

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

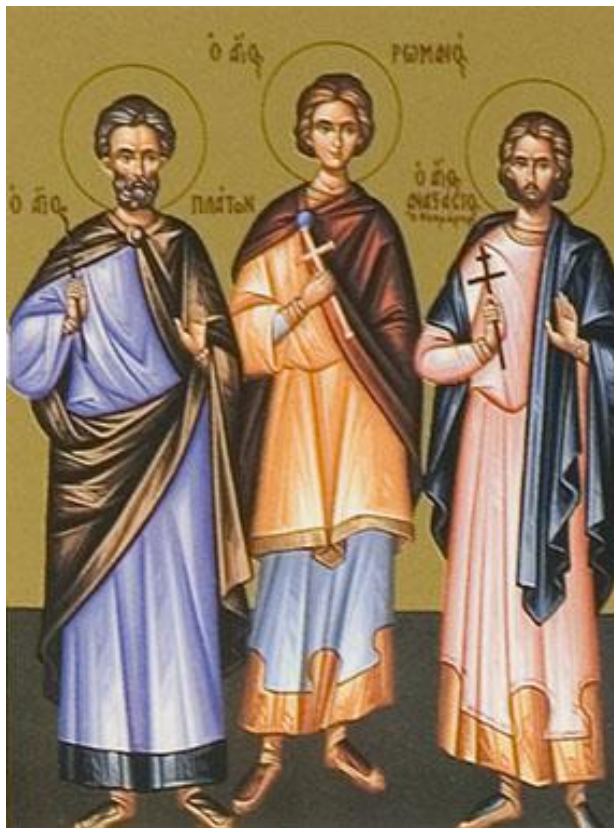
Parish Bulletin for the week of December 1, 2019

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**НЕДІЛЯ 24-та. ПО П'ЯТИДЕСЯТНИЦІ. ГОЛОС 7-ий. МУЧЕНИКА
ПЛАТОНА (266) І МУЧЕНИКА РОМАНА ДИЯКОНА
КЕСАРІЙСЬКОГО (303).**

**24-th. SUNDAY AFTER PENTECOST. TONE – 7. MARTYRS PLATON OF
ANCYRA (266) AND DEACON ROMANUS OF CAESARIA (303).**



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 12-4	Doug 12-4	Gladys 12-4	William O 12-4
Thomas 12-4	Ksenia 12-4	Donna 12-4	Hania 12-4
Diana Ov 12-4	WallyK 12-4	Sophie 12-4	Mary R 12-4
Bill D 12-4	FrBohdan12-4	Orest 12-4	Steve 12-4
Edward B 12-4	Marge 12-4	Andrea 12-4	Bill Ber12-4
Natalia 12-4	Fr. Taras12-4	Vasyl 12-4	John S 12-4
Nick 12-4	Larissa 12-4	Eileen G 12-4	Jean T 12-4
Kim 12-4	Bill W 12-4	Anne 12-4	Georgina 12-4

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And those in care homes or similar situations:

Carolina Miller	Bill Warnyca	Larry Trafananko	Ann Fellingner
Christina Spak	Doreen Kuyek	Mary Rublitz	

(Please let Bulletin Editor Yaroslaw 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 (13,000 plus) who died in the conflict in Ukraine and we pray for the healing of the over 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 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 and deputies of Verchovna Rada with wisdom and virtue.**
 - **We pray that the Lord bless our new Federal leadership to make just and acceptable to God decisions.**

SAYINGS OF THE FATHERS

Amma Theodora said: A teacher ought to be a stranger to love of domination, and a foreigner to vainglory, far from arrogance, neither deceived by flattery, nor blinded by gifts, nor a slave to the stomach, nor held back by anger, but rather should be patient, kind, and as far as possible humble. He ought to be self-disciplined, tolerant, diligent, and lover of souls.

ТРОПАР НЕДІЛЬНИЙ НА ГОЛОС 7

Зруйнував єси хрестом Твоїм смерть, відкрив Ти розбійнику рай, мироносицям плач змінив, і апостолам проповідувати повелів єси, що воскрес, Христе Боже, даючи світові велику милість.

ТРОПАР МУЧЕНИКІВ НА ГОЛОС 4

Мученики Твої, Господи, за страждання свої вінці отримали нетлінні від Тебе, Бога нашого, маючи за підкріплення силу Твою, мучителя перемогли, розвіяли і демонів безсилі намагання, тих молитвами спаси душі наші.

КОНДАК НЕДІЛЬНИЙ НА ГОЛОС 7

Влада смерті не може вже тримати людей, бо зійшов Христос, сокрушаючи і знищуючи сили її. Ад вже переможений. Пророки одностайно радуються. Явився Спас суцим у вірі, промовляючи, Виходьте, вірні, до воскресіння.

СЛАВА Отцю і Сину і Святому Духові.

КОНДАК НА ГОЛОС 3

Свята твоя пам'ять увесь світ звеселяє, скликаючи вірних у святий храм твій, де ми нині, з радістю зібравшись, у піснях і сяєві тебе прославляємо. А тому, Платоне, і просимо тебе. "Від безбожників визволи місто твоє, святий".

І НИНІ і повсякчас і на віки вічні, Амінь.

БОГОРОДИЧНИЙ НА ГОЛОС 6

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

ПРОКИМЕН НА ГОЛОС 7

Господь кріпость людям Своїм дасть. Господь благословить людей Своїх миром.

Принесіть Господеві, сини Божі, принесіть Господеві молодих ягнят.

TROPAR SUNDAY IN TONE 7

You destroyed death by Your Cross. You opened paradise to the thief. You changed the Myrrh-Bearers weeping and commanded Your apostles to proclaim that You are risen, O Christ God, granting the world great mercy.

TROPAR OF MARTYRS IN TONE 4

Your Martyrs, O Lord, did obtain through their sufferings, incorruptible crowns from You, our God; for, rejoicing in Your strength, they laid low their tormentors and did also beat off impotent affronts of the demons; at their intercessions save our souls.

KONDAK OF SUNDAY IN TONE 7

The dominion of death can no longer hold men captive, for Christ descended shattering and destroying its power. Hades is bound while the prophets rejoice in harmony. The Saviour has come to those who believe, saying; come forth you faithful, unto the resurrection.

GLORY to the Father and to the Son and to the Holy Spirit.

KONDAK OF MARTYR IN TONE 3

Your holy memory does hearten the whole world, summoning all the faithful to your all holy temple, where today with joy we assembled, we chant in hymns amid splendor. Therefore, O Platon, we cry out to you, "deliver your city from the Godless, O holy one". **NOW AND FOREVER** and to the ages of ages. Amen.

THEOTOKION 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 intercession and come quickly to make supplication, for You, O Theotokos, always protect those who honour You.

PROKIMEN IN TONE 7

The Lord shall give strength to His people. The Lord shall bless His people with peace."

Bring to the Lord, you sons of God, bring young rams to the Lord.

Апостол – Epistle

До ефесян 2:14-22

Ukrainian Bible (UKR)

¹⁴ Він бо наш мир, що вчинив із двох одне й зруйнував серединну перегороду, ворожнечу, Своїм тілом,

¹⁵ Він Своєю наукою знищив Закона заповідей, щоб з обох збудувати Собою одного нового чоловіка, мир чинивши,

¹⁶ і хрестом примирити із Богом обох в однім тілі, ворожнечу на ньому забивши.

¹⁷ І, прийшовши, Він благовістив мир вам, далеким, і мир близьким,

¹⁸ бо обоє Ним маємо приступ у Дусі однім до Отця.

¹⁹ Отже, ви вже не чужі й не приходьки, а співгрожани святим, і домашні для Бога,

²⁰ збудовані на основі апостолів і пророків, де наріжним каменем є Сам Ісус Христос,

²¹ що на ньому вся будівля, улад побудована, росте в святий храм у Господі,

²² що на ньому і ви разом будетеся Духом на оселю Божу.

Ephesians 2:14-22

New Revised Standard Version (NRSV)

14 For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, 15 by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, 16 and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. 17 He came and preached peace to you who were far away and peace to those who were near. 18 For through him we both have access to the Father by one Spirit.

19 Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, 20 built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. 21 In him the whole building is joined together and rises to become a holy temple in the Lord. 22 And in him you too are being built together to become a dwelling in which God lives by his Spirit.

АЛИЛУЯ НА ГОЛОС 7

Благо є прославляти Господа, і співати Імені Твоєму, Всевишній. Алилуя.

Сповідати вранці про милість Твою, і вночі про правду Твою. Алилуя.

ALLELUIA IN TONE 7

And It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. Alleluia.

To declare Your mercy in the morning and Your truth by night. Alleluia.

Євангелія – Gospel

Від Луки 12:16-21

Ukrainian Bible (UKR)

¹⁶ І Він розповів їм притчу, говорячи: В одного багача гойно нива вродила була.

¹⁷ І міркував він про себе й казав: Що робити, що не маю куди зібрати плодів своїх?

¹⁸ І сказав: Оце я зроблю, порозвалюю клуні свої, і просторніші поставлю, і позбираю туди пашню свою всю та свій достаток.

¹⁹ І скажу я душі своїй: Душе, маєш багато добра, на багато років складеного. Спочивай, їж та пий, і веселися!

²⁰ Бог же до нього прорік: Нерозумний, ночі цієї ось душу твою зажадають від тебе, і кому позостанеться те, що ти був наготовив?...

²¹ Так буває і з тим, хто збирає для себе, та не багатіє в Бога.

Luke 12:16-21

New International Version (NIV)

¹⁶ Then he told them a parable: "The land of a rich man produced abundantly. ¹⁷ And he thought to himself, 'What should I do, for I have no place to store my crops?' ¹⁸ Then he said, 'I will do this: I will pull down my barns and build larger ones, and there I will store all my grain and my goods. ¹⁹ And I will say to my soul, Soul, you have ample goods laid up for many years; relax, eat, drink, be merry.' ²⁰ But God said to him, 'You fool! This very night your life is being demanded of you. And the things you have prepared, whose will they be?' ²¹ So it is with those who store up treasures for themselves but are not rich toward God."

ПРИЧАСНИЙ

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

COMMUNION VERSE

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

SAINTS Martyr Platon of Ancyra (266)

Commemorated on November 18/December 1

The Holy Martyr Platon (Plato), brother of the holy Martyr Antiochos the Physician (Comm. 16 July), was born at the city of Ancyra in Galatia. While still a youth he left home and went through the cities, inspiredly preaching the Word of God to pagans, amazing his audience with the persuasiveness and beauty of his speech, and his profound knowledge of Greek learning. Because of his preaching he was arrested and brought for trial to the temple of Zeus before the governor Agrippina. At first the judge attempted by flattery to sway the saint into a renunciation of Christ. He assured the youth, that he might be on a par of intellect with the greatest of the philosophers Plato, if he but worshipped also the pagan gods. To this Saint Platon answered, that the wisdom of the philosopher, although great, was but ephemeral and limited, whereas the true, eternal and unbounded wisdom comprised the Gospel teachings. Then the judge as the reward for renunciation promised to give him as wife his beautiful daughter, but in case of refusal threatened him with torture and death. Saint Platon replied, that his choice was a temporal death for the sake of eternal life. The patience of the governor was exhausted, and he gave orders to mercilessly beat the martyr, and then send him off to prison.

When they led Saint Platon off to prison, he turned to the people, gathered about the temple, he called on all not to forsake the Christian faith. Seven days later they again led the Martyr Platon for trial before Agrippina in the temple of Zeus, where they had the implements of torture already assembled: boiling cauldrons, red-hot iron and sharp hooks. The judge offered the martyr a choice: to either offer sacrifice to the pagan gods or to feel on himself the effects of these implements of torture. Again the saint steadfastly refused to worship idols, and after his tortures they threw him in prison for 18 more days without bread or water. But seeing that this did not shake the martyr, they offered him in exchange for his life and freedom but to pronounce the words "great god Apollo". "I want not to sin by word", – answered the martyr. By order of Agrippina the holy Martyr Platon was then beheaded (+ 302 or 306).

Martyr Romanus the Deacon of Caesarea and child-martyr Barulas of Antioch (303)

Commemorated on November 18/December 1

The Holy Martyr Romanos was deacon at a church in Palestinian Caesarea. During one of the persecutions against Christians he resettled at Antioch, where he encouraged Christians in the faith by his example and fervent preaching.

When the Antioch governor Asklepiades was considering the destruction of the Christian temple, Saint Romanos called out the believers to stand up for their sanctuary. He persuaded them, that if they managed to protect the church, then down here on earth would be rejoicing, in the Church Militant, and if they were to perish in defense of the church, there would still be rejoicing in the Heavenly Church Triumphant. Seeing such a firm resolve amongst the people, the governor did not dare to carry out his plans.

A certain while afterwards, when a pagan celebration had started in the city and many people from

the surroundings had come to Antioch, Saint Romanos began denouncing the idol-worship and called on all to follow Christ. They arrested him and subjected him to torture. During the time of tortures the martyr saw in the crowd the holy Christian Lad Barulas and, having directed the governor to him, said: "The young lad is smarter than thee, in thine old age, since that he doth know the True God. Thou however dost worship mere idols". The governor Asklepiades gave orders to bring the boy to him. To all the questions of the governor, Barulas firmly and without fear confessed his faith in Christ, the True God. Asklepiades in a rage gave orders to fiercely whip the Martyr Barulas, and then behead him. Before his death the holy lad asked his mother, who was present at the execution, to give him something to drink, but the mother quieted him down to endure all the torments for the Lord Jesus Christ. She herself put his head of her son onto the block, and after the execution buried him (+ 303).

The Martyr Romanos was sentenced to burning, but a sudden gust of rain extinguished the fire. The saint began glorifying Christ and insulting the pagan gods. The governor gave orders to cut out his tongue, but even deprived of his tongue Saint Romanos continued loudly to glorify the Lord. Then the torturers sentenced him to hanging (+ 303).

Source: <http://atlantaserbs.com/learnmore/ThisMonthInOrthodoxy-December.htm>

Терпіння - це вміння зберігати незворушність духу в тих обставинах, які цій незворушності перешкоджають.

Терпіння - це вміння йти до мети, коли зустрічаються на шляху різні перешкоди.

Терпіння - це вміння зберігати радісний дух, коли занадто багато печалі.

Терпіння - це перемога і подолання, терпіння - це форма мужності - ось що таке справжнє терпіння.

Протоієрей Олександр Мень

Властивість гордості - бачити в собі тільки хороше, в інших - тільки погане; а властивість смирення - бачити свої гріхи, а в інших - добрі якості.

Схиґумен Іоанн (Алексєєв)

МОЛИТВА ЗА ЧОЛОВІКА

"Кажуть, що молитва дружини за чоловіка сильніша навіть за молитву його матері.

Це особливі слова, які варто промовляти кожній жінці!"

Господи, Отець мій небесний!

Прошу тебе допомогти моєму чоловікові знайти і виконувати його призначення. Благослови його роботу, нехай вона приносить йому успіх і фінансове процвітання.

Нехай він отримує задоволення, виконуючи свою роботу!

Нехай його поважають і цінують люди, відкрий йому серце, Господи, щоб все, що він робив, збігалось з твоїм божественним задумом.

Дай йому оптимізм, господи, даруй енергію і силу, щоб він у радості трудився на благо собі і всьому суспільству!

Допоможи йому радіти успіхам і цінувати досягнуте. Нехай кожен його крок і подих буде спрямований назустріч тобі, Господи!

Благослови його на його шляху!

Допоможи йому набути впевненості і відкрий перед ним двері майбутнього!

Захисти його, Господи, від усіх ворогів і недоброзичливців!

Допоможи йому рости і вдосконалюватися!

Я молюся, Господи, про те, щоб я могла бути гідною супутницею своєму чоловікові!

Щоб могла підтримувати, радувати і надихати його на нові звершення!

Нехай наш союз буде міцний і угодний тобі!

Дякую тобі, господи, за все, що ти нам даруєш і віддаюся волі твоїй святій!

Будь благословенний, Господи, на віки віків амінь!

Source: https://www.facebook.com/profile.php?id=100006238395501&_tn_=%2CdCH-R-R&eid=ARAg4-

vBxNBs6WxeOAAyzb2zEvlixzf8LbS6jrdKGEZefXCE3j07WXjL6GFkKTRSJY4IporbJf8dUJ&hc_ref=ARRIre8VAewp9ho5yCB8iwNbO4iT31iF_zYJb8raQ7M4oEYb_j0CEBED4FZD_b97gUwY&fref=nf

ANNOUNCEMENTS

1. **Parish Quarterly Meeting** – Sunday December 1, 2019 after Divine Liturgy.
2. **THE NEXT PREPARATION OF FOOD FOR SALVATION ARMY LUNCH will be Friday December 13 at 5 pm.**
3. **On Monday November 18 we made varenyky at the church for upcoming events.** We thank the following ladies and gentlemen who came out to help:
Sylvia Chorney, Sherrdean Derkatch, Diana Dumanski, Marge Dumanski, Fr. Volodymyr and Dobr. Natalia Feskiv, Anna and Wally Kaminsky, Evelyn Korpus, Sonia Korpus, Mrs. Lewchuk, Cathy Luciuk, Sonja Pacholik, Rose Pankiw, Marie Soltys, Vickie Stenka, Sylvia Waliduda and Michael Zaleschuk.



4. **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

DECEMBER SERVICES

- Please note that after every Divine Liturgy during the post Liturgy coffee Father Volodymyr will spend 15-20 minutes providing answers to submitted questions.

Saturday November 30	5:00 pm	Vespers - Selo Chapel
Sunday December 1	10:00 am	Divine Liturgy – Sobor
	12:00 Noon	Quarterly Meeting
Wed December 4	10:00 am	Divine Liturgy – Entry of Theotokos into the Temple – Selo Chapel
	6:00 pm	Akathyst – Sobor
Saturday December 7	5:00 pm	Vespers - Selo Chapel
Sunday December 8	10:00 am	Divine Liturgy – Sobor
Wed December 11	6:00 pm	Akathyst – Sobor
Friday December 13	10:00 am	Divine Liturgy – Apostle Andrew – Selo Chapel
Saturday December 14	5:00 pm	Vespers - Selo Chapel
Sunday December 15	10:00 am	Divine Liturgy – Sobor
Wed December 18	6:00 pm	Akathyst – Sobor
Thursday December 19	10:00 am	Divine Liturgy – St. Nicholas – Selo Chapel
Saturday December 21	5:00 pm	Vespers - Selo Chapel
Sunday December 22	10:00 am	Divine Liturgy – Conception by St. Anne of the Holy Theotokos - Sobor
Wed December 25	6:00 pm	Akathyst – Sobor
Saturday December 28	5:00 pm	Vespers - Selo Chapel
Sunday December 29	10:00 am	Divine Liturgy – Sobor

Father Volodymyr's Teaching Corner

Over the next number of months, we will present a systematic review – teaching on the purpose and process of the Divine Liturgy. The presentation is drawn from a book by *A Monk of the Eastern Orthodox Church – Our Life in the Liturgy*. New York: St. Vladimir's Press, 1990. Please read carefully and reflect deeply.

16

Offering

The Lord offers us His Body and Blood. What can we offer Him in return?

We can offer Him everything at our disposal, everything that concerns us. In the first instance, we can offer Him ourselves. We can “give back” all that He has done for us; that is, acknowledge His blessing and adore His goodness in each one of them. It is for this very reason that the priest, having rapidly recalled the salvation-history of mankind, the Cross, the Tomb, the Resurrection and Ascension, and the glorious Second Coming of the Lord, lifts up to God the bread and wine, proclaiming “Thine own of Thine own, we offer unto Thee in behalf of all and for all!”

Let us think about these words for a moment “Thine own of Thine own...” Nothing at all belongs to us. There exists no good thing that we have not received from God. We can only offer Him what He has already given to us. We ask Him to receive back and to consecrate for Himself and for us everything that He has made ours. And first of all, we ask this of the bread and wine, these elements which represent the entire creation, and which will become the visible instruments of our communion with Him. Next we should remember here all those whose labor produced the bread and wine: the sower of the wheat, the one who worked the earth, the baker, the vine-keeper, the worker who provided the glass or metal containers. The universe as a whole, and all human labor, are summed up and contained in these humble material elements through which God Himself comes to us. In this very moment the divine work of creation reaches its goal and its fulfillment. And in this moment, we pray for the whole creation, we consecrate to God every person and the world itself. Thereby we accomplish the service of the priest, whether our priestly ministry is officially conferred by the Church through ordination, or whether it is an expression of the “royal priesthood” which scripture attributes to every believer (1 Peter 2:9).

Beseeching God through our intercession, we offer to Him everything and every person, every human need and every human distress.

And my soul and body, which are Thine and come from Thee, O Lord I offer to you. I restore them to you as possessions which are more truly Thine now than ever before by virtue of Thy grace and the prayer, “Thine own of thine now...”

17

Pentecost

The priest now calls down the Spirit of God upon the “Holy Gifts.”

“...We ask Thee, and pray Thee, and supplicate Thee: Send down Thy Holy Spirit upon us and upon these Gifts here offered. And make this Bread the precious Body of Thy Christ, and that which is in this Cup, the precious Blood of Thy Christ, making the change by Thy Holy Spirit; that they may be to those who partake for the purification of soul, for the forgiveness of sins, for the communion of Thy Holy Spirit, for the fulfillment of the Kingdom of Heaven...”

Here we touch upon another aspect of the Divine Liturgy. The liturgy is not merely an assembly of believers gathered about the Word of God. Nor is it simply an assembly of believers gathered about the Lord's Supper. It is a Pentecostal gathering: it consists of a Pentecost in and of itself. It marks a “coming,” a descent of the Holy Spirit among us and upon us.

This Pentecostal character of the liturgy is indicated by a number of phrases in the liturgical text. Before we begin the liturgy, the priest summons the Spirit to be present: “O Heavenly King, the Comforter, the Spirit of Truth, who are everywhere and fillest all things, Treasury of Blessings and Giver of Life: Come and abide in us ...” The good and life-giving Holy Spirit has been invoked several times, to-

gether with the Father and the Son. After the Great Entrance the priest requests “that the good spirit of Thy grace may dwell upon us and upon these Gifts here offered, and upon all Thy people.” The priest also requests, together with the grace of our Lord Jesus Christ and the love of God the Father, that the “communion of the Holy Spirit” be with us all. To the deacon he declares that the Spirit Himself “will minister together with us.” This invocation of the Spirit is now made with still greater urgency: “We ask Thee, and pray Thee, and supplicate Thee: Send down Thy Holy Spirit...”

Where will the Spirit be sent? “Upon these gifts here offered.” The transformation of the bread and wine into the Body and Blood of Christ is not some work of priestly magic. The text of the liturgy declares: “Making the change by Thy Holy Spirit.”: This change, which is the response God offers to our prayer, is not an end in itself. It is accomplished “that they might be for those who partake for the purification of soul, for the forgiveness of sins,” and also “for the communion of Thy Holy Spirit.