, Amen.****KONDAK OF THE FEAST IN TONE 4**

Joachim and Anna were freed from the reproach of childlessness, Adam and Eve from the corruption of death, by your holy nativity, O Immaculate One. Your people, redeemed from the guilt of sin, celebrate by crying out to You: The barren woman gives birth to the Mother of God, the Nourisher of our Life.

**PROKIMEN 6**

O The O Lord, save Your people, and bless Your inheritance.

READER : O Lord, to You will I call. O my God, be not silent unto me.

**ANOTHER PROKIMEN IN TONE 3**

My soul magnifies the Lord and my spirit has rejoiced in God my Saviour

**ТРОПАР НЕДІЛЬНИЙ НА ГОЛОС 8.**

З висоти зійшов єси, Благоутробний, / погребення прийняв триденне, / щоб нас визволити від пристрастей. / Життя і воскресіння наше, / Господи, слава Тобі.

**ТРОПАР РІЗДВА БОГОРОДИЦІ НА ГОЛОС 4**

Різдво Твоє, Богородице Діво, радість звістило всій вселенній, з Тебе бо засяяло Сонце Правди – Христос Бог наш, і, знявши прокляття, Він дав благословення і, знищивши смерть, дарував нам життя вічне.

**КОНДАК НЕДІЛЬНИЙ НА ГОЛОС 8**

Воскреси з гробу, померлих підняв: Адама воскресив яси, і Єва радується Твоєму воскресенню, і кінці світу святкують Твоє воскресіння з мертвих, многомилостивий.

**СЛАВА Отцю і Сину і Святому Духові.****КОНДАК МУЧЕНИЦЯМ НА ГОЛОС 4**

Ви, що за Трійцю терпляче страждали і всю злобу ворога перемогли, по-братньому укріплені духом, а тому і переселилися до п'ятьох мудрих дів у палати Небесні, де разом з Ангелами біля Царя всіх в радості завжди перебуваєте.

**І НИНІ і повсякчас і на віки вічні, Амінь.****КОНДАК СВЯТА НА ГОЛОС 4**

Йоаким і Анна з неслави бездітності, та Адам і Єва від тління смерті визволилися, Пречиста, у святім різдві Твоім. Його святкують люди Твої, з провини гріховної визволившись, коли взивають до Тебе, Неплідна народжує Богородицю і кормительку життя нашого.

**ПРОКИМЕН НА ГОЛОС 6**

Спаси, Господи, людей Твоїх і благослови насліддя Твоє.

(СТИХ) До тебе, Господи, взиваю, Боже мій, не мовчи передо мною.

**ДРУГИЙ ПРОКИМЕН НА ГОЛОС 3**

Величає душа моя Господа, і зрадів дух мій у Бозі, Спасі Моїм.

## Апостол – Epistle

### 2 До коринтян 6:16-7:1

Ukrainian Bible (UKR)<sup>16</sup>

Або яка згода поміж Божим храмом та ідолами? Бо ви храм Бога Живого, як Бог прорік: Поселюсь серед них і ходитиму, і буду їм Богом, а вони будуть народом Моїм!

<sup>17</sup> Вийдіть тому з-поміж них та й відлучіться, каже Господь, і не торкайтесь нечистого, і Я вас прийму,

<sup>18</sup> і буду Я вам за Отця, а ви за синів і дочок Мені будете, говорить Господь Вседержитель!

7 Отож, мої любі, мавши ці обітниці, очистьмо себе від усякої нечисти тіла та духа, і творімо святиню у Божім страху!

### 2 Corinthians 6:16-7:1

New Revised Standard Version (NRSV)

<sup>16</sup> What agreement has the temple of God with idols? For we<sup>are</sup> are the temple of the living God; as God said,

“I will live in them and walk among them,

and I will be their God,

and they shall be my people.

<sup>17</sup> Therefore come out from them,

and be separate from them, says the Lord,

and touch nothing unclean;

then I will welcome you,

<sup>18</sup> and I will be your father,

and you shall be my sons and daughters,

says the Lord Almighty.”

7 Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and of spirit, making holiness perfect in the fear of God.

#### ALLELUIA IN TONE 1

I have raised up one chosen out of My people.  
Alleluia.

For my hand shall defend him and My Arm will strengthen him.

#### ANOTHER ALLELUIA IN TONE 8

Hearken, O daughter, and see, and incline your ear. Alleluia.

#### АЛИЛУЯ НА ГОЛОС 1

Підніс Я вибраного з народу Мого. Алилуя.

Рука Моя помагатиме йому і рама Моя укріпить його. Алилуя.

#### АЛИЛУЯ НА ГОЛОС 8

Слухай, дочко, і споглянь, і прихили вухо твоє .

## Євангелія – Gospel

### Євангеліє від Матвія 15:21-28

Ukrainian Bible (UKR)

<sup>21</sup> І, вийшовши звідти, Ісус відійшов у землі тирські й сидонські.

<sup>22</sup> І ось жінка одна хананеянка, із тих околиць прийшовши, заголосила до Нього й сказала: Змилуйся надо мною, Господи, Сину Давидів, демон тяжко дочку мою мучить!

<sup>23</sup> А Він їй не казав ані слова. Тоді учні Його, підійшовши, благали Його та казали: Відпусти її, бо кричить услід за нами!

<sup>24</sup> А Він відповів і сказав: Я посланий тільки до овечок загинулих дому Ізраїлевого...

<sup>25</sup> А вона, підійшовши, уклонилаь Йому та й сказала: Господи, допоможи мені!

<sup>26</sup> А Він відповів і сказав: Не годиться взяти хліб у дітей, і кинути щенятам...

<sup>27</sup> Вона ж відказала: Так, Господи! Але ж і щенята їдять ті кришки, що спадають зо столу їхніх панів.

<sup>28</sup> Тоді відповів і сказав їй Ісус: О жінко, твоя віра велика, нехай буде тобі, як ти хочеш! І тієї години дочка її видужала.

### Matthew 15:21-28

New Revised Standard Version (NRSV)

<sup>21</sup> Jesus left that place and went away to the district of Tyre and Sidon. <sup>22</sup> Just then a Canaanite woman from that region came out and started shouting, "Have mercy on me, Lord, Son of David; my daughter is tormented by a demon." <sup>23</sup> But he did not answer her at all. And his disciples came and urged him, saying, "Send her away, for she keeps shouting after us." <sup>24</sup> He answered, "I was sent only to the lost sheep of the house of Israel." <sup>25</sup> But she came and knelt before him, saying, "Lord, help me." <sup>26</sup> He answered, "It is not fair to take the children's food and throw it to the dogs." <sup>27</sup> She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." <sup>28</sup> Then Jesus answered her, "Woman, great is your faith! Let it be done for you as you wish." And her daughter was healed instantly.

### ЗАДОСТОЙНИК

Величай, душе моя, преславне народження Божої Матері.

### ІРМОС, ГОЛ. 8

Чуже матерям дівство і дивне дівам дітородження, на Тобі, Богородице, обоє звершилися. Тим то ми, всі народи землі, безустанно Тебе величаємо.

### ПРИЧАСНИЙ

Хваліть Господа з небес, хваліть Його в вишніх. Алилуя.

Чашу спасіння прийму, й Ім'я Господнепризову. Алилуя.

### INSTEAD OF "IT IS TRULY WORTHY...."

Magnify, O my soul, the most glorious nativity of the Mother of God.

### IRMOS, IN TONE 8

Virginity is alien to motherhood and childbearing is strange to virgins. Yet, in You, O Theotokos, both are found. Therefore with all the nations of the earth we unceasingly magnify You.

### COMMUNION VERSE

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

I will take cup of salvation and call upon the Name of the Lord. Alleluia.

## **РІЗДВО ПРЕСВЯТОЇ БОГОРОДИЦІ: *Смуток радістю стає!* о. Ігор Куташ**

На 21-го вересня за григоріанським календарем (це – 8-го вересня за юліанським) ми святкуємо великий Празник Різдва Пресвятої Богородиці, який рівнож є Престолюним Празником українських Церков і Соборів, які носять почесне ім'я Премудрості Божої, тобто Софії бо ж «Софія» на грецькій мові це власно «Премудрість».

Оборонець Православ'я, автор численних Богом натхнених церковних співів, Св. Іван Дамаскин, так писав про це Свято: «День Різдва Божої Матері – це день вселенської радості бо через Божу Матір увесь людський рід оновився і смуток першої матері, Єви, радістю став». Що ж це за смуток Єви? Він походить внаслідок великої трагедії, яка припала людській родині, якої перша мати – це Єва. Ця трагедія – гріхопадіння, втрата первісного благодатного стану, що настало через непослух Адама й Єви. Це гріхопадіння описує символічно розповідь про споживання забороненого овочу. Вона просто означає, що Адам і Єва зрадили відношення любові та довір'я, яке було між ними і Богом, їхнім

Творцем, Батьком і Приятелем. Він був сказав їм стримуватися від споживання плоду дерева пізнання добра й зла. Іншими словами Він закликав їх бути вірними відношенню між ними – між Батьком і Його дітьми. Єдиний спосіб, яким вони могли б «пізнати» добро й зло це - зломити відношення своє з Богом і цим вони пізнають, що це таке бути відчуженими від Нього. І це й сталося. Вони зломити відношення і ось наступили сором, страх і смерть. Так, ось тоді вони пізнали добро і зло. Добро – бути з Богом, а зло - бути віддаленими від Нього. Однак Бог не покинув Своїх дітей. Він приготував дорогу для нового відношення з ними, якого вже не можна зломити. Богородиця, якої народження ми святкуємо, була тим середником у створенню цього нового єднання. Вона стала новою Матір'ю людського роду. Через неї Бог Син став Людиною – тобто Боголюдиною, який навіки поєднав у Собі Божество і людськість. У Ньому і через Нього розділення припинене – сором, страх і смерть зупинені а любов, довір'я і життя перемогли. Що за радість для цієї Матері, цієї нової Єви, в тому що вона і її діти тепер і назавжди безпечні і вдома з Отцем Небесним! Справді смуток радістю став!

Св. Андрій Критський, творець Покаянного Канону, якого служимо в Великий Піст, висловлює радість Християн споминаючи ось так день народження цього Вмістилища Премудрості Божої: «Бо сьогодні народилось дитя, від якого ми здобули спасіння, Христа – Бога й Слова, Який прибувши перебуває з нами навіки». Отож радіймо, дякуючи Богові за дар Богородиці, нашої Матері, і просячи її Молитов стараймося жити й трудитися в єдності з Богом, у відновленому відношенню любові та довір'я.

### ***THE NATIVITY OF THE THEOTOKOS - Fr. Ihor Kutash*** ***Sorrow is transformed into Joy***

On September 21 on the Gregorian Calendar (which is September 8 on the Julian) we celebrate the great Feast of the Nativity of the Most Holy Theotokos, which is also the Patronal Feast Day of Ukrainian Churches and Cathedral bearing the name of Holy Wisdom (popularly rendered in English as St. Sophia or St. Sophie – since “Sophia” is the Greek word for “Wisdom”).

The defender of Orthodoxy and author of many inspired hymns of the Church, St. John of Damascus, had this to say about this Feast: “The day of the Nativity of the Mother of God is a day of universal joy for, through the Mother of God, the entire human race was renewed and the sorrow of the first mother, Eve, was transformed into joy”.

What was this sorrow of Eve's? It was the result of the great tragedy that befell the human family, of which Eve was the first mother. That tragedy was the Fall – the loss of the original state of grace due to the disobedience of Adam and Eve. This Fall is described in a symbolic way in the story of the eating of the forbidden fruit. It means simply that Adam and Eve betrayed the relationship of love and trust which existed between them and God, their Creator, Father and Friend. He had told them to refrain from eating of the fruit of the tree of knowledge of good and evil. In other words, He had invited them to be faithful to the relationship between them – between the Father and His children. The only way for them to “know” good and evil was to break their relationship with God and thus experience what it was like to be separated from Him. And that is exactly what happened. They broke the relationship and on to the scene came shame, fear and death. Yes, they now knew good and evil. Good was being with



God; evil was being separated from Him However, God did not abandon His children. He prepared the way for a new relationship with them, which could not be broken. The Theotokos whose birth we celebrate was the instrument by which that new union was created. She became the new Mother of the human race, the new Eve. Through her, God the Son became a Human – the God-man, forever uniting in Himself divinity and humanity. In Him and through Him the separation is brought to an end – shame, fear and death have come to an end, and love, trust and life have won. What joy for this Mother, this new Eve, to find that she and her children are once more and forever safe and at home with the Father! Truly sorrow has been transformed into joy!

St. Andrew of Crete, author of the Penitential Canon which we pray during Great Lent, expresses the joy of Christians in remembering the birthday of this repository of the Wisdom of God: “For today a child is born, from whom we have received salvation, Christ God and Word, Who, having come, abides with us forever”. Let us rejoice then, thanking God for the gift of the Theotokos, our Mother, and, asking for her prayers, let us strive to live and work in harmony with God, in a renewed relationship of love and trust.

## **What does the Bible say about talking too much / being talkative?**

**Question: "What does the Bible say about talking too much / being talkative?"**

**Answer:** The Bible warns us against talking too much or being overly talkative. In fact, the Bible says that a fool can be recognized by his many words ([Ecclesiastes 5:3](#)). [Ecclesiastes 10:14](#) adds that a fool “multiplies words.”

The Bible discourages using an abundance of words where a few would suffice. “Even fools are thought wise if they keep silent, and discerning if they hold their tongues” ([Proverbs 17:28](#)). Those who feel compelled to give utterance to every thought in their heads usually end up in trouble.

[Proverbs 10:8](#) describes the overly talkative person as a “babbling fool” (ESV, NASB), a “prating fool” (NKJV), or a “chattering fool” (ISV) who will come to ruin. Such a person is contrasted with one who is “wise of heart” and who “will receive commandments.” The [antithetical parallelism](#) of [Proverbs 10:19](#) warns that talking too much naturally leads to sin: “When words are many, transgression is not lacking, but whoever restrains his lips is prudent” (ESV).

The wise person refuses to talk too much. Rather, he fears the Lord, listens to the Lord, and obeys the Lord. He follows the example of Mary, “who sat at the Lord’s feet listening to what he said” ([Luke 10:39](#)). When our mouths are full of our own words, we have little time or interest in God’s words. Talking too much usually means listening too little.

Modern culture offers numerous avenues through which we can express ourselves verbally. Social media, blogs, cell phones, and call-in radio all enable us to keep up a constant stream of chatter. But how much of our talking is truly edifying or important (see [Ephesians 4:29](#))? Saying what needs to be said is important, but talking too much easily leads to saying what should not be said.

Restraining our lips is an indication of wisdom and humility. Talkative people often do not take the time between their many words to choose their words carefully. Christians should be aware that talking too much is detrimental to our witness in the world, as James reminds us, “If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one’s religion is useless” ([James 1:26](#)). James later says that [controlling the tongue](#) is one of the hardest things to do, humanly speaking ([James 3:2](#)). In fact, “no human being can tame the tongue” ([James 3:7](#)). Fortunately, we have the Holy Spirit to help us with the task, and here is a helpful prayer: “Set a guard over my mouth, LORD; keep watch over the door of my lips” ([Psalm 141:3](#)).

The apostle Peter is often quoted in the gospels, and it seems that he was a talkative person by nature. In one instance at least, Peter’s verbosity was ill-advised. On the mount of [transfiguration](#), Peter says to Jesus, “Rabbi, it is good for us to be here. Let us put up three shelters—one for you, one for Moses

and one for Elijah.” (He did not know what to say . . .)” ([Mark 9:5-6](#)). Notice that Peter “did not know what to say,” so, of course, he *said* something! It’s just what talkative people do. God quickly silenced Peter by redirecting his focus: “A cloud appeared and covered them, and a voice came from the cloud: “This is my Son, whom I love. Listen to him!”” ([Mark 9:7](#)). Peter’s talking had to be replaced with listening.

Just as the overly talkative person displays foolishness, the one who holds his tongue demonstrates knowledge and understanding. “He who has knowledge spares his words, and a man of understanding is of a calm spirit” ([Proverbs 17:27](#)). We can’t gain knowledge if we are constantly talking, but understanding comes from listening and using our words sparingly. “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak . . .” ([James 1:19](#)).

## SEPTEMBER SERVICES

Descent of the Holy Spirit Ukrainian Orthodox Church Sobor and Area:

**Saturday September 22 – 6:00 pm – Vespers – Selo Chapel – Father Victor Lakusta**

**Sunday September 23 - 10:00 am – Divine Liturgy – Sobor -Father Lakusta Presiding**

**Sunday September 23 – 7:00 pm – 9:00 pm – Prayer Vigil – For the blessing of our Parish with a loving pastor.**

**Saturday September 29 – 6:00 pm – Akathyst – Selo Chapel**

**Sunday September 30 - 10:00 am – Reader’s Service – Sobor**

**Sunday September 30 – 7:00 pm – 9:00 pm – Prayer Vigil – For the blessing of our Parish with a loving pastor**

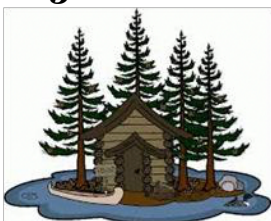
## ANNOUNCEMENT

### 1. Surplus produce from your gardens welcomed by Selo Gardens kitchen

As we get into the period of the year when gardens start producing and sometimes more than we can use please keep in mind that any surplus produce should not to thrown away. These surpluses should be given to charities, neighbours/friends or to the Selo Gardens kitchen. The kitchen staff will try and accommodate your donations. If by chance there is more than they can handle alternate arrangements will be made if at all possible. Thank you for your consideration.

### 2. Used Eyeglasses - Please donate your used eyeglasses to the Lions International to help those in need in the developing countries. A collection box is located at the church’s back door. If you require additional information – please speak to Wally Kaminski

3.



### FAMILY CAMP

The Central Eparchy Centenary Committee has identified the Family Camp Pilot as a strategic future oriented Centenary Project and the Regina Decent of the Holy Spirit-UOS Parish Council has mandated the local Regina Centenary Committee to explore the formation of a Family Camp Working Group jointly with other congregations in the Central Eparchy.

**Goal of the Family Camp Proposed Pilot** - To create an additional vehicle for renewing our Church parishes, by bringing our Orthodox member families together and empowering and engaging them in a process of mutual support in living a Gospel centered life as individuals, families and communities as a whole.

Please visit the Holy Trinity website [www.orthodoxsaskatoon.org](http://www.orthodoxsaskatoon.org) to read the Proposal in its entirety. If you would like to participate in the Working Group or if you have any questions feel free to call Yars Lozowchuk directly at 306-501-9200 or e-mail at [yaroslaw@lozowchuk.com](mailto:yaroslaw@lozowchuk.com).

## 4. SEARCH FOR VOLUNTEERS TO PROVIDE LEADERSHIP AND SERVE ON WORKING GROUPS IN REALIZING UOCC 100 Regina Parish Celebration Program

- a. Parish Recognition – Preparing Parish Nominees List for Saint Andrew Centenary Award



- b. Historical Research – History of Parish, collection of audio-visual materials and oral history interviews
- c. Organizing 2019 Centenary Khram Weekend and the Episcopal Visitation
- d. Organizing the Hosting of the St. Andrew Icon/Relic Visit to our Parish
- e. Church Iconography and Crafts Photography - Publication Project
- f. Planning and staging of Family Camp Pilot
- g. Special Issues Community Outreach Project – docu-series
- h. Organizing the Servant leadership Workshop

These are great opportunities to learn, grow and contribute. So please consider volunteering and inform Parish President Orest Warnyca of your interest to serve.

## **5. Proposed - Approved in Principle (Parish Council Meeting August 20, 2018/Ratified by Quarterly Meeting September 9, 2018) UOCC 100 Regina Parish Celebration Program**

**The National Jubilee Committee – UOCC has defined the centenary year as beginning August 1, 2018 and ending July 31, 2019.**

In light of the above, it is proposed that our Parish:

- a) hold its Centenary Special Event Celebration during our Khram in 2019; and
- b) extend an invitation to our Eparchial Bishop – Metropolitan Yuriy to make a canonical visitation to our Parish for the Centenary Celebration - Khram the weekend of June 15-16, 2019.

**Furthermore, that the following undertaken as UOCC 100 Regina Parish Projects:**

### **A. Honoring the past:**

- I. Recognize and honor both those living and deceased for making substantive contributions to the life and development of our Parish by nominating them for recognition with the UOCC St. Andrew Centenary Award; - see draft list of nominations of Regina members (Living and Deceased) for the national, eparchial and youth level of recognition. A local parish list of nominations will be developed later in the Fall.
- II. Update our Parish History Summary from the time of our 75th Parish Jubilee to the present;
- III. Undertake the writing of a detailed history of our parish;
- IV. Undertake a systematic collection of pictures and audio-visual items which document our Parish history;
- V. Undertake a collection of oral histories with our older Parish members; and
- VI. Submit a condensed version of our Parish history for inclusion in the planned UOCC Parish history.

### **B. Celebrating the Present:**

- I. As part of our 2019 Khram hold a celebratory banquet and the Saturday night before sponsor a significant spiritual-cultural performance open to the public;
- II. Host a visit to Regina and area of the Centenary St. Andrew Icon with relic;
- III. Undertake the photographing of our icons and other artistic items and prepare for publication of a limited edition of 25 copies (?) an artbook documenting our rich iconographic – artistic legacy and have it available for perusal on our website; and
- IV. Work on organizing a family camp in conjunction with other UOCC Parishes in the Spring of 2019.
- V. The Mission and Education Committee to undertake as part of our UOCC Centenary celebrations an educational outreach – to our members, members of other Orthodox and non-Orthodox Christian communities and the general public – via audio-visual docu-series presentations by the best authorities on six strategic issues relating to our health and well-being and that of our children and grandchildren.

Following is the proposed list of issues:

- a. October - **Diabetes and Obesity**

- b. November - **Christ Revealed – Establishing proof for the Resurrection**
- c. December - **Healing from GMO's – Glyphosate**
- d. February - **Autoimmune and Health Gut Issues**
- e. March – **Addictions**

It is proposed that on the third Sunday of the Month either in the afternoon or evening a two-hour presentation would be made using the docu-series material and then the following Saturday or Sunday a four hour workshop would be held for those wishing to pursue the topic in greater depth. All the material of the docu-series would be available for loan on a memory stick for those who wished to get even a deeper understanding of the topic at their own pace – the remaining 12-14 hours.

**C. Preparing for the Future:**

- I. Complete the establishment of the Regina Descent of the Holy Spirit, Ukrainian Orthodox Foundation as a major legacy for the coming generation in celebration of the UOCC 100;
- II. Organize a Parish community discussion of the need for an updated refreshed view of our community identity; and
- III. Sponsor a Servant Leadership Training Seminar (Targeting our youth 17– 30, but open to all ages) inviting participation of our UOCC members from the Central Eparchy and beyond.

**6. Preliminary List of Nominations of Regina Members for the Saint Andrew Centenary Award - the National and Eparchial Levels an the Youth Category**

**Please note – the Saint Andrew Centenary Award recognizes contributions to the life of our church at three levels. The National level recognizes those individuals who have made a contribution by serving on national bodies (Consistory, St. Andrew's College Board of Directors, National Executives of USRL, USRA, UWAC and UOY-CYMK or contributed as artists and academics). The Eparchial level recognized service on the Eparchial-regional level (Eparchial Rada, summer camp boards of directors, regional choirs, provincial executives of the lay organizations, other regional bodies relating to the church). The Parish level recognizes contributions at the parish level (brotherhood, sisterhood, cantors, choir members, Sunday school teachers, hospodars, serving on parish councils and committees, church project board of directors, cooks, kitchen volunteer helpers, Ukrainian Kitchen managers, etc.).**

**The following list only names nominees at the national and eparchial levels.**

- a. Deceased
  - i. National Level
    - 1. Paul Hleck
    - 2. Dmytro Kereluke
    - 3. Orest Pasieka
    - 4. Alex Patryluk
    - 5. John D.Stratiychuk
- b. Living
  - i. National Level
    - 1. Sonia Bremner
    - 2. Tony Harras
    - 3. Wayne Hydeman
    - 4. Edward Klopoushak (Awarded)
    - 5. Sonia Korpus
    - 6. Yaroslav Lozowchuk
    - 7. Cathy Luciuk
    - 8. Gerald Luciuk
    - 9. Natalie Ostryzniuk
    - 10. Olyne Patryluk
    - 11. Steve Pillipow

12. Steve Senyk
13. Vasyl Stratiychuk
14. Orest Warnyca
15. Michael Zaleschuk

ii. Eparchial

1. Ernie Cherepuschak
2. Jim Chorney
3. Vera Feduschak
4. Carolyn Griffin-Warnyca
5. Walter Kaminski
6. Vincent Ostryzniuk

iii. Youth

**If we have missed some individuals that should be on the list, please inform our President Orest Warnyca.**