

The Sunday Shepherd

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

1305 – 12th 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 December 16, 2018

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29-та. НЕДІЛЯ ПО П'ЯТИДЕСЯТНИЦІ. ГОЛОС – 4-ий. СВЯТОГО ПРОРОКА
СОФОНІЇ.

29-th. SUNDAY AFTER PENTECOST. TONE – 4. HOLY PROPHET
ZEPHANIAH.



HOLY PROPHET ZEPHANIAH.

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.

Madeline (1204)	Doug (1204)	Gladys (1204)	William O (1204)
Jim (1204)	Ksenia(1204)	Donna 1204	Savelia (1204)
Diana Ov (1204)	WallyK(1204)	Sophie (1204)	Mary R (1204)
Bill D (1204)	Bill B(1204)	Orest (1204)	Steve (1204)
Edward B (1204)	Zora (1204)	Andrea (1204)	Bill Ber(1204)
Stan G (1204)	Marge (1204)	Gene (1204)	Fr. Nazari (124)
Fr. Oleksandr H	Bill W (1204)	Anne W(1204)	Georgina M 12-4

And those in care homes or similar situations:

Carolina Miller	Bill Warnyca	Larry Trafananko
Christina Spak	Doreen Kuyek	John Hneda

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

We pray for peace in Ukraine. Вічна Пам'ять! Memory Eternal to all (11,000 plus) who died in the conflict in Ukraine and we pray for the healing of the 20,000 maimed 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 pray for the families who lost family members and homes in the fires, floods tsunamis, and earthquakes in Greece, India, Indonesia, Italy and California. Memory Eternal to all who died.**
- **Let us also pray that the Lord bless us with a loving and caring pastor.**
- **Let us pray forand for the Holy Spirit to bless the Ukrainian bishops to make wise decisions.**
- **We thank God – the Holy Trinity for the blessed decision of the Patriarch of Constantinople to grant autocephaly to the Ukrainian Orthodox Church – an answer to prayer of the Ukrainian people over the last number of centuries.**

We invite all present to take part in doing the readings.

GLEANINGS FROM THE INTERNET

Special Advice to Parents on Raising Children – Does Christ radiate in you?

http://www.ancientfaith.com/podcasts/raisingsaints/praying_for_our_children_in_st_porphyrus

The Prophet Zephaniah (Sophonias) was a contemporary of the Prophet Jeremiah and the Prophetess Oldama. He was from the tribe of Simeon, and was the ninth of the Twelve Minor Prophets of the Old Testament. The prophet lived at the royal court, where he preached repentance and helped King Josiah eliminate idol-worship.

He prophesied about the calamities that were to come for the people of Judea and the surrounding regions: Gaza, Ascalon, Crete, and against the Moabites, the Ammonites and the Ninevites.

<https://oca.org/saints/lives/2018/12/03/103465-prophet-zephaniah>

TROPAR OF SUNDAY IN TONE 4

Світлу ю воскресіння проповідь, від ангела почувши Господні учениці, і прадідне осудження відкинувши, апостолам хвалячися, промовляли. Знищена смерть, воскрес Христос Бог, даруючи світові велику милість.

ТРОПАР СВ. ПРОРОКА НА ГОЛОС 2

Пророка Твого Софоніє пам'ять, Господи, святкуємо, а тому його молитвами благаємо. Спаси душі наші.

КОНДАК НЕДІЛЬНИЙ НА ГОЛОС 4

Спас і Визволитель мій, із гробу як Бог, воскресив від смерті земнородних і ворота пекельні сокрушив, і, як Владика, на третій день воскрес.

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

Осяяний Божим Духом, пророче Софоніє, прихід у світ Бога ти провістив. Радій, дочко Сіона, Єрусалимові сповісти. "Ось, Цар твій наближається, щоб тебе спасти."

І НИНІ і повсякчас і на віки вічні, Амінь.**БОГОРОДИЧНИЙ НА ГОЛОС 6**

Заступнице християн усердная, молитвенниця до Творця надійная, не зневаж молитви грішників, але прийди швидше, як Благая, на поміч нам, що з вірою звиваємо до Тебе, поспіши на молитву і скоро прийди на благання, бо Ти заступаєшся завжди за тих, що шанують Тебе, Богородице.

ПРОКІМЕН НА ГОЛОС 4

Які величні діла Твої, Господи, все премудрістю сотворив єси.

Благословен, душе моя, Господа; Господи Боже мій, Ти вельми звеличився єси.

TROPAR OF SUNDAY IN TONE 4

When the women disciples of the Lord learned from the angel the joyous message of Your Resurrection, they cast away the ancestral curse and with gladness told the apostles; Death is overthrown. Christ God is risen, granting the world great mercy.

TROPAR OF PROPHET IN TONE 2

Your memory prophet Zephaniah, we celebrate, O Lord, through his prayers we beseech You. Save our souls.

KONDAK OF SUNDAY IN TONE 4

My Saviour and Redeemer arose from the tomb as God and delivered the earthborn from bondage. He has shattered the gates of hades and as Master, He has risen on the third day.

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

Being illumined by the Divine Spirit, O prophet Zephaniah, you proclaimed the coming of God. Rejoice, O daughter of Zion. Proclaim Him, O Jerusalem. Observe, Your King draws near to save you.

NOW AND FOREVER and to the ages of ages.**Amen.****KONDAK IN TONE 6**

O protection of Christians that cannot be put to shame, unchanging mediation unto the Creator, do not despise the suppliant voices of sinners, but be quick to come to our aid, O Good One, who in faith cry out to You: hasten to intercessions and come quickly to make supplication, for You, O Theotokos, always protect those who honor You.

PROKIMEN IN TONE 4

How magnified are Your works, O Lord. In wisdom You made them all.

Bless the Lord, O my soul. O Lord my God, You have been greatly magnified.

Апостол - Epistle**1 Тимофію 1:15-17**

Ukrainian Bible (UKR)

¹⁵ Вірне це слово, і гідне всякого прийняття, що Христос Ісус прийшов у світ спасти грішних, із яких перший то я.

¹⁶ Але я тому був помилуваний, щоб Ісус Христос на першій мені показав усе довготерпіння, для прикладу тим, що мають увірувати в Нього на вічне життя.

¹⁷ А Цареві віків, нетлінному, невидимому, єдиному Богові честь і слава на вічні віки. Амінь.

1 Timothy 1:15-17

New Revised Standard Version (NRSV)

¹⁵ The saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners—of whom I am the foremost. ¹⁶ But for that very reason I received mercy, so that in me, as the foremost, Jesus Christ might display the utmost patience, making me an example to those who would come to believe in him for eternal life. ¹⁷ To the King of the ages, immortal, invisible, the only God, be honor and glory forever and ever. Amen.

АЛИЛУЯ НА ГОЛОС 4

Натягни лука та йди щасливо і царствуй по правді, лагідно і справедливо. Алилуя.

Ти полюбив правду і зненавидів беззаконня. Алилуя.

ALLELUIA IN TONE 3

Bend your bow and proceed prosperously, and be king because of truth, meekness, and righteousness. Alleluia.

You have loved righteousness and hated iniquity. Alleluia.

Євангеія – Gospel

Євангеліє від Луки 18:18-27

Ukrainian Bible (UKR)

¹⁸ І запитався Його один із начальників, говорячи: Учителю Добрий, що робити мені, щоб впадкувати вічне життя?

¹⁹ Ісус же йому відказав: Чого звеш Мене Добрим? Ніхто не є Добрий, тільки Сам Бог!

²⁰ Знаєш заповіді: Не чини перелюбу, не вбивай, не кради, не свідкуй неправдиво, шануй свого батька та матір.

²¹ А він відказав: Усе це я виконав від юнацтва свого!

²² Як почув це Ісус, то промовив до нього: Одного тобі ще бракує: Розпродай усе, що ти маєш, і вбогим роздай, і матимеш скарб свій на небі. Вертайся тоді, та й іди вслід за Мною!

²³ А він, коли почув це, то засумував, бо був вельми багатий.

²⁴ Як побачив Ісус, що той засумував, то промовив: Як тяжко багатим увійти в Царство Боже!

²⁵ Бо верблюдові легше пройти через голчине вушко, ніж багатому в Божеє Царство увійти...

²⁶ Ті ж, що чули, спитали: Хто ж тоді може спастися?

²⁷ А Він відповів: Неможливеє людям можливе для Бога!

Luke 18:18-27

New Revised Standard Version (NRSV)

¹⁸ A certain ruler asked him, "Good Teacher, what must I do to inherit eternal life?" ¹⁹ Jesus said to him, "Why do you call me good? No one is good but God alone. ²⁰ You know the commandments: 'You shall not commit adultery; You shall not murder; You shall not steal; You shall not bear false witness; Honor your father and mother.'" ²¹ He replied, "I have kept all these since my youth." ²² When Jesus heard this, he said to him, "There is still one thing lacking. Sell all that you own and distribute the money to the poor, and you will have treasure in heaven; then come, follow me." ²³ But when he heard this, he became sad; for he was very rich. ²⁴ Jesus looked at him and said, "How hard it is for those who have wealth to enter the kingdom of God! ²⁵ Indeed, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God."

²⁶ Those who heard it said, "Then who can be saved?" ²⁷ He replied, "What is impossible for mortals is possible for God."

DECEMBER SERVICES

Sunday December 16- 10:00 am – Readers Service – Sobor

Sunday December 16 – 7:00 pm – 9:00 pm – Prayer Vigil – For the blessing of our Parish with a loving pastor.

Saturday December 22 – 6:00 pm – Vesper Service – Selo Chapel – Father Shiyan presiding

Sunday December 23 - 10:00 am – Divine Liturgy – Sobor – Father Shiyan presiding

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

ANNOUNCEMENT

1. **THE 2019 CHURCH DIRECTORY is now being updated.**

If you have moved.....changed your telephone number or have a new email address please email it to:

Tony Harras at harras@sasktel.net or Donna Bobowsky at donna.vanbeselaere@sasktel.net

Do you know someone whose information needs to be changed? Let us know and we can contact them if needed.

Thank you ! Donna and Tony

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. **Parish Nominating Committee for 2019 - Descent of the Holy Spirit, Ukrainian Orthodox Church - Regina**

Each year, a nominating committee is elected at a quarterly meeting of the parish to develop and present a slate of candidates to be elected at the annual general meeting (AGM) to serve the needs of the parish during the ensuing year.

Approximately sixty (50) candidates (the number may vary slightly from one year to the next) are required to serve on the following boards and committees:

- Parish Council
- Sisterhood (at the Church and the Selo Gardens Chapel)
- Brotherhood (at the Church and the Selo Gardens Chapel)
- Selo Chapel Committee
- Selo Gardens Board
- Selo Gardens Personal Care Home Board
- Selo Gardens Community Centre Committee
- Control Commission

The magnitude of the nominating committee's assignment is large. While the Nominating Committee will be contacting individual parish members to consider serving on one or more of the above noted boards and committees, members in general are also encouraged to contact the Nominating Committee to have their respective names added to the slate of nominations for election at the AGM. Nominations may also be made from the floor at the AGM.

The Nominating Committee members are:

Ernie Cherepuschak – 306-543-3851

Sonia Korpus – 306-352-3704

Gerald Luciuk – 306-737-6062

Steve Senyk – 306-584-1846

Please give serious consideration to serving our parish in the New Year.

4. **Donation of memorabilia would be appreciated**

Recent research has shown that having memorabilia laying around or displayed in care homes helps provide comfort to residents suffering from dementia/memory loss. The Selo Gardens Personal Care Home (SGPCH) is in the process of re-decorating much of its common areas with bright colours and with old pictures and displaying 'old stuff'. Should you have any such items which you no longer need and could be used in a positive manner to help the care home residents relate with their past, please consider donating these items. Phone either Lorelei Fletcher at 306-790-4444 or Tony Harras at 306-586-6805.

5. **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 Khrum 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.

МОЛИТВА ПРО ДУШЕВНИЙ СПОКІЙ

(Молитва останніх Оптинських старців)

Господи, дай мені зустріти з душевним спокоєм усе, що принесе мені нинішній день.

Дай мені цілковито здатись на Твою святу волю.

Веди мене Господи в кожній хвилині цього дня та підтримуй мене в усьому.

Усі вісті, які б я дістав сьогодні, навчи мене їх прийняти зі спокійною душею та твердим переконанням, що в усьому проявляється Твоя свята воля, Господи Боже мій.

В усіх ділах і словах керуй моїми думками.

В усіх непередбачених випадках не дай мені, Господи, забути, що це Ти їх послав.

Навчи мене просто й розсудливо ставитись до всіх людей, нікого не ображаючи ані засмучуючи.

В усіх ділах і словах моїх керуй моїми думками.

Господи, дай мені силу сьогодні витримати в доброму.

Керуй моєю волею і навчи мене молитись, вірити, сподіватись, витримувати, прощати і любити.

Нехай буде воля Твоя, Господи, наді мною! Амінь!

PRAYER FOR PEACE OF MIND

(Prayer of the Optina Elders)

Grant unto me, O Lord, that with peace of mind I may face all that this new day is to bring.

Grant unto me to dedicate myself completely to Thy Holy Will.

For every hour of this day, instruct and support me in all things.

Whatever tidings I may receive during the day, do Thou teach me to accept tranquilly, in the firm conviction that all eventualities fulfill Thy Holy Will.

Govern Thou my thoughts and feelings in all I do and say.

When things unforeseen occur, let me not forget that all cometh down from Thee.

Teach me to behave sincerely and rationally toward every member of my family, that I may bring confusion and sorrow to none.

Bestow upon me, my Lord, strength to endure the fatigue of the day, and to bear my part in all its passing events.

Guide Thou my will and teach me to pray, to believe, to hope, to suffer, to forgive, and to love. Amen

“God in His goodness has arranged things perfectly, so that with our gifts, we can help each other, and with our faults, we can be humbled by each other. For every person has some gifts; but everyone also has some faults which one must struggle to overcome.”

St Paisios of Mount Athos

“I realised that we all worry about ourselves too much and that only he who leaves everything to the will of God can feel truly joyous, light and peaceful.”

Elder Thaddeus of Vitovnica

AN INVITATION

The Parish Council invites our membership to provide us with the following information:

I/WE _____

Fill out only if you wish a visit. Our address, phone number and e-mail

are _____

CAROLING:

_____ Yes, we want carolers to visit our home this Christmas.

Our preferred date and time are _____.

_____ No, we do not wish carolers to visit us this year.

HOUSE BLESSING

_____ Yes, we want Father to bless our home this year.

Our preferred date and time are _____.

_____ No, we do not wish Father to bless our home this year.

Our address and phone number are _____

Please leave on the tetrapod – small altar.

ЗАПРОШЕННЯ

Церковна Управа просить наших членів-прихожан подати наступну інформацію:

Я/МИ _____

*Подайте адресу, число телефону й і-мйлл адресу як ви бажаєте відвідин
Колядників/Отця.* _____

КОЛЯДНИКИ:

_____ Так, ми бажаємо щоб колядники відвідали наш дім в ці Різдвяні Свята.

Котрий день свят і час найкраще під ходив би Вам _____.

_____ Ні, ми не бажаємо щоб колядники відвідали наш дім цього року.

ПОСВЯЧЕННЯ ДОМІВ

_____ Так, ми бажаємо щоб Отець посвятив наш дім цього року – після Йордану.

Котрий день і час найкраще під ходив би Вам _____.

_____ Ні, ми не бажаємо щоб Отець посвятив наш дім цього року.

Просимо залишити на тетраподі.

CHRISTMAS KOLACH SALE

UWAC Daughters of Ukraine Branch Christmas Kolach Sale

All parishioners and friends are invited to buy Kolachi



\$6 each on a pre-order basis only
Please phone Rosalie at 306 775-2145 to place your order