

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 15, 2019

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26-та. НЕДІЛЯ ПО П'ЯТИДЕСЯТНИЦІ. ГОЛОС – 1-ий.

Пророка Авакума. Св. Афанасій – Воскреслий в Київських близьких печерах.

26th Sunday after Pentecost. Tone 1. Prophet Habakkuk (VI c. B.C.).
St. Athanasius, "the Resurrected", of the Near Kyivan Caves (1176).



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 on 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 124	WallyK 12-4	Sophie 12-4	Mary R 12-4
Bill D 12-4	FrBohdan124	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

§

And those in care homes or similar situations:

Carolina Miller	Bill Warnyca	Larry Trafananko	Ann Fellingner
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 (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 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.**
 - **We pray for our twenty-five brethren killed this past week by a bomb explosion in the Coptic Christian cathedral complex in the Egyptian capital Cairo and dozens of others that were injured in the blast in a chapel adjoining St Mark's cathedral during a Sunday service. Many of the victims are thought to be women and children.**

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

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

TROPAR OF SUNDAY IN TONE 1

Хоч камінь запечатали юдеї, і воїни стерегли
Пречисте Тіло Твоє, воскрес Ти на третій день,
Спасе, даруючи світові життя. Ради цього Сили
Небесні взивали до Тебе, Життєдавче, Слава
Воскресінню Твоєму, Христе, слава Царству
Твоєму, слава Провидінню Твоєму, Єдиний
Чоловіколюбче.

**СЛАВА Отцю і Сину і Святому Духові.
І НИНИ і повсякчас і на віки вічні, Амінь.**

КОНДАК НЕДІЛНИЙ НА ГОЛОС 1

Воскрес еси, як Бог, із гробу у славі і світ із
Собою воскресив, людське єство, як Бога, оспівує
Тебе, і смерть щезла. Адам же торжествує,
Владико, і Єва нині, з неволі визволяючись,
радується, взиваючи. Ти еси Христе, Той, що
всім подаєш воскресіння.

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 взиваємо до Тебе, поспіши
на молитву і скоро прийди на благання, бо Ти
заступаєшся завжди за тих, що шанують Тебе,
Богородице.

ПРОКІМЕН НА ГОЛОС 1

Помоліться Милість Твоя, Господи, хай буде над
нами, бо ми впуваємо на Тебе.
Радуйтеся, праведні, в Господі, праведним
належиться похвала.

Апостол – Epistle**До ефесян 5;8-19**

Ukrainian Bible (UKR)

- 8** Ви бо були колись темрявою, тепер же ви світло в Господі, поведіться, як діти світла,
9 бо плід світла знаходиться в кожній доброті, і праведності, і правді.
10 Допевняйтеся, що приємне для Господа,¹¹ і не беріть участі в неплідних ділах темряви, а краще
й докоряйте.¹² Бо соромно навіть казати про те, що роблять вони потаємно!
13 Усе ж те, що світлом докоряється, стає явне, бо все, що явне стає, то світло.
14 Через це то й говорить: Сплячий, вставай, і воскресни із мертвих, і Христос освітлить тебе!
15 Отож, уважайте, щоб поводитися обережно, не як немудрі, але як мудрі,
16 використовуючи час, дні бо лукаві!
17 Через це не будьте нерозумні, але розумійте, що є воля Господня.
18 І не впивайтесь вином, в якому розпуста, але краще наповнюйтесь Духом,
19 розмовляючи поміж собою псалмами, і гімнами, і піснями духовними, співаючи й граючи в
серці своєму для Господа,

TROPAR OF SUNDAY IN TONE 1

When the stone had been sealed by the Jews,
and the soldiers were guarding Your Most
Pure Body, You arose on the third day, O Sav-
iour, granting life to the world. Therefore, the
Powers of Heaven cried out to You, O Giver of
life: Glory to Your Resurrection, O Christ. Glo-
ry to Your Kingdom. Glory to Your Providence,
O only lover of mankind.

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

**NOW AND FOREVER and to the ages of
ages. Amen.**

KONDAK OF SUNDAY IN TONE 1

As God, You arose from the tomb in glory,
raising the world together with Yourself. Hu-
man nature praises You as God, for death has
vanished. Adam exults, O Master. Eve rejoices,
for she is freed from bondage and cries out:
You, O Christ, are the One Who gives resurrec-
tion to all.

KONDAK IN TONE 6

O protection of Christians that cannot be put
to shame, unchanging mediation unto the Cre-
ator, 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 1

Let Your mercy, O Lord, be upon us as we have
put our hope in You.
Rejoice in the Lord, you righteous. Praise be-
fits the upright.
Israel.

Ephesians 5:8-19

New Revised Standard Version (NRSV)

⁸ For once you were darkness, but now in the Lord you are light. Live as children of light— ⁹ for the fruit of the light is found in all that is good and right and true. ¹⁰ Try to find out what is pleasing to the Lord. ¹¹ Take no part in the unfruitful works of darkness, but instead expose them. ¹² For it is shameful even to mention what such people do secretly; ¹³ but everything exposed by the light becomes visible, ¹⁴ for everything that becomes visible is light. Therefore it says,
“Sleeper, awake!

Rise from the dead,
and Christ will shine on you.”

¹⁵ Be careful then how you live, not as unwise people but as wise, ¹⁶ making the most of the time, because the days are evil. ¹⁷ So do not be foolish, but understand what the will of the Lord is. ¹⁸ Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, ¹⁹ as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts,

АЛИЛУЯ НА ГОЛОС 1

Бог відплату дає за мене, і покоровив мені народи.
Алилуя.

АЛИЛУЯ НА ГОЛОС 1

Бог відплату дає за мене, і покоровив мені народи. Алилуя.

Євангелія – Gospel

Від Луки 18:18-27

Ukrainian Bible (UKR)

¹⁸ І запитався Його один із начальників, говорячи: Учителю Добрий, що робити мені, щоб успадкувати 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: Неможливе людям можливе для Бога!

Luke 18:18-27

New International Version (NIV)

¹⁸ A certain ruler asked him, “Good teacher, what must I do to inherit eternal life?”

¹⁹ “Why do you call me good?” Jesus answered. “No one is good—except God alone. ²⁰ You know the commandments: ‘You shall not commit adultery, you shall not murder, you shall not steal, you shall not give false testimony, honor your father and mother.’^[a]”

²¹ “All these I have kept since I was a boy,” he said.

²² When Jesus heard this, he said to him, “You still lack one thing. Sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.”

²³ When he heard this, he became very sad, because he was very wealthy.²⁴ Jesus looked at him and said, “How hard it is for the rich 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 this asked, “Who then can be saved?”

²⁷ Jesus replied, “What is impossible with man is possible with God.”

ПРИЧАСНИЙ

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

COMMUNION VERSE

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

The Holy Prophet Habakkuk, the eighth of the Twelve Minor Prophets, was descended from the Tribe of Simeon, and he prophesied around 650 B.C.

The Prophet Habakkuk foresaw the destruction of the Jerusalem Temple, the Babylonian Captivity **and** the later return of the captives to their native land. During the war with the Babylonians the prophet withdrew to Arabia, where the following miracle occurred. When he was bringing dinner to the reapers, he met an angel of the Lord, and instantly by the strength of his spirit he was transported to Babylon, where at the time the Prophet Daniel was languishing in prison. The food intended for the reapers assuaged the hunger of the exhausted Prophet Daniel (Dan. 14:33-37).

After the end of the war with the Babylonians, the Prophet Habakkuk returned to his homeland and died at a great old age. His relics were found at the time of Emperor Theodosius the Younger (408-450), together with the relics of the Prophet Micah (August 14).

The Fourth Ode of the Psalter ("O Lord, I have heard thy report, and was afraid...") is based on Habakkuk 3:2-19.

Source: <https://www.oca.org/saints/lives/2018/12/02/103455-prophet-habakkuk>

SPECIAL: Advice to Parents on raising children – Does Christ radiate in you?

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

Prayer of Parents for their Children

O God, our heavenly Father, Who lovest 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. Amen.

Молитва матері за дітей

Пречиста Діва Маріє, Мати Божа, що непорочно народила, і на благо всього світу Свого Єдинородного Сина виховала! Вислухай, моя свята Заступнице й Покровительнице, мою - промовлену через Тебе - тиху й щиру молитву до Господа.

І нехай Він, усеблагий і милосердний, дасть мені сили й терпіння виплекати й виховати моїх дітей чесними, порядними і богобоязними людьми, щоби були втіхою і підпорою мені на старість і всьому народові українському окрасою і щоб чистим і нелукавим серцем правдиво славили Господа та Твоє, Богородице, ім'я ублажали. Амінь.

Give up everything for Christ; do not give up Christ for anything!" - St Justin Popovich

"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

ANNOUNCEMENT

1. **MEMORY ETERNAL – ВІЧНА ПАМ'ЯТЬ** - We extend our deepest condolences to the BLAHUT-RUBLITZ family on the falling asleep of their mother and grandmother – Mary Rublitz. May her Memory be Eternal. and may the grace of the Lord fill the hearts of the family with much peace at this time of great loss.

2. **Parish Nominating Committee for 2020 - 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. Please.

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.

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

3. **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 December 14	5:00 pm	Vespers - Selo Chapel
Sunday December 15	10:00 am	Divine Liturgy – Sobor
Wed December 18	6:00 pm	Akathyst – followed by teaching by Father Volodymyr on the Divine Liturgy - 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 – followed by teaching by Father Volodymyr on the Divine Liturgy - Sobor
Saturday December 28	5:00 pm	Vespers - Selo Chapel
Sunday December 29	10:00 am	Divine Liturgy – Sobor

AN INVITATION

Father Volodymyr and the Parish Council invite 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 Volodymyr to bless our home
this year.**

Our address and phone number are _____

_____.

ЗАПРОШЕННЯ

Отець Володимир і Церковна Управа просять наших членів-прихожан подати
слідуючу інформацію:

Я/МИ _____

Подайте адресу, число телефону й і-мийл 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 підходивби Вам

_____.

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

ПОСВЯЧЕННЯ ДОМІВ

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

Котрий день і час найкраще піходивби Вам

_____.

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