

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 Ре-
джайні

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 March 15, 2020

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

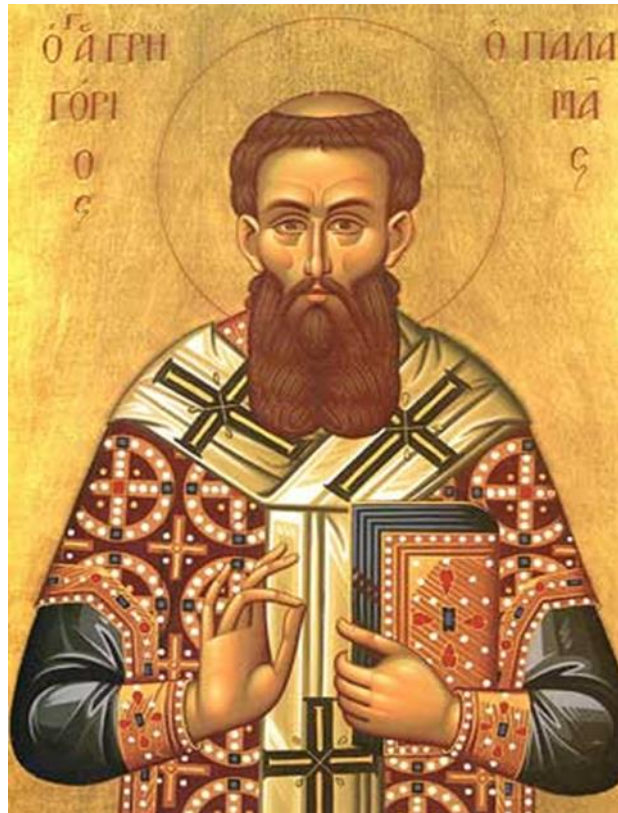
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НЕДІЛЯ 2-га. ВЕЛИКОГО ПОСТУ. ГОЛОС 6-ий.

СВ ГРИГОРІЯ ПАЛАМИ, АРХИЄПІСКОПА ФЕССАЛОНЬКОГО.

СВЯТИЙ ЧАД, ЄПІСКОП ЛІХФІЛД.

2nd. SUNDAY OF GREAT LENT. TONE - 6. ST. GREGORY PALAMAS
THE ARCHBISHOP OF THESSALONICA. ST. CHAD, BIS OF LICFIELD.



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. Father's regular Office hours at the Sobor Office - MONDAYS morning 10:00 – 12:00 noon and WEDNESDAYS 4:00 – 6:00 pm.

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 3-4	Doug 3-4	Gladys 3-4	William O 3-4
Thomas 3-4	Ksenia 3-4	Donna 3-4	Hania 3-4
Diana Ov 3-4	WallyK 3-4	Sophie 3-4	Gerry P 3-4
Bill D 3-4	FrBohdan3-4	Orest 3-4	Steve 3-4
Edward B 3-4	Marge 3-4	Andrea 3-4	Bill Ber 3-4
Natalia 3-4	Fr. Taras 3-4	Vasyl 3-4	Cara 3-4
Nick 3-4	Linda O 3-4	Ivan 3-4	Jean T 3-4
Kim 3-4	Bill W 3-4	Anne 3-4	Georgina 3-4

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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 Coronavirus to date and pray for God's protection of our church, our community, our country and the world from the destruction resulting from the Coronavirus.**
 - **We pray that the Lord bless the work of the new government of Ukraine and provide the President and the Cabinet with wisdom to lead in the interests of the the people of Ukraine.**

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 Proskomedie 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 Вітваря перед Літургією для попереднього поминання імен спочатку за Проскомидією а потім і за Літургією.

ТРОПАР НЕДІЛЬНИЙ НА ГОЛОС 6

Ангельські сили на гробі Твоїм і ті, що стерегли, умертвіли, і стояла Марія у гробі, шукаючи пречистого Тіла Твого. Полонив Ти ад, не спокушений ним, зустрів еси Діву, даруючи життя, Господи, що воскрес із мертвих, слава Тобі.

ТРОПАР СВЯТ. ГРИГОРІЯ НА ГОЛОС 8

Православя світильниче, опоро і учителю Церкви, ченців красо, богословів оборонче непереможний, Григорію Чутотворче, Солунська похвало, проповідниче благодаті, молися повсякчасно за спасіння душ наших.

СЛАВА Отцю і Сину і Святому Духові.

КОНДАК СВЯТ. ГРИГОРІЯ НА ГОЛОС 8

Священний і Божественний орган премудрості, і ясну трубу богослов'я, одностайно прославляємо Тебе, Григорію Богоповідниче. Ти ж, отче, як розум, що стоїть перед Найвищим Розумом, до Нього розум наш направ, щоб ми взивали, Радуйся, проповідниче благодати.

І НИНИ і повсякчас і на віки вічні, Амінь.

КОНДАК ТРІОДИ НА ГОЛОС 4

Нині час добротності настав, при дверях суду, встаньмо в пості, принесімо сльози розчулення з милостинями, взиваючи: Гріхів маємо більше, як піску морського, али прости, Сотворителю всіх, щоб і нам прийняти нетлінні вінці.

ПРОКИМЕН НА ГОЛОС 4

Ти, Господи, збережеш нас і захистиш нас від роду цього і повік.

Спаси мене, Господи, бо нестало праведного.

ПРОКИМЕН СВ. ГРИГОРІЮ НА ГОЛОС 1

Уста мої промовлятимуть премудрість, і повчання серця мого розум.

TROPAR OF SUNDAY IN TONE 6

The angelic powers were at Your tomb. The guards became as dead men. Mary stood by Your grave seeking Your Most Pure Body. You captured hades, not being tempted by it. You came to the Virgin, granting life. O Lord Who arose from the dead. Glory to You.

TROPAR OF SAINT GREGORY IN TONE 8

Light of Orthodoxy, support and teacher of the Church, glory of monks and invincible champion of theologians, O Gregory, the wonderworker, pride of Thessalonica and preacher of grace: pray without ceasing for the salvation of our souls,

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

KONDAK OF ST.GREGORY IN TONE 8

Holy and divine organ of wisdom and joyful trumpet of theology, we chant your praises in harmony, divinely-inspired Gregory. But as a mind standing before the Primordial Mind guide our mind to Him, O Father, that we may cry: Rejoice, preacher of grace.

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

KONDAK OF THE TRIODION IN TONE 4

The season of the action has now been revealed and judgment is at the doors. Let us rise, keeping the fast, offering tears of compunction with almsgiving, crying out: we have sinned more than the sands of the sea. Forgive us, O Creator of All, so that we may receive the incorruptible crowns.

PROKIMEN IN TONE 4

O Lord, shall protect us and preserve us from this generation and forever.

O Lord, save me for there is no longer any righteous man.

ANOTHER PROKIMEN IN TONE 1

My mouth shall speak wisdom and the meditation of my heart understanding.

Апостол – Epistle

До Євреїв Святого Апостола Павла читання 1:10-2:3; 7:26-8:2

Ukrainian Bible (UKR)

¹⁰ І: Ти, Господи, землю колись заклав, а небо то чин Твоїх рук.

¹¹ Загинуть вони, а Ти будеш стояти, всі вони, як той одяг, постаріють.

¹² Як одягу, їх зміниш, і минуться вони, а Ти завжди Той Самий, і роки Твої не закінчатся!

¹³ Кому з Анголів Він промовив коли: Сядь праворуч Мене, доки не покладу Я Твоїх ворогів підніжком ногам Твоїм!

¹⁴ Чи не всі вони духи служебні, що їх посилають на службу для тих, хто має спасіння впадкувати?

2 Через це подобає нам більше вважати на почуте, щоб ми не відпали коли.

² Коли бо те слово, що сказали його Анголи, було певне, а всякий переступ та непослух прийняли справедливу заплату,

³ то як ми втечемо, коли ми не дбали про таке велике спасіння? Воно проповідувалося спочатку від Господа, ствердилося нам через тих, хто почув,

^{7:26} Отакий бо потрібний нам Первосвященик: святий, незлобивий, невинний, відлучений від грішників, що вищий над небеса, ²⁷ що потреби не має щодня, як ті первосвященики, перше приносити жертви за власні гріхи, а потому за людські гріхи, бо Він це раз назавжди вчинив, принісши Самого Себе.

²⁸ Закон бо людей ставить первосвящениками, що немочі мають, але слово клятви, що воно за Законом, ставить Сина, Який досконалий навіки!

8 Головна ж річ у тому, про що я говорю: маємо Первосвященика, що засів на небесах, по правиці престолу величності, ² що Він Священнослужитель святині й правдивої skinі, що її збудував був Господь, а не людина.

Hebrews 1:10-2:3; 7:26-8:2

New Revised Standard Version (NRSV)

¹⁰ And, "In the beginning, Lord, you founded the earth,

and the heavens are the work of your hands; ¹¹ they will perish, but you remain;

they will all wear out like clothing; ¹² like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end." ¹³ But to which of the angels has he ever said, "Sit at my right hand until I make your enemies a footstool for your feet"?

¹⁴ Are not all angels spirits in the divine service, sent to serve for the sake of those who are to inherit salvation?

2 Therefore we must pay greater attention to what we have heard, so that we do not drift away from it. ² For if the message declared through angels was valid, and every transgression or disobedience received a just penalty, ³ how can we escape if we neglect so great a salvation? It was declared at first through the Lord, and it was attested to us by those who heard him,

^{7: 26} For it was fitting that we should have such a high priest, holy, blameless, undefiled, separated from sinners, and exalted above the heavens. ²⁷ Unlike the other high priests, he has no need to offer sacrifices day after day, first for his own sins, and then for those of the people; this he did once for all when he offered himself. ²⁸ For the law appoints as high priests those who are subject to weakness, but the word of the oath, which came later than the law, appoints a Son who has been made perfect forever.

8 Now the main point in what we are saying is this: we have such a high priest, one who is seated at the right hand of the throne of the Majesty in the heavens, ² a minister in the sanctuary and the true tent that the Lord, and not any mortal, has set up.

АЛИЛУЯ НА ГОЛОС 5

Милості Твої, Господи, повік оспівуватиму, з роду в рід оповім істину Твою устами моїми. Алилуя.

Бо ти сказав: повік збудується милість, на небесах утвердиться істина Твоя. Алилуя.

АЛИЛУЯ НА ГОЛОС 2

Уста праведного виголошують мудрість і язик його промолить присуд. Алилуя.

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 2

The mouth of the righteous shall proclaim wisdom and His tongue shall speak of judgement. Alleluia.

Євангелія – Gospel

Від Марка 2:1-12

Ukrainian Bible (UKR)

² Коли ж Він по кількох днях прийшов знов до Капернауму, то чутка пішла, що Він удома.

² І зібралось багато, аж вони не вмщалися навіть при дверях. А Він їм виголошував слово.

³ І прийшли ось до Нього, несучи розслабленого, якого несли четверо.

⁴ А що через народ до Нього наблизитися не могли, то стелю розкрили, де Він був, і пробравши, звисили ложе, що на ньому лежав розслаблений.

⁵ А Ісус, віру їхню побачивши, каже розслабленому: Відпускаються, сину, гріхи тобі!

⁶ Там же сиділи дехто з книжників, і в серцях своїх думали:

⁷ Чого Він говорить отак? Зневажає Він Бога... Хто може прощати гріхи, окрім Бога Самого?

⁸ І зараз Ісус відчув Духом Своїм, що вони так міркують собі, і сказав їм: Що таке ви в серцях своїх думаете?

⁹ Що легше: сказати розслабленому: Гріхи відпускаються тобі, чи сказати: Уставай, візьми ложе своє та й ходи?

¹⁰ Але щоб ви знали, що Син Людський має владу прощати гріхи на землі, каже розслабленому:

¹¹ Тобі Я наказую: Уставай, візьми ложе своє, та й іди у свій дім!

¹² І той устав, і негайно взяв ложе, і вийшов перед усіма, так що всі дивувались і славили Бога, й казали: Ніколи такого не бачили ми!

Mark 2:1-12

New Revised Standard Version (NRSV)

² When he returned to Capernaum after some days, it was reported that he was at home. ² So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. ³ Then some people came, bringing to him a paralyzed man, carried by four of them. ⁴ And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. ⁵ When Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven." ⁶ Now some of the scribes were sitting there, questioning in their hearts, ⁷ "Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?" ⁸ At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, "Why do you raise such questions in your hearts? ⁹ Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Stand up and take your mat and walk'?" ¹⁰ But so that you may know that the Son of Man has authority on earth to forgive sins"—he said to the paralytic— ¹¹ "I say to you, stand up, take your mat and go to your home." ¹² And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, "We have never seen anything like this!"

Від Івана 10:9-16

Ukrainian Bible (UKR)

⁹ Я двері: коли через Мене хто ввійде, спасеться, і той ввійде та вийде, і пасовисько знайде.

¹⁰ Злодій тільки на те крадається, щоб красти й убивати та нищити. Я прийшов, щоб ви мали життя, і подостатком щоб мали.

¹¹ Я Пастир Добрий! Пастир добрий кладе життя власне за вівці.

¹² А наймит, і той, хто не вівчар, кому вівці не свої, коли бачить, що вовк наближається, то кидає вівці й тікає, а вовк їх хапає й полошить.

¹³ А наймит утікає тому, що він наймит, і не дбає про вівці.

¹⁴ Я Пастир Добрий, і знаю Своїх, і Свої Мене знають.

¹⁵ Як Отець Мене знає, так і Я Отця знаю, і власне життя Я за вівці кладу.

¹⁶ Також маю Я інших овець, які не з цієї кошари, Я повинен і їх припровадити. І Мій голос почують вони, і буде отара одна й Один Пастир!

John 10:9-16

New Revised Standard Version (NRSV)

⁹ I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. ¹⁰ The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly.

¹¹ "I am the good shepherd. The good shepherd lays down his life for the sheep. ¹² The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away—and the wolf snatches them and scatters them. ¹³ The hired hand runs away because a hired hand does not care for the sheep. ¹⁴ I am the good shepherd. I know my own and my own know me, ¹⁵ just as the Father knows me and I know the Father. And I lay down my life for the sheep. ¹⁶ I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd.

ЧЕРГОВА ПЕРЕМОГА ПРАВОСЛАВІЯ – 2 га Неділя Св. Великого Посту - о. Ігор Куташ

Минулої Неділі ми відсвяткували перемогу істини про почитання Святих Ікон, чим ми підтвердили, що Бог Син, Друга Особа Пресвятої Тройці дійсно втілювався, став Людиною, не переставши ніколи бути й Богом істинним. Бо ж коли іконоборці заперечували, що можна писати Ікони Спасителя і Святих, вони рівночасно заперечували дійсність Боговтілення. Бо ж коли Бог втілювався, став Людиною, то прийняв і властивість оцю: видимого, доторкального Ісуса з Назарету, Сина Марії можна було описати, і можна й подобу Його написати в формі Ікони, бо ж дійсну людину можна так окреслити.

Отож ще раз підтвердила Церква оцю невимовну таємницю: Бог втілювався, поєднався навіки з людською істотою. Ми не покинені! Ми маємо дуже високе покликання – зростати в досконалості і Богоподібності. Ставати Божою Ласкою – і нашою співучастю в цьому процесі – святими, як Він Святий! Це реальне покликання. Нас саме до цього й закликав Господь Ісус.

А якщо до цього закликав, то значить, що це не є справою неможливою. Ми можемо такими стати. Ми не можемо оправдувати себе, що ми не в силі, що ми слабкі людські істоти, грішники. Він же дав і дає і назавжди даватиме нам усе – УСЕ! – що тільки потрібне, чого тільки нам не вистарчає, щоб ми своє високе покликання досягнули. Це ж очевидно не приходить саме собою. Потрібно зусиль, усвідомлення, покаяння.

Але це можна – і його ми таки повинні досягнути. Хто заперече це – той знову ставить під сумнів реальність Боговтілення, бо ж якщо дійсно Він утілювався то мусіли б бути відповідні наслідки для людського роду, для якого Він прийняв такий небувалий, такий рішучий, такий епохальний крок. Цю істину теж треба було оборонити.

Бо ж у 14-му віці монах Варлаам з Калабрії в Італії став засуджувати тих, які свідчили, що вони умною, тихою Молитвою, уважним повторенням Ісусової Молитви ("Господи, Ісусе

Христе, Сину Божий, помилуй мене, грішного") одержували дари всідомлення реальної Божої присутності видінням нерукотворного світла - такого ж, якого побачили на горі Фавор Апостоли, коли перед ними переобразився Господь Ісус Христос.

Варлаам казав, що це не можливе, бо ж Бог недоступний для людини. Ми можемо тільки думкою Його доторкати, а всякі надзвичайні почування та видіння – прелесть, само-обман, або спокуса. Його підхід був дуже раціональний. Але оборонці Боговтілення побачили й тут оту загрозу проти істини, яку Церква ісповідує і яку вона переживає в собі: Бог дійсно воплотився, наблизився до нас. Отож це нормально, що ми можемо Його різними способами відчувати, Його славу бачити в міру можности. Це не ересь – це істина.

Так твердив Святитель Григорій Палама (1296-1359), Архієпископ Солунський, якого пам'ять святкуємо завжди в Другу Неділю Св. Великого Посту. За цю науку він мусів і страждати. Його засудили й відлучили від Церкви. Оправдали його аж під кінець його життя. Але ця наука втрималася і ми до нині ісповідуємо, що Христос дійсно Духом Святим наближає нас до Бога і дає нам можливість радіти Його безмежною Ласкою і ставати, покаючись, подібними до Того, що так нас полюбив, і запалив і в нас любов до Нього.

THE NEXT VICTORY FOR ORTHODOXY - Second Sunday of the Holy Great Fast - Fr. Ihor Kutash

Last Sunday we celebrated the victory of the truth about the veneration of Holy Icons, by which we confirmed that God the Son, the Second Person of the Trinity really incarnate, became Man, without ever ceasing to be true God. For when the iconoclasts denied that we may write Icons of the Saviour and the Saints, they were denying the reality of the Incarnation. For when God became incarnate, became Man, He thus took on this quality: the visible, tangible Jesus of Nazareth, the Son of Mary, can be described, and one may also write his likeness in the form of Icons, because real people can be so defined.

And so the Church reaffirms this ineffable mystery: God has become incarnate, He has forever joined Himself with human nature. We are not abandoned! We have been given a most lofty calling - to grow in perfection and Godlikeness. To become, by God's grace - and our participation in this process - holy, as he Holy! This is a true vocation. It is to this very process that we have been called by our Lord Jesus.

And if we have been so called, that means that this is not impossible to achieve. We can become thus. We may not justify ourselves that we are powerless, that we are weak human beings, sinners. He gave, He gives and He shall always give us everything – EVERYTHING! – we need to attain to this high calling. And, of course, this will not just happen of itself. We must exert effort; we must grow in awareness; we must live a life of repentance.

But it is possible - and we ought to achieve this. Who denies this - again questions the reality of the Incarnation, for if God did indeed incarnate, important consequences for the human race must indeed have followed such an unprecedented, decisive and momentous step. It became necessary to defend this truth, as well.

In the 14th century the monk, Barlaam, of Calabria in Italy began to condemn those who bore witness that, through silent, mental prayer – chiefly the attentive repetition of the Jesus Prayer ("Lord Jesus Christ, Son of God, have mercy on me, a sinner") – they had received gifts: the experience of the real presence of God as a vision of the uncreated Light seen by the Apostles on Mount Tabor, when the Lord Jesus Christ was transfigured before them.

Barlaam said that it was not possible since God is inaccessible to humans. We can only experience Him only with our minds, he said. Any extraordinary feelings or visions are spiritual delusion, self-deception or temptations. His approach was very rational. But defenders of the Incarnation saw in this condemnation a similar threat against the truth which the Church confesses and experiences: God has truly become incarnate – He has drawn near to us. Thus it is normal that we might feel His presence in various ways, and see His glory as much as we are able to bear. This is not heresy - it is truth.

Such was the affirmation of St. Gregory Palamas (1296-1359), the Archbishop of Thessalonica, whose memory is always celebrated on the second Sunday of the holy Great Fast. He had to endure

suffering for this truth. Condemned and excommunicated from the Church, He was not exonerated until just before the end of his life on earth. However, the message was a lasting one and to this day we confess that Christ, through the Holy Spirit, does indeed draw us ever closer to God and grants us the gift of joy in His boundless Grace and, through continual turning to Him in repentance, of becoming ever more like the One Who so loved us, and kindled in us the flame of love for Him.

ЗАМІСТЬ ДОСТОЙНО: Тобою радується, Благодатная, всякая твар, ангельський собор і людський рід, освячений храме і раю словесний, дівства похвало. Від Тебе Бог воплотився і Дитям став, Предвічний Бог наш. Бо лоно Твоє Престолом учинив і утробу Твою просторішою небес сотворив. Тобою, Благодатна, радується всякая твар. Слава Тобі.

INSTEAD OF: All of creation rejoices in you, O Full of Grace, the assembly of angels and the race of men. O sanctified temple and spiritual paradise, the glory of virgins, from whom God was incarnate and became a child – our God before the ages. He made your body into a throne, and your womb He made more spacious than the heavens. All of creation rejoices in you, O Full of Grace. Glory to you!

ПРИЧАСНИЙ

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

В пам'ять вічну буде праведник, лихої слави він не убоїться. Алилуя.

COMMUNION VERSE

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

The righteous man shall be in everlasting remembrance. He shall not fear evil tidings. Alleluia.

Молитва Дня

Господи, Ти дав мені заповідь Твою – любити, і я приймаю її усім моїм єством; але в собі самому не знаходжу сили цієї любові. Ти єси Любов; тож прийди і сам оселися в мені, і звершуй все те, що Ти заповідав нам, бо заповідь Твоя безмірно перевищує мене. Знемагає ум мій пізнавати Тебе; не може дух мій проникнути в тайни життя Твого. Хочу у всьому творити волю Твою, але дні мої спливають у безвихідних протиріччях. Боюся втратити Тебе через ті злі помисли, що в серці моєму; і страх цей розпинає мене. Тож прийди і спаси мене потопаючого, як спас Ти Петра, який насмілився піти Тобі назустріч по морських водах. *Молитва Софронія Сахарова*

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.

ANNOUNCEMENTS

- 1. Attached please find the Metropolitan's Communique to our membership regarding the Coronavirus prevention guidelines.**
- 2. Some thoughtful advice**

Abdu Sharkawy

March 5 at 8:45 PM

I'm a doctor and an Infectious Diseases Specialist. I've been at this for more than 20 years seeing sick patients on a daily basis. I have worked in inner city hospitals and in the poorest slums of Africa. HIV-AIDS, Hepatitis, TB, SARS, Measles, Shingles, Whooping cough, Diphtheria...there is little I haven't been exposed to in my profession. And with notable exception of SARS, very little has left me feeling vulnerable, overwhelmed or downright scared.

I am not scared of Covid-19. I am concerned about the implications of a novel infectious agent that has spread the world over and continues to find new footholds in different soil. I am rightly concerned for the welfare of those who are elderly, in frail health or disenfranchised who stand to suffer mostly, and disproportionately, at the hands of this new scourge. But I am not scared of Covid-19.

What I am scared about is the loss of reason and wave of fear that has induced the masses of society into a spellbinding spiral of panic, stockpiling obscene quantities of anything that could fill a bomb shelter adequately in a post-apocalyptic world. I am scared of the N95 masks that are stolen from hospitals and urgent care clinics where they are actually needed for front line healthcare providers and instead are being donned in airports, malls, and coffee lounges, perpetuating even more fear and suspicion of others. I am scared that our hospitals will be overwhelmed with anyone who thinks they " probably don't have it but may as well get checked out no matter what because you just never know..." and those with heart failure, emphysema, pneumonia and strokes will pay the price for overfilled ER waiting rooms with only so many doctors and nurses to assess.

I am scared that travel restrictions will become so far reaching that weddings will be canceled, graduations missed and family reunions will not materialize. And well, even that big party called the Olympic Games...that could be kyboshed too. Can you even imagine?

I'm scared those same epidemic fears will limit trade, harm partnerships in multiple sectors, business and otherwise and ultimately culminate in a global recession.

But mostly, I'm scared about what message we are telling our kids when faced with a threat. Instead of reason, rationality, openmindedness and altruism, we are telling them to panic, be fearful, suspicious, reactionary and self-interested.

Covid-19 is nowhere near over. It will be coming to a city, a hospital, a friend, even a family member near you at some point. Expect it. Stop waiting to be surprised further. The fact is the virus itself will not likely do much harm when it arrives. But our own behaviors and "fight for yourself above all else" attitude could prove disastrous.

I implore you all. Temper fear with reason, panic with patience and uncertainty with education. We have an opportunity to learn a great deal about health hygiene and limiting the spread of innumerable transmissible diseases in our society. Let's meet this challenge together in the best spirit of compassion for others, patience, and above all, an unflinching effort to seek truth, facts and knowledge as opposed to conjecture, speculation and catastrophizing.

Facts not fear. Clean hands. Open hearts. Our children will thank us for it.

- 3. Please note – Father Volodymyr has regular Office Hours henceforth - MONDAYS morning 10:00 – 12:00 noon and WEDNESDAYS 4:00 – 6:00 pm.**
- 4. Congratulations to all the newly elected members of the Parish Council, corporate boards and committees. We pray that the Lord blesses you richly with wisdom and an abiding love for all that your serve.**

The new Selo Gardens Personal Care Home Board members are:

**Sonia Bremner
Liz Dusyk
Tony Harras
Pat Heintz
Gladys Matkowski**

**Leeann Phillipow-Kautz
Margaret Tatrinnoff
Ivanna Torbin**

(Other positions will be reported on in the next issue of the Bulletin.)

5. **We extend a **super** thank you for the wonderful-outstanding Sunday of Orthodox community meal that the ladies prepared.** Dobr. Natalia and Diana Dumanski were the leads and assisted by Ivanna Galkina, Liza Iavtushynska, Gladys Matkowski, Rose Pankiw, Olena Shyian and Sylvia Waliduda.
6. **We welcome Dobrodijka Natalia as our interim Parish Office Secretary.** Phone the Church Office (306) 757-0445 to make sure she is in and drop in for a coffee-chat
7. **We pray for the health, joy and that God Grant Them Many Years - our members celebrating their birthdays this week: Ken Melnychuk, Olena Shyian and Chad Strecker.**

8. Liturgical Readers

It is the purpose of Liturgical Readers to provide strong, clear, and unaffected reading of the scriptures when needed in the liturgical services of the parish so that the Holy Spirit can work specifically in the heart of each hearer.

We invite anyone interested in reading the Epistle in English or Ukrainian to let Michael Zaleschuk know of their interest to serve as a Liturgical Reader. It is hoped to develop a schedule of those doing the readings and to plan some training sessions.

Please consider serving the Parish community in a unique way as a Liturgical Reader.

9. PLEASE MARK ON YOUR CALENDAR - Regina Orthodox enten Vespers 2020

March 15 – Lifegiving Font Greek Orthodox Church in Swift Current with Father Vladimir as guest teacher–lecturer - 5:00 pm. A bus ride is available – for more information contact Father Volodymyr.

March 22 - St. George Orthodox Cathedral, Regina with Father Sphyros delivering a guest teaching – 5:00 pm.

March 29 – Service at Holy Trinity Orthodox Church in Moose Jaw at 5:00 pm, with Father Volodymyr Feskiw delivering teaching and community meal at St. Volodymyr, Ukrainian Orthodox Church in Moose Jaw.

April 5 – St. Paul’s Greek Orthodox Church, Regina at 5:00 pm with Father Cristian delivering teaching followed by community meal.

10. **Library - Help Needed.** If you have 1-2 hours a week from now until Easter, please call me. Donna (306)789-8879
11. **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.
12. **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.

“We ought to have the most lively spiritual union with the heavenly inhabitants, with all the saints, apostles, prophets, martyrs, prelates, venerable and righteous men, as they are all members of one single body, The Church of Christ, to which we sinners also belong, and the living Head of which is the Lord Jesus Christ Himself. This is why we call upon them in prayer, converse with them, thank and praise them, It is urgently necessary for all Christians to be in union with them, if they desire to make Christian progress; for the saints are our friends, our guides to salvation, who pray and intercede for us.” - *St. John of Kronstadt*

MARCH SERVICES

14 March Saturday – Great Vespers 5 pm Sobor
 15 March Sunday Divine Liturgy 10 am Sobor
 Great Vespers 6 pm – Swift Current
 18 March Wed. Liturgy of Presanctified Gifts 10 am Selo
 20 March Fri. Liturgy of Presanctified Gifts 6 pm Sobor
 21 March Saturday – Memorial Saturday
 Divine Liturgy 10 am Selo
 Great Vespers 5 pm Sobor
 22 March Sunday Divine Liturgy 10 am Sobor
 Great Vespers 5 pm – St. George’s Cathedral, Regina
 25 March Wed. Liturgy of Presanctified Gifts 10 am Selo
 26 March Thur. Lecture – Reflections on Lent – 7 pm
 Sobor – Please bring your children
 27 March Fri. Liturgy of Presanctified Gifts 6 pm Sobor
 28 March Saturday – Memorial Saturday
 Divine Liturgy 10 am Selo
 Proshpora Workshop 12 Noon Sobor
 Great Vespers 5 pm Sobor
 29 March Sunday Divine Liturgy 10 am Sobor
 Great Vespers 5 pm – Holy Trinity
 Moose Jaw; Meal at St. Volodymyr Moose Jaw

We invite all to attend our Church services
 We invite all to attend our Church services

14 Березня Субота - Велика Вечірня о 5 вечора в Соборі
 15 Березня Неділя Свята Літургія о 10 зранку в Соборі
 Велика Вечірня о 5 вечора в Свифт Курент
 18 Березня Серед Ран. Осв. Дарів о 10 зранку в Соборі
 20 Березня Пятн. Ран. Осв. Дарів о 6 вечером в Соборі
 21` Березня Субота Поминальна
 Свята Літургія о 10 зранку в Селі
 Велика Вечірня о 5 вечора в Соборі
 22 Березня Неділя Свята Літургія о 10 зранку в Соборі
 Велика Вечірня о 5 вечора в Св.
 Юрія Катедри в Реджайні
 25 Березня Серед Ран. Осв. Дарів о 10 зранку в Соборі
 26 Березня Четевр Лекція на тему Посту о 7 вечером в Соборі
 27 Березня Пятн. Ран. Осв. Дарів о 6 вечером в Соборі
 28` Березня Субота Поминальна
 Свята Літургія о 10 зранку в Селі
 Воркшоп печеня просфори о 12 обід в Собор
 Велика Вечірня о 5 вечора в Соборі
 29 Березня Неділя Свята Літургія о 10 зранку в Соборі
 Велика Вечірня о 5 вечора в Прес.
 Тройці в Мус Джа, вечеря Св. Володомира, Мус Джа

Ми запрошуємо всіх взяти участь у наших церковних службах

PLEASE - PLEASE - PLEASE - TAKE NOTE COVID-19 DANGER IS AT OUR DOOR

All, but seniors in particular, **SHOULD** give serious consideration to avoiding large crowds for a while. **SENIORS OR ANYONE** with some degree of compromised health, are more susceptible to getting sick in the event of exposure.

Our medical establishment in Canada is going to be elevating the monitoring within the community very shortly.
 All are encouraged to take all possible precautions.

COVID-19: How to prepare at home for potential quarantine

[Jackie Dunham](#) CTVNews.ca Staff Writer [@JaclynLDunham](#) [Contact](#)

Published Friday, February 28, 2020 12:53PM EST

TORONTO -- With more than 83,000 cases of COVID-19 worldwide and the World Health Organization raising its global risk assessment for contracting the illness to “very high,” health officials are advising people to prepare themselves for a potential pandemic.

Under the current global standards, people with suspected cases of COVID-19 are quarantined for 14 days. During this period, they’re not supposed to go out in public and interact with others for fear they will spread the respiratory virus.

This means that Canadians should have enough supplies in their home so they don’t have to leave at any time during a potential two-week quarantine period.

So how can you prepare? CTVNews.ca takes a look at some of the items that could be included in an emergency preparedness kit.

Food

Dr. Ronald St. John, the former director-general of the Centre for Emergency Preparedness and Response at the Public Health Agency of Canada, said it’s important for Canadians to think about what kind of food they need and would last for 14 days. He suggested the following items as examples.

- Non-perishables: Rice, grains, pastas
- Canned goods: Soups, vegetables, tomatoes
- Fruits: Oranges and apples (good longevity if kept in a cool climate)
- Snacks: Chips, crackers, nuts
- Water (two litres per person per day)

Medication

In addition to food, St. John said Canadians should think about any medications they may need and visit their local pharmacy themselves or have someone else go for them to pick up items in advance.

- If prescriptions are running low, restock them.
- Any over-the-counter medications, such as pain relievers, cough suppressants, antihistamines
- First aid kit

Hygiene

While Canadians are at the pharmacy, there are a few other personal hygiene items that may be worth stocking up on before potentially being placed under quarantine.

- Tissues
- Antibacterial soap
- Toilet paper
- Hand sanitizer
- Disinfectant wipes
- Feminine care products
- Laundry detergent
- Dish soap

As for face masks, Amy Greer, a Canada research chair in population disease modelling and associate professor at the University of Guelph, said Canadians don't need to go out and buy them if they're concerned about being quarantined.

"The average person doesn't need to be stockpiling medical supplies like masks because their effectiveness is low," she said. "We are already seeing problems with shortages of masks, which could lead to challenges for the people who actually need them the most."

Instead, Greer said Canadians should develop a plan in case they or a family member is placed under quarantine so they will be prepared and not panicked.

"The thing to do is make a plan. What will you do if schools close? Will you be able to work from home? Do you have elderly family members who might need help? Those are things to think about now," she said.

Baby items

St. John said Canadians shouldn't forget about any other products they may need if they have a baby in the home. He said during the Severe Acute Respiratory Syndrome (SARS) outbreak in 2003, a number of families under quarantine ran out of diapers and other such items during their isolation.

- Diapers – Formula - Bottles - Baby food

Pets

As with babies, Canadians should also remember to think of their four-legged friends and their needs during quarantine.

- Pet food - Cat litter

Other supplies

Dr. Neil Rau, a medical microbiologist at Halton Healthcare Services and CTV's infectious diseases expert, said Canadians should always have an emergency preparedness kit at the ready.

"A preparedness kit is good at any time, in the winter you could have an ice storm and knock out your power," he told CTVNews.ca on Friday.

[According to Public Safety Canada](#), there are a number of essential items Canadians should keep in their homes in the event of an emergency.

- Flashlights (with extra batteries)
- Can opener
- Radio (with extra batteries)
- Extra keys for the home and vehicle
- Cash, travellers' cheques, and change
- Important family documents, such as identification, insurance, bank records
- Candles, matches, and a lighter

WHO recommendations

On Friday, the World Health Organization Director General Dr. Tedros Adhanom Ghebreyesus [issued 10 recommendations for how people can protect themselves and others from COVID-19](#).

They include:

- Regularly washing your hands with soap and water or an alcohol-based rub
- Regularly cleaning surfaces with a disinfectant
- Make sure information you're receiving about the infection comes from reliable sources
- Avoid travelling if you have a fever or cough
- Make sure to sneeze into your sleeve or a tissue
- Take extra precautions if you're 60 years old or older, such as avoiding crowded areas
- If you feel unwell, stay home and call your local doctor
- If you are sick, stay home, sleep away from your family, and use different utensils than your family members
- If you experience shortness of breath, immediately call your doctor and seek treatment
- Discuss how to stay safe with your work, school or community grouping.