

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 31, 2021

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**НЕДІЛЯ 34-та. ПО П'ЯТИДЕСЯТНИЦІ. ГОЛОС 1-ий. СВЯТИХ ОТЦІВ
АРХИЄПИСКОПІВ ОЛИКСАНДРІЙСЬКИХ АФНАСІЯ ТА КИРИЛА.**

**34-th. SUNDAY AFTER PENTECOST. TONE – 1. SAINTS ATHANASIUS THE
GREAT AND CYRIL, ARCHBISHOPS OF ALEXANDRIA.**

**Христос Раждається! Славимо Його!
Christ is Born! Let us Glorify Him!**



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 - MONDAY 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 a month.

**Madeline 1-4
Thomas 1-4
Diana Ov1-4
Bill D 1-4
Edward 1-4
Natalia 1-4
Yurij 1-4**

**Doug 1-4
Ksenia 1-4
WallyK 1-4
Marge 1-4
Bill Ber 1-4
Vasyl 1-4
Jean T 1-4**

**Brent 1-4
Donna 1-4
Cara 1-4
Orest 1-4
Andrea1-4
Wasyl 1-4
Ivan 1-4**

**William 1-4
Hania 1-4
Larysa 12-4
Steve 1-4
Larissa 1-4
BillW1-4**

And those in care homes or similar situations:

Doreen Kuyek

Ann Fellingner

Larry Trafananko

Christina Spak

(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 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 President of Ukraine, the Cabinet and deputies of Verchovna Rada with wisdom and virtue.**
- **We pray that the Lord bless our Federal and Provincial leadership to make just and acceptable to God decisions.**
- **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 for all that have lost their jobs in the past months. Lord bless all who are struggling with fear of the unknown with the assurance of Your Love and grant us to never lose hope and to be open to serving our brethren.**
- **We pray that the Lord changes the hearts of the Russian leadership and stops them from escalating violence and further invasion of Ukrainian territory and that he protect the Ukrainian people from Russian imperial violence and destruction in the coming days and weeks.**
- **We pray that the Lord protect the people of Byelorussia and bless the leadership of both sides with His wisdom.**
- **We pray that the Lord bless the new American Administration with wisdom and humility before God.**
- **We pray that the Lord bless the Ukrainian leadership with wisdom in resolving the current political – constitutional crisis.**

ТРОПАР НЕДІЛЬНИЙ НА ГОЛОС 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.

ТРОПАР ПРЕПОДОБНИХ НА ГОЛОС 3

Засявши подвигами православ'я, зла силу ви перемогли, добродійством усіх збагатили і Церкву собою прикрасили, адже самі знайшли Христа Бога, Котрий посилає нам щедрі милості.

КОНДАК НЕДІЛЬНИЙ 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.

СЛАВА Отцю і Сину і Святому Духові.

КОНДАК ПРЕПОДОБНОГО НА ГОЛОС 2

Зло із корінням вириваючи, доглядав ти сходи Православ'я і зерно віри примножив, зрошуючи його дощами Духу, а тому прославляємо тебе, Афанасіє.

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.

ПРОКІМЕН НА ГОЛОС 1

Милість Твоя, Господи, нехай буде над нами, бо ми вповаємо на Тебе.
Радуйтеся праведні, в Господі, праведним подобає похвала.

ДРУГИЙ ПРОКІМЕН НА ГОЛОС 4

Звеличаться преподобні у славі і зрадють на ложах своїх.

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 Saviour, granting life to the world. Therefore, the Powers of Heaven cried out to You, O Giver of Life: Glory to Your Resurrection, O Christ. Glory to Your Kingdom. Glory to Your Providence, O only lover of mankind.

TROPAR OF VENERABLE FATHERS IN TONE 3

Glittering with works of Orthodoxy and conquering the evil of all heresy, enriching all with piety, and, having greatly ornamented the Church, thus you have acquired Christ God, Who granted us great mercy.

KONDAK OF SUNDAY IN TONE 1

As God, You arose from the tomb in glory, raising the world together with Yourself. Human 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 resurrection to all.

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

KONDAK OF VENERABLE FATHER IN TONE 2

Removing evil by its roots, you cared for the paths to Orthodoxy, and multiplied the seed of faith through the rain of the Spirit, O venerable one. Therefore, we sing hymns to you, O Athanasius.

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 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.

ANOTHER PROKIMEN IN TONE 4

The saints shall rejoice in glory and they shall exult upon their beds.

АПОСТОЛ – EPISTLE

2 до коринтян 6:16-7:1

Ukrainian Bible

16 Або яка згода поміж Божим храмом та ідолами? Бо ви храм Бога Живого, як Бог прорік: Поселюсь серед них і ходитиму, і буду їм Богом, а вони будуть народом Моїм!

17 Вийдіть тому з-поміж них та й відлучіться, каже Господь, і не торкайтесь нечистого, і Я вас прийму,

18 і буду Я вам за Отця, а ви за синів і дочок Мені будете, говорить Господь Вседержитель!

7 Отож, мої любі, мавши ці обітниці, очистьмо себе від усякої нечисти тіла та духа, і творімо святиню у Божім страху!

До євреїв 13:7-11

Ukrainian Bible

7 Спогадуйте наставників ваших, що вам говорили Слово Боже; і, дивлячися на кінець їхнього життя, переймайте їхню віру.

8 Ісус Христос учора, і сьогодні, і навіки Той Самий!

9 Не захоплюйтеся всілякими та чужими науками. Бо річ добра зміцнити серця благодаттю, а не стравами, що користи від них не одержали ті, хто за ними ходив.

10 Маємо жертівника, що від нього годуватися права не мають ті, хто скинії служить,

11 бо котрих звірят кров первосвященик уносить до святині за гріхи, тих м'ясо палиться поза табором,

2 Corinthians 6:16-7:1

New Revised Standard Version

¹⁶ What agreement has the temple of God with idols? For we^[a] are the temple of the living God; as God said, "I will live in them and walk among them, and I will be their God, and they shall be my people. ¹⁷ Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, ¹⁸ and I will be your father, and you shall be my sons and daughters says the Lord Almighty.

⁷ Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and of spirit, making holiness perfect in the fear of God.

Hebrews 13:7-11

New Revised Standard Version

⁷ Remember your leaders, those who spoke the word of God to you; consider the outcome of their way of life, and imitate their faith. ⁸ Jesus Christ is the same yesterday and today and forever. ⁹ Do not be carried away by all kinds of strange teachings; for it is well for the heart to be strengthened by grace, not by regulations about food,^[a] which have not benefited those who observe them. ¹⁰ We have an altar from which those who officiate in the tent^[b] have no right to eat. ¹¹ For the bodies of those animals whose blood is brought into the sanctuary by the high priest as a sacrifice for sin are burned outside the camp.

АЛИЛУЯ НА ГОЛОС 1

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

Він величає спасіння Свого царя, і творить милість помазанникові Давиду і родові його довіку. Алилуя.

Священики Твої зодягнуться в правду і преподобні Твої возрадуються. Алилуя.

ALLELUIA VERSES TONE 1

God avenges me and has subdued people under me. Alleluia.

He magnifies the salvation of the king and deals mercifully for His anointed, for David and for his seed forever. Alleluia.

ANOTHER ALLELUIA IN TONE 2

Your priests shall clothe themselves with righteousness and Your righteous ones will rejoice.

ЄВАНГЕЛІЯ – GOSPEL

Євангеліє від Луки 18:18-27

Одного разу запитався Його один із начальників, говорячи: Учителю Добрий, що робити мені, щоб успадкувати вічне життя? Ісус же йому відказав: Чого звеш Мене Добрим? Ніхто не є Добрий, тільки Сам Бог! Знаєш заповіді: Не чини перелюбу, не вбивай, не кради, не свідкуй неправдиво, шануй свого батька та матір. А він відказав: Усе це я виконав від юнацтва свого! 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!

А він, коли почув це, то засумував, бо був вельми багатий. Як побачив Ісус, що той засумував, то промовив: Як тяжко багатим увійти в Царство Боже! Бо верблюдові легше пройти через голчине вушко, ніж багатому в Боже Царство увійти...Ті ж, що чули, спитали: Хто ж тоді може спастися? А Він відповів: Неможливе для людей можливе для Бога!

Від Матвія 5:14-19

Ukrainian Bible

14 Ви світло для світу. Не може сховатися місто, що стоїть на верховині гори.

15 І не запалюють світильника, щоб поставити його під посудину, але на свічник, і світить воно всім у домі.

16 Отак ваше світло нехай світить перед людьми, щоб вони бачили ваші добрі діла, та прославляли Отця вашого, що на небі.

17 Не подумайте, ніби Я руйнувати Закон чи Пророків прийшов, Я не руйнувати прийшов, але виконати.

18 Поправді ж кажу вам: доки небо й земля не минеться, ані йота єдина, ані жаден значок із Закону не минеться, аж поки не збудеться все.

19 Хто ж порушить одну з найменших цих заповідей, та й людей так навчить, той буде найменшим у Царстві Небеснім; а хто виконає та й навчить, той стане великим у Царстві Небеснім.

Gospel of Saint Luke 18:18-27

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

"Why do you call me good?" Jesus answered. "No one is good—except God alone. 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.'"

"All these I have kept since I was a boy," he said. 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."

When he heard this, he became very sad, because he was very wealthy. Jesus looked at him and said, "How hard it is for the rich to enter the kingdom of God! 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."

Those who heard this asked, "Who then can be saved?"

Jesus replied, "What is impossible with man is possible with God."

Matthew 5:14-19

New Revised Standard Version

14 "You are the light of the world. A city built on a hill cannot be hid. 15 No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. 16 In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. 17 "Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. 18 For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. 19 Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven.

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, прийми 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

Хвалить Господа з небес, хвалить його в небі.
Алилуя.

Радуйтеся праведні в Господі, праведним подобає похвала. Алилуя.

COMMUNION HYMN

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

Rejoice in the Lord, you righteous, praise befits the upright. Alleluia.

34TH SUNDAY AFTER PENTECOST - St. Luke 18:18-27

"Thou shalt not commit adultery."

Dear brothers and Sisters in Christ!

When asked by a certain ruler what he must do to inherit eternal life, Jesus mentioned keeping the commandments, among them: "Do not commit adultery." A new life style exists in our society today that not only condones but also glorifies adultery. Misguided sociologists, psychologists, journalists and others are appearing on television talk shows to justify adultery and fornication as "alternate life styles." "Consenting adults" have become the new untouchables. Television talk show hosts and others have taken over as the new "experts" on marriage and sex. Some of them are even telling us that an affair outside marriage is good for the marriage, especially if the other partner does not know about it. Lawyers have come to the concept of the "no fault" divorce so that adultery is fast disappearing even as a legal entity. One of the arguments used to promote the new life style is that we are being liberated from our puritanical background. Let me say clearly that the rules against adultery, fornication and other types of immorality were not devised by the Puritans. It was God - not the Puritans - Who said, "Thou shalt not commit adultery." And He was speaking

about all forms of immoral and ungodly sexual living. Ann Landers tells of receiving a letter from a parent. The letter said, "Our son, Bill, wrote that he and his girl were coming home for the weekend. He asked if we would allow him and his girl to occupy his room at home since they were "living together." The letter continues, "My husband and I were stunned at Bill's request, but we tried not to show it. We told him we'd talk it over and let him know. "We met Bill and the girl at the airport and brought them home. We had invited the next-door neighbors (I'll call them Ted and Alice) to dinner, and the six of us got along well. After dinner my husband took Bill aside and said, 'I'll see you in the morning. I'm going next door to sleep with Alice. Ted is sleeping here with your mother.' "Bill said, 'I beg your pardon, will you repeat that?' My husband repeated the statement. Bill grabbed him and said, 'Dad, you don't mean it. Why that's terrible - you can't do such a thing right in our own house . . .' My husband asked in all innocence, 'Why not - it's the way the world is going isn't it?' Bill replied, 'But you and mom are decent, respectable people. That stuff isn't for you!' "My husband countered with, 'You're a decent person, aren't you? Why is it OK for you. . .' Bill cut in, 'I get the point, dad - Jane stays at Aunt Ruth's tonight." Whatever happened to those old-fashioned virtues of chastity, marriage as a sacrament blessed by God, faithfulness, commitment, "in sickness and in health . . . till death do us part"- values for which couples were willing to give their lives?

God gave more than just the commandment "Thou shalt not commit adultery;" He gave also His only Son that whoever believes in Him might not perish but have life everlasting." The Son was sent "not to condemn the world but that the world might be saved through Him." When brought face-to-face with an adulteress one day, Jesus did not condemn her, because He would be condemned for her. He would suffer the penalty of her sin on the cross. He was the only one in that crowd Who was without sin and had the right to cast a stone at her, but He did not. He knew that she had already condemned herself. What she needed was not more condemnation but forgiveness. So He said to her, "Neither do I condemn you. Go and sin no more" (John 8:11).

Those who bear the heavy weight of guilt can find the same forgiveness, the same deliverance and the same new life in Jesus. No one is beyond His love. No one is beyond His power. God never gives up on us. He is ever waiting to offer us that new life. Amen.

Source: SSBulletin 2013 01 27

Saints Athanasios and Cyril, Patriarchs of Alexandria

In the half-century after the First Ecumenical Council held in Nicea in 325, if there was one man whom the Arians feared and hated more intensely than any other, as being able to lay bare the whole error of their teaching, and to marshal, even from exile or hiding, the beleaguered forces of the Orthodox, it was Saint Athanasios the Great. This blazing lamp of Orthodoxy, which imperial power and heretics' plots could not quench when he shone upon the lampstand, nor find when he was hid by the people and monks of Egypt, was born in Alexandria about the year 296. He received an excellent training in Greek letters and especially in the sacred Scriptures, of which he shows an exceptional knowledge in his writings. Even as a young man he had a remarkable depth of theological understanding; he was only about twenty years old when he wrote his treatise "On the Incarnation." Saint Alexander, the Archbishop of Alexandria, brought him up in piety, ordained him his deacon, and after deposing Arius for his blasphemy against the Divinity of the Son of God, took Athanasios to the First Council in Nicea in 325. Saint Athanasios was to spend the remainder of his life laboring in defense of this Holy Council. In 326, before his death, Alexander appointed Athanasios his successor.

In 325, Arius had been condemned by the Council of Nicea; yet through his hypocritical confession of Orthodox belief, Saint Constantine the Great was persuaded by Arius's supporters that he should be received back into the communion of the Church. But Athanasios, knowing well the perverseness of his mind, and the disease of heresy lurking in his heart, refused communion with Arius. The heresiarch's followers then began

framing false charges against Athanasios. Finally Saint Constantine the Great, misled by grave charges of the Saint's misconduct (which were completely false), had him exiled to Tiberius (Treves) in Gaul in 336. When Saint Constantine was succeeded by his three sons Constantine II, Constans, and Constantius, in 337, Saint Athanasios returned to Alexandria in triumph. But his enemies found an ally in Constantius, Emperor of the East, and he spent a second exile in Rome. It was ended when Constans prevailed with threats upon his brother Constantius to restore Athanasios (see also Nov. 6). For ten years Saint Athanasios strengthened Orthodoxy throughout Egypt, visiting the whole country and encouraging all: clergy, monastics, and lay folk, being loved by all as a father. After Constans's death in 350, Constantius became sole Emperor, and Athanasios was again in danger. On the evening of February 8, 356, General Syrianus with more than five thousand soldiers surrounded the church in which Athanasios was serving, and broke open the doors. Athanasios's clergy begged him to leave, but the good shepherd commanded that all the flock should withdraw first; and only when he was assured of their safety, he also, protected by divine grace, passed through the midst of the soldiers and disappeared into the deserts of Egypt, where for some six years he eluded the soldiers and spies sent after him.

When Julian the Apostate succeeded Constantius in 361, Athanasios returned again, but only for a few months. Because Athanasios had converted many pagans, and the priests of the idols in Egypt wrote to Julian that if Athanasios remained, idolatry would perish in Egypt, the heathen Emperor ordered not Athanasios's exile, but his death. Athanasios took a ship up the Nile. When he learned that his imperial pursuers were following him, he had his men turn back, and as his boat passed that of his pursuers, they asked him if he had seen Athanasios. "He is not far," he answered. After returning to Alexandria for a while, he fled again to the Thebaid until Julian's death in 363. Saint Athanasios suffered his fifth and last exile under Valens in 365, which only lasted four months because Valens, fearing a sedition among the Egyptians for their beloved Archbishop, revoked his edict in February, 366.

The great Athanasios passed the remaining seven years of his life in peace. Of his fifty-seven years as Patriarch, he had spent some seventeen in exiles. Shining from the height of his throne like a radiant evening star, and enlightening the Orthodox with the brilliance of his words for yet a little while, this much-suffering champion inclined toward the sunset of his life, and in the year 373 took his rest from his lengthy sufferings, but not before another luminary of the truth -- Basil the Great -- had risen in the East, being consecrated Archbishop of Caesarea in 370. Besides all of his other achievements, Saint Athanasios wrote the life of Saint Anthony the Great, with whom he spent time in his youth; ordained Saint Frumentius first Bishop of Ethiopia; and in his Paschal Encyclical for the year 367 set forth the books of the Old and New Testaments accepted by the Church as canonical. Saint Gregory the Theologian, in his "Oration On the Great Athanasios", said that he was "Angelic in appearance, more angelic in mind; ... rebuking with the tenderness of a father, praising with the dignity of a ruler ... Everything was harmonious, as an air upon a single lyre, and in the same key; his life, his teaching, his struggles, his dangers, his return, and his conduct after his return ... he treated so mildly and gently those who had injured him, that even they themselves, if I may say so, did not find his restoration distasteful."

Saint Cyril was also from Alexandria, born about the year 376. He was the nephew of Theophilus, Patriarch of Alexandria, who also instructed the Saint in his youth. Having first spent much time with the monks in Nitria, he later became the successor to his uncle's throne in 412. In 429, when Cyril heard tidings of the teachings of the new Patriarch of Constantinople, Nestorius, he began attempting through private letters to bring Nestorius to renounce his heretical teaching about the Incarnation. When the heresiarch did not repent, Saint Cyril, together with Pope Celestine of Rome, led the Orthodox opposition to his error. Saint Cyril presided over the Third Ecumenical Council of the 200 Holy Fathers in the year 431, who gathered in Ephesus under Saint Theodosius the Younger. At this Council, by his most wise words, he put to shame and convicted the impious doctrine of Nestorius, who, although he was in town, refused to appear before Cyril. Saint Cyril, besides overthrowing the error of Nestorius, has left to the Church full commentaries on the Gospels of Luke and John. Having shepherded the Church of Christ for thirty-two years, he reposed in 444.

Source: <https://www.goarch.org/chapel/saints?contentid=391>

A Word of Inspiration from the Louhs – Father Nicholas and Dr. Roxanne

Despite our best intentions, when we feel up against something that is threatening to us, it's easy to find ourselves getting emotionally and spiritually locked into harmful habits, reactions, and attitudes that hold us back from fulfilling God's greater purpose for our lives. Even though most of the time our difficulties are actually opportunities to renew our faith, draw nearer to God, and live more closely in His image, most of us find ourselves lacking the emotional and spiritual resources to navigate these moments well.

Simply put, it's not easy to honor God through our actions and reactions, especially when life presents opportunities not to, in the midst of temptation. Though we are all still learning how to do this, in Galatians 5 (5:13-26), we are called to "walk by the spirit, so that we do not gratify the desires of the flesh, which are contrary to the spirit and in constant conflict with each other." This is our battle, to not allow strong feelings and impulses, compromise our spirit. And in this battle, we are instructed in Ephesians to choose to "Live as children of light." (Ephesians 5:8-10) and to "Follow God's example." It is a choice to strive to be an imitator of God, to walk in love and to separate from darkness, and to do so, requires we seek much self-awareness. We must do our part to reflect on our thoughts, our heart and our choices, and see if we are working through a lens of what God commands. "Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?" (2 Corinthians 13:5). Let us all strive to follow Paul's encouragement, and test ourselves, examining our hearts, so that we can see if we are truly living the life of the faith. Source: thelouhs.com – 2021 01 28

ANNOUNCEMENTS

- 1. Please plan to attend the Parish AGM today Sunday January 31, 2021 after Divine Liturgy either in person or via Zoom as per Parish Office info.**

Join Zoom Meeting

<https://us02web.zoom.us/j/81069412357>

Meeting ID: 810 6941 2357

Phone in – 1-204-272-7920 – Meeting Code - 810 6941 2357

- 2. PLEASE CONTINUE TO SIGN-UP FOR ATTENDING SERVICES BY CALLING the Church Office or President Mark or Father Volodymyr.**
- 3. If you wish your home blessed please make arrangements with Father Volodymyr (306-581-5600).**
- 4. If you have Parish administrative related questions please feel free to contact Ivanna Torbyn, our newly appointed Parish Office Administrative Assistant at - Email: uocreginaoffice@gmail.com; Phone: (306) 757-0445; Office hours: Mondays and Fridays, 9:00am to 1:00pm.**
- 5. If you are unable to attend church in person then please follow our services on Youtube – search for Descent of Spirit Ukrainian Orthodox Church Regina on Youtube and select the word SUBSCRIBE or open Facebook – and search - Regina Descent of the Holy Spirit Ukrainian Orthodox Church.**