

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 June 16, 2019

Office and Mailing Address: 1920 Toronto Street, Regina, SK S4P 1M8

e-mail: dhsuosregina@sasktel.net Website: <http://www.uocregina.ca/>

ЗЕЛЕНІ СВЯТА. ГОЛОС – 7.

ДЕНЬ СВЯТОЇ ТРОЙЦІ. П'ЯТИДЕСЯТНИЦЯ.

SUNDAY OF HOLY PENTECOST. TONE – 7.

TRINITY SUNDAY. GREEN HOLIDAYS.



Please let Father Volodymyr 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 please call (306) 581-5600.

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 (0604)	Doug 0604	Gladys 0604	William O 0604
Jim 0604	Ksenia 0604	Donna 0604	Anne 0604)
Diana Ov 0604	WallyK 0604	Sophie 0604	Mary R 0604
Bill D 0604	Bill Bo 604	Orest 0604	Steve 0604
Edward B 0605	Fr. Patrick64	Andrea 0604	Bill Ber 0604
Stan G 0604	Marge 0604	Vasyl 0604	Fr. Nazari 0604
Fr. Oleksandr604	Bill W 0604)	Anne W060	Georgina M 0604
Kim 0604	Eunice 0604	Jean T 0604	Larissa C 0604
Fr. Taras 0604	Nick 0604	Eileen G 0604	John S 0604

And those in care homes or similar situations:

Carolina Miller	Bill Warnyca	Larry Trafananko
Christina Spak	Doreen Kuyek	

(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 also pray that the Lord bless the ministry in our midst of our new pastor.**

- **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 pray that the Holy Spirit guide the newly instituted autocephalous Orthodox Church of Ukraine in its formation and that it truly become a beacon of God's love in the world in the 21st Century.**

- **We pray that the Lord bless the newly elected President of Ukraine with wisdom and virtue.**

- **We pray for all the souls of all the Christians who died at Easter Service as a result of a terrorist attack and for the speedy healing of all the injured and that the Lord bless their families with his Grace at this time of great loss.**

- **We pray for all those that lost their lives resulting from the hurricanes -cyclones in Mozambique and India.**

- **We pray that the Lord bless our land with a much-needed rain.**

“Do not be cast down over the struggle – the Lord loves a brave warrior. The Lord loves the soul that is valiant.” – St. Silouan the Athonite

Magnification:

We magnify You, Christ the Giver of Life, and we honour Your All-Holy Spirit, Whom You sent from the Father to Your holy disciples.

Antiphon 1, Tone 2: (Psalm 18:2, 3, 5)

Verse 1: The heavens declare the Glory of God and the firmament proclaims the work of His hands.

Refrain: Through the prayers of the Theotokos, O Saviour, save us.

Verse 2: Day to day pours forth speech and night to night proclaims knowledge.

Refrain: Through the prayers of the Theotokos, O Saviour, save us.

Verse 3: Their proclamation has gone out into all the earth and their words to the ends of the universe.

Refrain: Through the prayers of the Theotokos, O Saviour, save us.

Glory to the Father and to the Son and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.

Refrain: Through the prayers of the Theotokos, O Saviour, save us.

Antiphon 2, Tone 2: (Psalm 19:2, 3, 5)

Verse 1: May the Lord hear you in the day of affliction, may the God of Jacob defend you.

Refrain: O Gracious Comforter, save us who sing to You: Alleluia.

Verse 2: May He send you help from His sanctuary and aid out of Zion.

Refrain: O Gracious Comforter, save us who sing to You: Alleluia.

Verse 3: May He grant you your heart's desire and fulfill your every wish.

Refrain: O Gracious Comforter, save us who sing to You: Alleluia.

Glory to the Father and to the Son and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.

O Only-Begotten Son

Only-Begotten Son and Word of God, You are immortal, and did will for our salvation to become incarnate of the Holy Theotokos and Ever-Virgin Mary, and without change became man, and were crucified, O Christ God,

Величання:

Величаємо Тебе, Життєдавче Христе, і прославляємо Всесвятого Духа Твого, що Його від Отця послав еси Божественним ученикам Твоїм.

Антифон 1, голос 2: (Псалом 18:2, 3, 5)

Стих 1: Небеса возвіщають славу Божу, про діла ж Його промовляє небозвід.

Приспів: Молитвами Богородиці, Спасе, спаси нас.

Стих 2: День дневі передає слово, і ніч ночі сповіщає розуміння.

Приспів: Молитвами Богородиці, Спасе, спаси нас.

Стих 3: По всій землі лунає голос їх, і до краю вселенної слова їх.

Приспів: Молитвами Богородиці, Спасе, спаси нас.

Слава Отцю, і Сину, і Сятому Духові, і нині, і повсякчас, і на віки віків. Амінь.

Приспів: Молитвами Богородиці, Спасе, спаси нас.

Антифон 2, голос 2: (Псалом 19:2, 3, 5)

Стих 1: Вислухає тебе Господь у день скорботи, захистить тебе Ім'я Бога Якова.

Приспів: Спаси нас, Утішителю Благий, співаємо Тобі: Аلیلія.

Стих 2: Він пошле тобі поміч із святині, і з Сіону підкріпить тебе.

Приспів: Спаси нас, Утішителю Благий, співаємо Тобі: Аلیلія.

Стих 3: Господь дасть тобі, за серцем твоїм, і наміри твої здійснить.

Приспів: Спаси нас, Утішителю Благий, співаємо Тобі: Аلیلія.

Слава Отцю, і Сину, і Святому Духові, і нині, і повсякчас, і навіки віків. Амінь.

Єдинородний Сину

Єдинородний Сину і Слово Боже, Безсмертний еси, Ти зволив ради нашого спасіння воплотитися від Святої Богородиці і Приснодіви Марії, непреложно ставши чоловіком; Ти розп'ятий був,

trampling down death by death: being One of the Holy Trinity, glorified together with the Father and the Holy Spirit: save us.

Antiphon 3, Tone 8: (Psalm 20)

Verse 1: O Lord, the king shall rejoice in Your strength, and greatly delight in Your deliverance.

Tropar, Tone 8: Blessed are You, O Christ our God, Who has revealed the fishermen to be most wise, by sending down upon them the Holy Spirit and through them drew the universe into Your net. O Lover of mankind, glory to You.

Verse 2: You granted him his soul's desire, and did not deny the plea of his lips.

Tropar: Blessed are You, O Christ our God...

Verse 3: You anticipated him with Your goodness' blessings; You set a crown of precious stone upon his head.

Tropar: Blessed are You, O Christ our God...

Entrance Hymn: (Psalm 20:13)

Be exalted, O Lord, in Your power: with song and psaltery we will praise Your mighty deeds.

Tropar, Tone 8:

Blessed are You, O Christ our God, Who has revealed the fishermen to be most wise, by sending down upon them the Holy Spirit and through them drew the universe into Your net. O Lover of mankind, glory to You.

GLORY to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.

Kondak, Tone 8:

When the Most High descended and confused the tongues, He divided the nations: But when He distributed the tongues of fire, He called all to unity. Therefore, with one voice, we glorify the All-Holy Spirit.

Instead of the Trisagion Hymn:

As many as have been baptized into Christ have put on Christ. Alleluia.

Prokeimen, Tone 8: (Psalm 18:5, 2)

Their proclamation has gone out into all the earth and their words to the ends of the universe.

Verse: The heavens declare the Glory of God and the firmament proclaims the work of His hands.

Христе Боже, і смертю смерть подолав; Ти Єдиний у Святій Тройці, співпрославлював з Отцем і Святим Духом, спаси нас.

Антифон 3, голос 8: (Псалом 20)

Стих 1: Господи, силою Твоєю звеселиться цар і спасінню Твоєму вельми возрадується.

Тропар, голос 8: Благословен єси, Христе Боже наш, що премудрими рибаків явив, пославши їм Духа Святого, і ними увесь світ уловив. Чоловіколюбче, слава Тобі.

Стих 2: Ти дав йому бажання серця його і прохання уст його Ти не відкинув.

Тропар: Благословен єси, Христе Боже наш...

Стих 3: Ти зустрів його благословенням благісним і поклав на голову його вінець із каміння дорогоцінного.

Тропар: Благословен єси, Христе Боже наш...

Вхідне: (Псалом 20:13)

Піднесися, Господи, силою Твоєю! Будемо співати й прославляти могутність Твою.

Тропар, голос 8:

Благословен єси, Христе Боже наш, що премудрими рибаків явив, пославши їм Духа Святого, і ними увесь світ уловив. Чоловіколюбче, слава Тобі.

СЛАВА Отцю і Сину і Святому Духові, і нині і повсякчас і на віки вічні, Амінь.

Кондак, голос 8:

Коли Ти, зійшовши, мови змішав, розділив Ти народи, Всевишній. Коли ж вогненні язики роздавав, то призвав усіх до єдності, і ми одноголосно славимо Всесвятого Духа.

Замість трисвятого:

Усі ті, що в Христа хрестилися, у Христа зодягнулися. Аلیلія.

Прокимен, голос 8: (Псалом 18:5, 2)

По всій землі лунає голос їх, і до краю вселенної слова їх.

Стих: Небеса возвіщають славу Божу, про діла ж і промовляє небозвід.

Апостол - Epistle

Діянь 2:1-11

Читання книги Діяння святих апостолів

Ukrainian Bible (UKR)

2 Коли ж почався день П'ятдесятниці, всі вони однодушно знаходилися вкупі.² І нагло зчинився шум із неба, ніби буря раптова зірвалася, і переповнила весь той дім, де сиділи вони.³ І з'явилися їм язики поділені, немов би огненні, та й на кожному з них по одному осів.⁴ Усі ж вони сповнилися Духом Святим, і почали говорити іншими мовами, як їм Дух промовляти давав.⁵ Перебували ж в Єрусалимі юдеї, люди побожні, від усякого народу під небом.⁶ А коли оцей гомін зчинився, зібралася безліч народу, та й диву далися, бо кожен із них тут почув, що вони розмовляли їхньою власною мовою!...

⁷ Усі ж побентежилися та дивувалися, та й казали один до одного: Хіба ж не галілеяни всі ці, що говорять?⁸ Як же кожен із нас чує свою власну мову, що ми в ній народились?⁹ Парфяни та мідяни та еламіти, також мешканці Месопотамії, Юдеї та Каппадокії, Понту та Азії,¹⁰ і Фрігії та Памфілії, Єгипту й лівійських земель край Кірени, і захожі римляни,¹¹ юдеї й нововірці, критяни й араби, усі чуємо ми, що говорять вони про великі діла Божі мовами нашими!

Acts 2:1-11 The reading of the Acts of the Holy Apostles.

New Revised Standard Version (NRSV)

2 When the day of Pentecost had come, they were all together in one place. ² And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. ³ Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. ⁴ All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

⁵ Now there were devout Jews from every nation under heaven living in Jerusalem. ⁶ And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each.⁷ Amazed and astonished, they asked, "Are not all these who are speaking Galileans? ⁸ And how is it that we hear, each of us, in our own native language? ⁹ Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, ¹⁰ Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, ¹¹ Cretans and Arabs—in our own languages we hear them speaking about God's deeds of power."

ALLELUIA IN TONE 1

By the Word of the Lord were the heavens established and all the might of them by the Spirit of His mouth. Alleluia.

The Lord looked down from Heaven, and beheld all the sons of men. Alleluia.

АЛИЛУЯ НА ГОЛОС 1

Словом Господнім небеса утвердилися, і духом уст Його, вся сила їх. Алилуя.

З неба споглянув Господь, і побачив усіх синів людських. Алилуя.

Євангелія – Gospel

Євангеліє від Іоана 7:37-52; 8:13

А останнього великого дня свята Ісус стояв і кликав, говорячи: Коли прагне хто з вас нехай прийде до Мене та й п'є! Хто вірує в Мене, як каже Писання, то ріки живої води потечуть із утроби його. Це ж сказав Він про Духа, що мали прийняти Його, хто ввірував у Нього. Не було бо ще Духа на них, не був бо Ісус ще прославлений. А багато з народу, почувши слова ті, казали: Він справді пророк!

Інші казали: Він Христос. А ще інші казали: Хіба прийде Христос із Галілеї?

Чи ж не каже Писання, що Христос прийде з роду Давидового, і з села Віфлеєму, звідкіля був Давид? Так повсталася незгода в народі з-за Нього. А декотрі з них мали замір схопити Його, та ніхто не поклав рук на Нього. І вернулася служба до первосвящеників та фарисеїв, а ті їх запитали: Чому не привели ви Його? Відказала та служба: Чоловік ще ніколи так не промовляв, як Оцей Чоловік... А їм відповіли фарисеї: Чи й вас із дороги не зведено? Хіба хто з старших або з фарисеїв увірував у Нього? Та проклятий народ, що не знає Закону! Говорить до них Никодим, що приходив до Нього вночі, і що був один із них: Хіба судить Закон наш людину, як перше її не вислухає, і не дізнається, що вона робить? Йому відповіли та сказали вони: Чи й ти не з Галілеї? Досліди та побач, що не прийде Пророк із Галілеї. Я Світло для світу. Хто йде вслід за Мною, не буде ходити у темряві той, але матиме світло життя.

Gospel of Saint John 7:37-8:12

New Revised Standard Version (NRSV)

37 On the last day of the festival, the great day, while Jesus was standing there, he cried out, "Let anyone who is thirsty come to me, 38 and let the one who believes in me drink. As the scripture has said, 'Out of the believer's heart shall flow rivers of living water.'" 39 Now he said this about the Spirit, which believers in him were to receive; for as yet there was no Spirit, because Jesus was not yet glorified. 40 When they heard these words, some in the crowd said, "This is really the prophet." 41 Others said, "This is the Messiah." But some asked, "Surely the Messiah does not come from Galilee, does he? 42 Has not the scripture said that the Messiah is descended from David and comes from Bethlehem, the village where David lived?" 43 So there was a division in the crowd because of him. 44 Some of them wanted to arrest him, but no one laid hands on him. 45 Then the temple police went back to the chief priests and Pharisees, who asked them, "Why did you not arrest him?" 46 The police answered, "Never has anyone spoken like this!" 47 Then the Pharisees replied, "Surely you have not been deceived too, have you? 48 Has any one of the authorities or of the Pharisees believed in him? 49 But this crowd, which does not know the law—they are accursed." 50 Nicodemus, who had gone to Jesus before, and who was one of them, asked, 51 "Our law does not judge people without first giving them a hearing to find out what they are doing, does it?" 52 They replied, "Surely you are not also from Galilee, are you? Search and you will see that no prophet is to arise from Galilee." 53 Then each of them went home, 8 1 while Jesus went to the Mount of Olives. 2 Early in the morning he came again to the temple. All the people came to him and he sat down and began to teach them. 3 The scribes and the Pharisees brought a woman who had been caught in adultery; and making her stand before all of them, 4 they said to him, "Teacher, this woman was caught in the very

act of committing adultery. ⁵ Now in the law Moses commanded us to stone such women. Now what do you say?" ⁶ They said this to test him, so that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground.⁷ When they kept on questioning him, he

straightened up and said to them, "Let anyone among you who is without sin be the first to throw a stone at her." ⁸ And once again he bent down and wrote on the ground. ⁹ When they heard it, they went away, one by one, beginning with the elders; and Jesus was left alone with the woman standing before him. ¹⁰ Jesus straightened up and said to her, "Woman, where are they? Has no one condemned you?" ¹¹ She said, "No one, sir." And Jesus said, "Neither do I condemn you. Go your way, and from now on do not sin again." ¹² Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.

INSTEAD OF: "IT IS TRULY WORTHY..." "ЗАМІСТЬ ДОСТОЙНО.

Magnify, O my soul, the Holy Spirit Who proceeds from the Father.

Величай душе моя, Святого Духа, що від Отця походить.

IRMOS IN TONE 4

ІРМОС НА ГОЛОС 4

Rejoice, Queen, Glory of Mothers and Virgins. No mouth, however fluent and sweet of speech, is eloquent enough to worthily hymn You. No mind is capable of understanding Your childbearing. Therefore, with one voice we magnify You.

Радуйся, Царице, матір – дівственна славо, бо ніякі красномовні благовірливі уста нездатні Тебе оспівати достойно, і безсилий розум усякий, що Твої пологи зрозуміти. Тому Тебе однодушно славимо.

COMMUNION VERSE

ПРИЧАСНИЙ

Your good Spirit will guide me on level ground. Alleluia, Alleluia, Alleluia.

Дух твій Благий наставить мене на землю правди. Алилуя, Алилуя, Алилуя.

THE THIRD PERSON OF THE HOLY TRINITY

The Orthodox Church believes "in the Holy Ghost, the Lord, the Giver of life" (Nicene Creed). The Holy Spirit is the Third Person of the Holy Trinity, Who proceeds from the Father only (cf. John 15:26). The Church firmly opposed the opinion that the Holy Spirit was created by the Son, and it pronounced the correct belief in the Nicene Creed at the Second Ecumenical Synod. The Orthodox Church does not use the phrase *filioque*, "and of the Son." According to the Scriptures, the Son Jesus Christ only sends the Holy Spirit in time, saying: "I will send unto you from the Father even the Spirit of truth which proceedeth from the Father" (John 15:26).

It is evident from the Scripture that the Holy Spirit proceeds from the Father only; this was the belief from the very beginning of the One Undivided Church. When the church in the West inserted the "*filioque*" phrase into the Creed, this innovation precipitated the Great Schism of the Undivided Church. The "*filioque*" phrase is an error. It is not found in the Scripture. It was not believed by the Undivided Church for eight centuries, including the church in the West. It introduces a strange teaching of a double procession of the Holy Spirit and refers to two origins of the Spirit's existence, thus denying the unity of the Godhead. Source: SSBulletin 2014 06 08

JUNE SERVICES

Sunday JUNE 16	10:00 am - Divine Liturgy – KHRAM - Sobor 4:00 pm – KHRAM BBQ
Wednesday JUNE 19	6:00 pm Akathyst – Sobor
Saturday JUNE 22	6:00 pm Vespers – Selo Chapel
Sunday JUNE 23	10:00 am - Divine Liturgy - Sobor

ANNOUNCEMENT

- 1. TODAY - Khram – Father’s Day Barbeque – Sunday June 16 – 4:00 pm at Selo Gardens – BBQ supper at 5:30 pm. The event includes a special program for children – including a Bouncy.**
- 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. To All Parishioners – Parish Voting Participant:**
You are reminded that to be considered a Voting Participant (formerly Member) of the Descent of the Holy Spirit Sobor **you must make a donation of at least \$150 (individual) or \$300 (family) by June 30.** This will entitle you to participate in all general meetings until the Annual Meeting held in January of the following year (2020).
Only those who meet this criterion will be included in the Parish Levy List which we submit to the Consistory yearly in March. Please insure that your name and amount of donation is on each donation envelope you give in church.
- 4. Remind from Treasurer**
Please put your **name and the amount of your donation** on the donation envelope. This will ensure that your donation is properly entered. This in particular will ensure that cash donations are always properly entered.
Наш Касир просить всіх записати ім`я – фамілію й суму на конверті що
вкладаєти в тацу. Це забезпечить що правильна сума буде записана на ваш рахунок і тоді Вам буде видана точна інком текс квітанція.

On Humility From St. Silouan the Athonite.

Enlightened by baptism, people believe in God. But there are some who even know Him. To believe in God is good but it is more blessed to know God. Nevertheless, those who believe are blessed, too, as the Lord said to Thomas, one of the twelve: 'Because thou hast seen me, thou hast believed: blessed are they that have not seen, and yet have believed.'

If we were humble the Lord in His love would show us all things, would reveal to us all mysteries, but our trouble is that we are not humble. We puff ourselves up and boast over trifles, and so make both ourselves and others unhappy.

The Lord, though He is merciful, oppresses the soul with hunger on account of her pride, and withholds grace from her until she has learned humility. I was perishing from my sins, and would long ago have been in hell, had not the Lord and His most holy and blessed Mother taken pity on me. O, her quiet, gentle voice! A voice from heaven the like of which we shall never hear on earth! And so now in tears I write of the Lord of Mercy, as He were my own Father. It is sweet for the soul to be with the Lord: Adam tasted the sweetness of this bliss in paradise when he saw the Lord with open eyes, and we feel in our souls that He is with us according to His promise: 'Lo, I am with you always, even unto the end of the world.'

The Lord is with us. What more could we desire? The Lord created man that we might live and bask in Him for ever – that we might be with Him and in Him. And the Lord desires to be with us Himself, and in us. The Lord is our joy and gladness, and when pride causes us to withdraw from Him, it means that of our own accord we deliver ourselves up to suffering. Anguish of heart, dejection and evil thoughts lacerate us....

The proud man fears strong public criticism, while the humble man cares nothing. He who has acquired Christ-like humility will ever upbraid himself, and it rejoices him to be abused, and grieves him to be acclaimed. but this humility is still only elementary – when the soul comes to know the Lord in the Holy Spirit, how humble and meek He is, she sees herself as the worst of all sinners, and is happy to sit in shabby raiment in the ashes like Job, while she beholds other men in the Holy Spirit shining in the likeness of Christ.

May the Merciful Lord give all men to savor Christ's humility which passes description. The soul will then know no further desire but will live for ever in humility, love and lowliness.

Prayer of Parents for their Children

O God, our heavenly Father, Who loves mankind, and art most merciful and compassionate, have mercy upon our children, Thy servants, (their names), for whom I humbly pray Thee, and commend them to Thy gracious protection. Be Thou, O God, their guide and guardian in all their endeavors; lead them in the path of Thy truth, and draw them near to Thee, that they may lead a godly and righteous life in Thy love and fear; doing Thy will in all matters. Give them grace that they may be temperate, industrious, diligent, devout and charitable. Defend them against the assaults of the enemy, and grant them wisdom and strength to resist all temptation and corruption of this life; and direct them in the way of salvation, for the merits of Thy Son, our Savior Jesus Christ, and the intercessions of His Holy Mother, and Thy blessed saints. Amenю

