

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 January 26, 2020

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32-га. НЕДІЛЯ ПО П'ЯТИДЕСЯТНИЦІ. ГОЛОС - 7-ий.
НЕДІЛЯ ПІСЛЯ БОГОЯВЛЕННЯ. ПІСЛЯСВЯТА БОГОЯВЛЕННЯ.
СВЯТИХ МУЧЕНИКІВ ЄРМИЛА І СТРАТОНІКА.

32-nd. SUNDAY AFTER PENTECOST. TONE - 7. SUNDAY AFTER THE-
OPHANY. AFTERFEAST OF THE THEOPHANY. MARTYRS HERMYLUS
AND STRATONICUS.



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 1-4	Doug 1-4	Gladys 1-4	William O 1-4
Thomas 1-4	Ksenia 1-4	Donna 1-4	Hania 1-4
Diana Ov 1-4	WallyK 1-4	Sophie 1-4	Gerry P 1-4
Bill D 1-4	FrBohdan114	Orest 1-4	Steve 1-4
Edward B 1-4	Marge 1-4	Andrea 1-4	Bill Ber 1-4
Natalia 1-4	Fr. Taras 1-4	Vasyl 1-4	Cara 2-4
Nick 1-4	Linda O 1-4	Ivan (1-4)	Jean T 1-4
Kim 1-4	Bill W 1-4	Anne 1-4	Georgina 1-4

§

And those in care homes or similar situations:

Carolina Miller Ann Fellingner Larry Trafananko

Christina Spak Doreen Kuyek Ann Melnychuk

(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 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 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 were women and children.**
 - **We pray for the repose of the souls of all who died as a result of the Iranian shooting down of the Ukraine International Flight 752 - May the grace of the Lord fill the hearts of their families with much peace at this time of great loss.**
 -

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.

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 БОГОЯВЛЕННЯ НА ГОЛОС 1

У Йордані хрестився Ти, Господи, і Троїчне явилось поклоніння, бо голос Отцівський свідчив про Тебе, улюбленим Сином Тебе називаючи, і Дух, у вигляді голубиним, ствердив слово об'явлене. Слава Тобі, Христе Боже, що явився і світ просвітив.

ТРОПАР СВ. МУЧЕНИКАМ 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 СВ. МУЧЕНИКАМ НА ГОЛОС 2

Кров'ю, у муках пролітою, подвигом посту до цього приготовлені, втекли ви від шуму мирського і у тиху гавань життя вічного ввійшли, а тому і стали мучеників та преподобних співжителлями.

І НИНИ і повсякчас і на віки вічні, Амінь.

КОНДАК БОГОЯВЛЕННЯ НА ГОЛОС 4

Ти явився сьогодні цілому світові, і Світло Твоє Господи, знаменувалося на нас, що з розумінням оспівуємо Тебе: прийшов єси і явився єси – Світло неприступне.

ПРОКИМЕН НА ГОЛОС 1

Милість Твоя, Господи, нехай буде над нами, бо ми вповаємо на Тебе.

Радуйтеся праведні, в Господі, праведним подобає похвала.

TROPAR OF 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 FEAST IN TONE 1

When You, O Lord, were baptized in the Jordan, the worship of the Trinity was made manifest. For the voice of the Father bore witness unto You and called You the Beloved Son. And The Spirit in the form of a dove confirmed the truth of His word. O Christ our God Who has appeared and enlightened the world, glory be to You.

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 MARTYRS IN TONE 2

With the blood of the martyrdom and ascetic efforts, you did flee from the turmoil of the world to find rest in the calm refuge, and were crowned. Therefore, you have been shown to dwell together with the martyrs and the venerable.

NOW and forever and to the ages of ages. Amen.

KONDAK OF THE FEAST IN TONE 4

You have appeared today unto the whole world, and Your light, O Lord, has been signed upon us, who with knowledge chant unto You: You have come and are made manifest, O unapproachable Light.

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 befits the upright.

ДРУГИЙ ПРОКІМЕН НА ГОЛОС 4

Благословен, Хто йде в Ім'я Господнє, Бог
Господь і з'явився нам.

PROKIMEN IN TONE 4

Blessed is he that comes in the Name of the
Lord. God is the Lord and has appeared unto us.

Апостол – Epistle

До ефесян 4:7-13

Ukrainian Bible (UKR)

⁷ А кожному з нас дана благодать у міру дару Христового.

⁸ Тому й сказано: Піднявшись на висоту, Ти полонених набрав і людям дав дари!

⁹ А те, що піднявся був, що то, як не те, що перше й зійшов був до найнижчих місць землі?

¹⁰ Хто зійшов був, Той саме й піднявся високо над усі небеса, щоб наповнити все.

¹¹ І Він, отож, настановив одних за апостолів, одних за пророків, а тих за благовісників, а тих за пастирів та вчителів,¹² щоб приготувати святих на діло служби для збудування тіла Христового,

¹³ аж поки ми всі не досягнемо з'єднання віри й пізнання Сина Божого, Мужа досконалого, у міру зросту Христової повноти,

Ephesians 4:7-13

New Revised Standard Version (NRSV)

⁷ But each of us was given grace according to the measure of Christ's gift. ⁸ Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people."

⁹ (When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? ¹⁰ He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹ The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ

АЛИЛУЯ НА ГОЛОС 4

Милості Твої, Господи, повік оспівуватиму, з роду в рід оповім істину Твою
устама моїми. Аلیلія.

Ти сказав: повік збудується милість, на небесах утвердиться Істина Твоя.
Аلیلія.

АЛИЛУЯ НА ГОЛОС 4

Принесіть Господеві, сини Божі, принесіть Господеві молодих ягнят.

ALLELUIA IN TONE 5

Of your mercies O Lord, I will sing forever; unto generation and generation I will proclaim Your truth
with my mouth. Alleluia.

You have said: Mercy will be established forever and My Truth will be prepared in the heavens. Alleluia.

ALLELUIA IN TONE 4

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

Євангеліє від Матвея 4:12-17

Як довідавсь Ісус, що Івана ув'язнено, перейшов у Галілею. І, покинувши Він Назарета, прийшов й оселився в Капернаумі приморському, на границі країн Завулонової й Нефталімової, щоб справдилось те, що сказав був Ісаї пророк, промовляючи: Завулонова земле, і Нефталімова

земле, за Йорданом при морській дорозі, Галілеє поганська! Народ, що в темноті сидів, світло велике побачив, а тим, хто сидів у країні смертельної тіні, засяяло світло. Із того часу Ісус розпочав проповідувати й промовляти: Покайтеся, бо наблизилось Царство Небесне!

Gospel of Saint Matthew 4:12-17

At that time, when Jesus heard that John had been arrested, he departed into Galilee. Then he left Nazareth and went to live in Capernaum by the Lake in the borders of Zabulon and Nephtholim. Thus Isaiah's prophecy was fulfilled: "Land of Zabulon and Land of Nephtholim toward the Lake, Galilee of the Gentiles! The people who sat in darkness saw a great light. Indeed, light has dawned for those who dwelt in the region under the shadow of death."

From that time Jesus began to preach and say: "Repent, for the kingdom of heaven is at hand."

ЗАДОСТОЙНИК

Величай, душе моя, чеснішу від Горніх Воїнств, Діву Пречисту Богородицю.

ІРМОС, ГОЛ. 2

Не зуміє ніякий язик достойно благохвалити, тривожиться навіть і надсвітній ум оспівувати Тебе, Богородице. Одначе Ти, благая, прийма віру, Ти бо знаєш нашу божественну любов. Тебе величаємо, бо Ти християн еси заступниця.

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

Magnify, O my soul, the Most Pure Virgin Theotokos who is more honourable than the hosts on high.

IRMOS, IN TONE 2

Every tongue is at a loss to worthily praise you, even a spirit from the world above is overawed in trying to sing Your praises, O Theotokos. But since You are good, accept our faith. You know well our God-inspired love. We magnify You, for You are the Protectress of Christians.

ПРИЧАСНИЙ

Хваліть Господа з небес, хваліть Його в вишніх. Алилуя.
З'явилася благодать Божа, спасительна для всіх людей. Алилуя.

COMMUNION VERSE

Praise the Lord from the heavens, praise Him in the highest. Alleluia.
The grace of God that brings salvation unto all men has appeared. Alleluia.

The Holy Martyrs Hermylus and Stratonicus, Slavs by origin, lived at the beginning of the fourth century during a persecution against Christians by the emperor Licinius (311-324). Saint Hermylus served as deacon in the city of Singidunum (Belgrade). Condemned by Licinius to imprisonment, he was long and cruelly tortured for Christ, but he remained unyielding. Hermylus mocked the pagan gods, calling them deaf, dumb, and blind idols. In anger Licinius ordered more severe torments for him, saying that he could avoid them if he would offer sacrifice. The holy martyr predicted that Licinius would suffer terrible wounds himself because he worshiped idols instead of the Creator. His words came true, for Licinius was killed in 324.

After three days Hermylus was brought before the tribunal again and asked whether he would avoid more torture by offering sacrifice. The saint replied that he would offer worship and sacrifice only to the true God.

Saint Hermylus prayed that the Lord would give him strength to endure his torments and triumph over the pagans. A voice was heard saying, "Hermylus, you will be delivered from your suffering in three

days, and will receive a great reward.” The torturers fell to the ground in fear, and took the saint back to prison.

Saint Stratonicus was one of the prison guards and a secret Christian. Seeing the agonizing torments of his friend, he was unable to keep from weeping, and he revealed that he was a Christian. They also subjected him to punishment.

After the torture, they put both martyrs into a net and threw them into the Danube. On the third day, the bodies of the saints were found by Christians on the bank of the river and buried near Singidunum. Their venerable heads were in the Church of Hagia Sophia, where the Russian pilgrim Anthony saw them in the year 1200.

Source: <https://www.oca.org/saints/lives/2018/01/13/100164-martyrs-hermylus-and-stratonicus-of-belgrade>

Prayer at Daybreak - Archimandrite Sophronios

O Lord Eternal and Creator of all things, Who of Thy inscrutable goodness called me to this life; Who bestowed on me the grace of Baptism and the Seal of the Holy Spirit; Who imbued me with the desire to seek Thee, the one true God: hear my prayer.

I have no life, no light, no joy or wisdom; no strength except in Thee, O God.

Because of my unrighteousness I dare not raise my eyes to Thee. But Thou said to Thy disciples, 'Whatsoever you shall ask in prayer believing, you shall receive.'

and 'Whatsoever you shall ask in my name, that will I do.' Wherefore I dare to invoke Thee. Purify me from all taint of flesh and spirit. Teach me to pray aright. Bless this day which Thee give unto me, Thy unworthy servant. By the power of Thy blessing enable me at all times to speak and act to Thy glory with a pure spirit, with humility, patience, love, gentleness, peace, courage and wisdom: aware always of Thy presence.

Of Thy immense goodness, O Lord God, show me the path of Thy will, and grant me to walk in Thy sight without sin. O Lord, unto Whom all hearts be open, Thee know what things I have need of. Thee are acquainted with my blindness and my ignorance,

Thee know my infirmity and my soul's corruption; but neither are my pain and anguish hid from Thee. Wherefore I beseech Thee, hear my prayer and by Thy Holy Spirit teach me the way wherein I should walk; and when my perverted will would lead me down other paths spare me not O Lord, but force me back to Thee. By the power of Thy love, grant me to hold fast to that which is good. Preserve me from every word or deed that corrupts the soul; from every impulse displeasing in Thy sight and hurtful to my brother-man. Teach me what I should say and how I should speak.

If it be Thy will that I make no answer, inspire me to keep silent in a spirit of peace that causes neither sorrow nor hurt to my fellow man. Establish me in the path of Thy commandments and to my last breath let me not stray from the light of Thy ordinances, that Thy commandments may become the sole law of my being on this earth and all eternity. Yea, Lord, I pray to Thee, have pity on me. Spare me in my affliction and my misery and hide not the way of salvation from me. In my foolishness, O God, I plead with Thee for many and great things. Yet am I ever mindful of my wickedness, my baseness, my vileness. Have mercy upon me. Cast me not away from your presence because of my presumption. Do not rather increase in me this presumption, and grant unto me, the worst of men, to love Thee as Thee have commanded, with all my heart, and with all my soul, and with all my mind, and with all my strength: with my whole being. Yea, O Lord, by Thy Holy Spirit, teach me good judgment and knowledge. Grant me to know Thy truth before I go down into the grave. Maintain my life in this world until I may offer unto Thee worthy repentance. Take me not away in the midst of my days, nor while my mind is still blind. When Thee shall be pleased to bring my life to an end, forewarn me that I may prepare my soul to come before Thee. Be with me, O Lord, at that dread hour and grant me the joy of salvation. Cleanse me from secret faults, from all iniquity that is hidden in me; and give me a right answer before Thy judgment-seat. Yea, Lord, of Thy great mercy and immeasurable love for mankind.

ANNOUNCEMENTS

- 1. TODAY – Sunday January 26 – Please plan to attend the Parish Annual General Meeting after Divine Liturgy and Lunch.**
- 2. MEMORY ETERNAL – ВІЧНА ПАМ'ЯТЬ** - We extend our deepest condolences to the Pankiw family on the falling asleep in the Lord of Russell's brother John. May his 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.
- 3. A big thank you is extended to all who went caroling on Christmas Day January 7 and to all the families which hosted the caroling groups.** Two groups went caroling and included carolers Chris Dusyk, Liz Dusyk, Tony Harras, Ken and Melody Lozinski, Ken's son Jeff, Yaroslav Lozowchuk, Bill Solodiuk, The carolers express their gratitude for the truly warm welcome they received in every home visited and the generosity of our members.
- 4. A special thank you goes out to the ladies that prepared the delicious Epiphany Supper** – namely Lead Cook Sylvia Waliduda, Sylvia Chorney, Marge Dumanski, Rosalie Pankiw, Vicky Stenka and Gwen Warnyca. Thank you as well to all who donated food for the supper and our younger members who did the clean up after the Supper.
- 5. Library - Help Needed.** If you have 1-2 hours a week from now until Easter, please call me. Donna (306)789-8879
- 6. Help needed to inventory the KIOSK.** We have several items in the manse which need to be inventoried. Then they need to go in the nice glass cases in the lower level of the church. It will take a few times of 1-2 hours to do inventory. Please call me to help - Donna (306)789-8879.
- 7. Sunday School Coin Collection.** Thank you everyone for your support of Sunday School Coin Collection the FIRST SUNDAY of every month. Next collection will be Feb. 2.
- 8. The parish directory** has been updated annually early in the new year. So, if you have changed your address or phone number or know of a parishioner(s) who has (have) changed their address or phone number please let any of the following know: Russ Pankiw at either 306-757-0445 or 306 775-2145, or Donna Van Beselaere at 306-789-8879, or Tony Harras at 306-586-6805 or let one of them know when you see them in Church.
- 9. House blessing**– please see questionnaire at the end of the Bulletin. Please complete it and leave on the tetrapod-small altar.
- 10. 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.

JANUARY – FEBRUARY SERVICES

Saturday January 25 5:00 pm Great Vespers - Selo Chapel
Sunday January 26 10:00 am Divine Liturgy – Sobor
12:00 Noon Lunch and Parish Annual General Meeting
Wednesday January 29 6:00 pm Akathyst - Sobor

1 February Saturday	Great Vespers 5 pm Selo .	1 Лютого Субота	Велика Вечірня о 5 вечора в Село
2 February Sunday	Divine Liturgy 10 am Sobor	2 Лютого Неділя	Свята Літургія о 10 зранку в Соборі
5 February Wednesday	Akathist 6 pm Sobor	5 Лютого Середа	Акафіст о 6 вечора в Соборі
8 February Saturday	Great Vespers 5 pm Selo .	8 Лютого Субота	Велика Вечірня о 5 вечора в Село
9 February Sunday	Divine Liturgy 10 am Sobor	9 Лютого Неділя	Свята Літургія о 10 зранку в Соборі
12 February Wednesday		12 Лютого Середа	
Synaxis of the Three Hierarchs	Divine Liturgy 10 am Selo	Собор Трьох Святителів	Літургія о 10 зранку в Село
12 February Wednesday	Akathist 6 pm Sobor	12 Лютого Середа	Акафіст о 6 вечора в Соборі
14 February Friday	Great Vespers 7 pm Selo	14 Лютого Четвер	Велика Вечірня о 7 вечора в Село
15 February Friday Saturday		15 Лютого Субота	
Meeting of our Lord Jesus Christ	Divine Liturgy 10 am Selo	Стрітєння Господне	Свята Літургія о 10 зранку в Село
16 February Sunday	Divine Liturgy 10 am Sobor	16 Лютого Неділя	Свята Літургія о 10 зранку в Соборі
19 February Wednesday	Akathist 6 pm Sobor	19 Лютого Середа	Акафіст о 6 вечора в Соборі
22 February Saturday	Great Vespers 6 pm Selo	22 Лютого Субота	Велика Вечірня о 6 вечора в Село
23 February Sunday	Divine Liturgy 10 am Sobor	23 Лютого Неділя	Свята Літургія о 10 зранку в Соборі
26 February Wednesday	Akathist 6 pm Sobor	26 Лютого Середа	Акафіст о 6 вечора в Соборі
29 February Saturday	Great Vespers 6 pm Selo	29 Лютого Субота	Велика Вечірня о 6 вечора в Село
We invite all to attend our Church services		Ми запрошуємо всіх взяти участь у наших церковних службах	

ORTHODOX CHURCH FATHERS



Let us strive to enter by the narrow gate.
 Just as the trees, if they have not stood
 before the winter's storms cannot bear fruit,
 so it is with us; this present age is a storm
 and it is only through many trials and
 temptations that we can obtain an
 inheritance in the kingdom of heaven.

Amma Theodora

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 _____

_____.

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.

ЗАПРОШЕННЯ

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

Я/МИ _____

Подайте адресу, число телефону й і-мийл адресу як ви бажаєте відвідин

_____.

ПОСВЯЧЕННЯ ДОМІВ

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

Котрий день і час найкраще підходивби Вам

_____.

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