

The Sunday Shepherd

Descent of the Holy Spirit
Ukrainian Orthodox Church (Sobor)
in Regina

1305 – 12th Ave,
Regina, SK S4P 4L6

Український Православний
Собор Зіслання Св. Духа в
Реджайні

And serving the congregations of St.
Michael's in Candiac and Selo Gardens
Chapel

Parish Bulletin the week of October 2, 2022

НЕДЛЯ 16-та. ПО П'ЯТИДЕСЯТНИЦІ. ГОЛОС 7-ий.
СВЯТИХ МУЧЕНИКІВ ТРОФИМА, САВВАТІЯ ТА ДОРИМЕДОТА.
НЕДЛЯ ПІСЛЯ ВОЗДВИЖЕННЯ ЧЕСНОГО І ЖИВОТВОРЯЩОГО
ХРЕСТА.

16-th. SUNDAY AFTER PENTECOST. TONE – 7.
HOLY MARTYRS TROPHIMUS, SABBATIUS AND DORYMEDON.
SUNDAY AFTER THE EXALTATION OF THE HOLY CROSS



**ВІТАЄМО ГОСТЕЙ НОВОПРИБУЛИХ З УКРАЇНИ ДО НАШОЇ
ГРОМАДИ ТА ДЯКУЄМО ВАМ ЩО ПРИЙШЛИ ПОМОЛИТИСЯ
РАЗОМ З НАМИ.**

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.

ЗАГАЛЬНА ІНФОРМАЦІЯ

Свята Літургія – що-неділі і по святах о год. 10:00 рано. Вечірня – що суботи о год 5:00 ввеч.

Сповідь: Ісповідувати свої гріхи можна в Таїнстві Покаяння кожної неділі, чи свята перед Літургією (від 8:30 до 9:30 рано), або перед чи після Вечірньої Служби напередодні неділі чи свята. А також в будь-який інший день за домовленістю із священником.

Святе Причастя: Причащатись Святих Таїнств Христових за Літургією потрібно як найчастіше, попередньо ісповідувавши свої гріхи в Таїнстві Покаяння і належно приготувившись до Причастя через виконання Молитовного Правила. За додатковими поясненнями, будь-ласка, звертайтеся до настоятеля в будь-який час.

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.

Церковні Треби: Ви завжди можете замовити Треби: Молебні, Панахиди, Освячення, Хрещення, Вінчання, Похорон тощо, попередньо домовившись із священником про час і місце. Якщо вам потрібна додаткова інформація відносно Церковних Треб і їх призначення, звертайтеся до настоятеля за поясненнями.

GENERAL INFORMATION

The Divine Liturgy is served on Sundays and Feast Days at 10:00 am. Vespers is served at 5:00 pm on Saturdays.

Confession: You may always confess your sins in the Holy Mystery of Repentance before Liturgy on Sundays or Feast Days (between 8:30 - 9:30 AM), as well as before or after Vespers. You may also arrange to confess your sins on any other day by appointment with the parish priest.

Holy Communion: Orthodox Christians are encouraged to receive Holy Communion as often as possible, after having prepared themselves by fulfilling the prayer rule, fasting, and confession. For additional information about receiving Communion ask our parish priest. According to our pious Orthodox tradition we approach for the Holy Mysteries regularly and often, for healing of our spiritual and physical illnesses.

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.

Special Services: In time of special needs you can always request special services, such as: Service of Thanksgiving; Requiem/Panahyda for the departed; Blessings; Baptism; Wedding; Funeral; and other services by appointment with your parish priest. For additional information regarding Special Church Services and what they are for, please contact Father Volodymyr our parish priest.

Always Give Thanks To God

“The mark of a soul that loves wisdom always gives thanks to God. If you have suffered evil, give thanks and it is changed to good. He has not sinned who suffered the evil but he who has done the evil. Give thanks even in disease, lack of possessions, or false accusations. It is not we who are injured but those who are the authors of them”

– St. John Chrysostom

The 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, ill or who need the Lord's special care: *Individuals will be kept on the prayer list for one month.*

Evelyn 10-4

Doug 10-4

Brent 10-4

William 10-4

Thomas 10-4

Ksenia 10-4

Donna 10-4

Hania 10-4

Sharon 10-4

Diana Ov10-4

Bill D 10-4

Edward 10-4

Michael M 10-4

Marge 10-4

Fr. Oleh 10-4

Jean T 10-4

FrNicholas

Steve 10-4

Ivan 10-4

Luba 10-4

Steve 10-4

BillW10-4

Wayne 10-4

Peter 10-4

Myron 10-4

Fr. Ihor 10-4

Sonia 10-4

Vera 10-4

And those in care homes or similar situations:

Doreen Kuyek

Ann Fellingner

Larry Trafananko

(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 (35,000 plus ????) who died in the conflict in Ukraine and we pray for the healing of the over 50,000 ??? 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 of our pastor and deacon.**
- **We pray that the Holy Spirit guide the recently 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 our Federal and Provincial leadership to make just and acceptable to God decisions.**
- **We pray that the Lord bless the President of Ukraine, the Cabinet, the deputies of Verchovna Rada and the Ukrainian military forces with protection, courage, wisdom and virtue in these wartime days.**
- **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 others.**
- **We thank the Lord for guiding our Sobor in the decisions that were made.**
- **As was announced in this Bulletin in June, Archbishop Job (Getcha) was elected as UOCC's Metropolitan during Sobor XXIV. However, the Patriarchal Holy Synod of Constantinople has elected Bishop Ilarion as the Metropolitan of the UOCC. To date the Consistory Office has not issued a clarificatory statement on the issue. We pray that the Lord provide wisdom to our UOCC leadership and membership in bringing closure to the process of selecting and enthroning of our Metropolitan.**
- **We pray that the Lord guide the bishops, newly elected Chair of the Presidium Father Baxter and members of the Consistory in dealing with the challenges our Church faces.**
- **We pray that the Lord changes the hearts of the Russian leadership and stops them from escalating violence and and destruction of Ukrainian cities and that he protect the Ukrainian people from Russian imperial violence and destruction in the coming days and weeks.**
- **Lord accept our repentance and save your people in Ukraine. Accept those killed violently into your Kingdom and be with those who must live with the loss of their dear ones.**

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 НА ГОЛОС 1

Спаси, Господи, людей Твоїх і благослови насліддя Твоє, перемогу православним на супротивників подай і Хрестом Твоїм охороняй нас, оселю Твою.

ТРОПАР СВЯТИХ НА ГОЛОС 8

У Трійці славимий Бог трійцю мучеників прославив, Трофима, Савватія і Дорімедонта, тому що вірою ворога здолали. Їх молитвами, Христе Боже наш, помилуй нас.

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 СВЯТИХ НА ГОЛОС 8

Як страдників основу і благочестя укрілення, Церква шанує і прославляє твоє світлосяйне страждання в піснях прославлених, блаженний страднику, добромудрий славний Трофиме, із тими, що страждали з тобою, і очищення тим, що тебе оспівують, випроси, тому що ти непереможний.

І НИНИ і повсякчас і на віки вічні, Амінь.

КОНДАК НА ГОЛОС 4

Ти, що вознісся на Хрест з волі Своєї, Христе Боже, даруй милосердя Твої новій оселі, що носить Ім'я Твоє. Звесели силою Твоюю православних християн, подаючи їм перемогу над супротивниками зброєю миру, непоборним знаменем перемоги.

ПРОКІМЕН НА ГОЛОС 7

Вознесіте Господа, Бога нашого і поклоняйтеся підніжжям ніг Його, бо святе воно.

Господь воцарився, нехай гніваються люди.

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 IN TONE 1

O Lord, save Your People and bless Your inheritance! Grant victory to Orthodox Christians over their adversaries, and by Your Cross preserve Your Commonwealth.

TROPAR OF SAINTS IN TONE 8

God Who is praised in Trinity has glorified a trinity of martyrs: Trophimus, Sabbatius and Dorymedon. For, believing in Him, they have thrown down the enemy. By their entreaties O Christ our God have mercy on us.

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 SAINTS IN TONE 8

As the foundation of athletes and confirmation of piety the Church does honour and glorify your luminous suffering, O right wise and glorious Trophimus, ever-praised and blessed athlete. With those who suffered with you ask cleansing for those who hymn you, for you are invincible. **NOW AND FOREVER and to the ages of ages. Amen.**

KONDAK IN TONE 4

O Christ God, Who was voluntarily raised up on the Cross, be compassionate to the new commonwealth which bears Your name. Gladden all Orthodox Christians by Your power, granting them victory over enemies, bestowing on them the invincible trophy, Your weapon of peace.

PROKIMEN TONE 7

Exult the Lord our God and worship the footstool of His feet for it is Holy.

The Lord reigns, let the people rage.

АПОСТОЛ – EPISTLE

2 до коринтян 6:1-10

Ukrainian Bible (UKR)

6 А ми, як співробітники, благаємо, щоб ви Божої благодаті не брали надармо.

2 Бо каже: Приємного часу почув Я тебе, і поміг Я тобі в день спасіння! Ось тепер час приємний, ось тепер день спасіння!

3 Ні в чому ніякого спотикання не робимо, щоб служіння було бездоганне,

4 а в усьому себе виявляємо, як служителів Божих, у великім терпінні, у скорботах, у бідах, у тіснотах,

5 у вдачах, у в'язницях, у розрухах, у працях, у недосипаннях, у постах,

6 у чистості, у розумі, у лагідності, у доброті, у Дусі Святій, у нелицемірній любові,

7 у слові істини, у силі Божій, зо зброєю правди в правиці й лівиці,

8 через славу й безчестя, через ганьбу й хвалу, як обманці, але ми правдиві;

9 як незнані, та познані, як умираючі, та ось ми живі; як карані, та не забиті;

10 як сумні, але завжди веселі; як убогі, але багатьох ми збагачуємо; як ті, що нічого не мають, але всім володіємо.

До галатів 2:16-20

Ukrainian Bible (UKR)

16 А коли ми дізнались, що людина не може бути виправдана ділами Закону, але тільки вірою в Христа Ісуса, то ми ввірували в Христа Ісуса, щоб нам виправдатися вірою в Христа, а не ділами Закону. Бо жадна людина ділами Закону не буде виправдана!

17 Коли ж, шукаючи виправдання в Христі, ми й самі показалися грішниками, то хіба Христос слуга гріху? Зовсім ні!

18 Бо коли я буду знов те, що був зруйнував, то самого себе роблю злочинцем.

19 Бо Законом я вмер для Закону, щоб жити для Бога. Я розп'ятий з Христом.

20 І живу вже не я, а Христос проживає в мені. А що я живу в тілі тепер, живу вірою в Божого Сина, що мене полюбив, і видав за мене Самого Себе.

2 Corinthians 6:1-10

New Revised Standard Version (NRSV)

6 As we work together with him, we urge you also not to accept the grace of God in vain. **2** For he says,

“At an acceptable time I have listened to you,
and on a day of salvation I have helped you.”

See, now is the acceptable time; see, now is the day of salvation! **3** We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, **4** but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, **5** beatings, imprisonments, riots, labors, sleepless nights, hunger; **6** by purity, knowledge, patience, kindness, holiness of spirit, genuine love, **7** truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; **8** in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; **9** as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; **10** as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

Galatians 2:16-20

New King James Version

16 knowing that a man is not [a]justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified.

17 “But if, while we seek to be justified by Christ, we ourselves also are found sinners, is Christ therefore a minister of sin? Certainly not! 18 For if I build again those things which I destroyed, I make myself a transgressor. 19 For I through the law died to the law that I might live to God. 20 I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

АЛИЛУЯ НА ГОЛОС 1

Згадай громаду Твою, яку придбав Ти спочатку. Алилуя.

Бог Цар наш споконвіку, учинив спасіння посеред землі. Алилуя.”

ALLELUIA IN TONE 1

Remember Your congregation, which You have purchased from the Beginning. Alleluia.

God is our King from before the ages, He has wrought salvation in the midst of the earth.

ЄВАНГЕЛІЯ – GOSPEL

Від Матвія 25:14-30

Ukrainian Bible (UKR)

14 Так само ж один чоловік, як відходив, покликав своїх рабів і передав їм добро своє.

15 І одному він дав п'ять талантів, а другому два, а тому один, кожному за спроможністю його. І відійшов.

16 А той, що взяв п'ять талантів, негайно пішов і орудував ними, і набув він п'ять інших талантів.

17 Так само ж і той, що взяв два і він ще два інших набув.

18 А той, що одного взяв, пішов та й закопав його в землю, і сховав срібло пана свого.

19 По довгому ж часі вернувся пан тих рабів, та й від них зажадав обрахунку.

20 І прийшов той, що взяв п'ять талантів, приніс іще п'ять талантів і сказав: Пане мій, п'ять талантів мені передав ти, ось я здобув інші п'ять талантів.

21 Сказав же йому його пан: Гарзд, рабе добрий і вірний! Ти в малому був вірний, над великим поставлю тебе, увійди до радощів пана свого!

22 Підійшов же й той, що взяв два таланти, і сказав: Два таланти мені передав ти, ось іще два таланти здобув я.

23 казав йому пан його: Гарзд, рабе добрий і вірний! Ти в малому був вірний, над великим поставлю тебе, увійди до радощів пана свого!

24 Підійшов же і той, що одного таланта взяв, і сказав: Я знав тебе, пане, що тверда ти людина, ти жнеш, де не сів, і збираєш, де не розсипав.

25 І я побоявся, пішов і таланта твого сховав у землю. Ото маєш своє...

26 І відповів його пан і сказав йому: Рабе лукавий і лінивий! Ти знав, що я жну, де не сів, і збираю, де не розсипав?

27 Тож тобі було треба віддати гроші мої грошомінам, і, вернувшись, я взяв би з прибутком своє.

28 Візьміть же від нього таланта, і віддайте тому, що десять талантів він має.

29 Бо кожному, хто має, дасться йому та й додасться, хто ж не має, забереться від нього й те, що він має.

30 А раба непотрібного вкиньте до зовнішньої темряви, буде плач там і скрегіт зубів!

Від Марка 8:34-9:1

Ukrainian Bible

34 І Він покликав народ із Своїми учнями, та й промовив до них: Коли хоче хто йти вслід за Мною, хай зречеться самого себе, і хай візьме свого хреста та й за Мною йде!

35 Бо хто хоче душу свою зберегти, той погубить її, а хто згубить душу свою ради Мене та Євангелії, той її збереже.

36 Яка ж користь людині, що здобуде увесь світ, але душу свою занепасть?

37 Або що назамін дасть людина за душу свою?

38 Бо хто буде Мене та Моєї науки соромитися в роді цім перелюбнім та грішнім, того посоромиться також Син Людський, як прийде у славі Свого Отця з Анголами святими.

9 І сказав Він до них: Поправді кажу вам, що деякі з тут-о приявних не скуштують смерти, аж поки не бачитимуть Царства Божого, що прийшло воно в силі.

Matthew 25:14-30

New Revised Standard Version (NRSV)

14 "For it is as if a man, going on a journey, summoned his slaves and entrusted his property to them; 15 to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. 16 The one who had received the five talents went off at once and traded with them, and made five more talents. 17 In the same way, the one who had the two talents made two more talents. 18 But the one who had received the one talent went off and dug a hole in the ground and hid his master's money. 19 After a long time the master of those slaves came and settled accounts with them. 20 Then the one who had received the five talents came forward, bringing five more talents, saying, 'Master, you handed over to me five talents; see, I have made five more talents.' 21 His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.' 22 And the one with the two talents also came forward, saying, 'Master, you handed over to me two talents; see, I have made two more talents.' 23 His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.' 24 Then the one who had received the one talent also came forward, saying, 'Master, I knew that you were a harsh man, reaping where you did not sow, and gathering where you did not scatter seed; 25 so I was afraid, and I went and hid your talent in the ground. Here you have what is yours.' 26 But his master replied, 'You wicked and lazy slave! You knew, did you, that I reap where I did not sow, and gather where I did not scatter? 27 Then you ought to have invested my money with the bankers, and on my return I would have received what was my own with interest. 28 So take the talent from him, and give it to the one with the ten talents. 29 For to all those who have, more will be given, and they will have an abundance; but from those who have nothing, even what they have will be taken away. 30 As for this worthless slave, throw him into the outer darkness, where there will be weeping and gnashing of teeth.'

Mark 8:34-9:1

New King James Version

Take Up the Cross and Follow Him

34 When He had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. 35 For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. 36 For what will it profit a man if he gains the whole world, and loses his own soul? 37 Or what will a man give in exchange for his soul? 38 For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels."

9 And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God [a]present with power."

ЗАДОСТОЙНИК

Величай, душе моя, пречесний Хрест Господній.

Ірмос, голос 8. Таємничий рай Ти, Богородице, що незорана виростила Христа. Він на землі насадив хресне життєносне Древо. Тим то нині, як підносимо Його, вклоняємось Йому, і Тебе величаємо

INSTEAD OF “IT IS TRULY WORTHY.....”

Magnify, O my Soul, the Most Precious Cross of the Lord.

Ірмо’s Tone 8. You are a Mystical Paradise, O Theotokos, who, untilled, has brought forth Christ. Through Him the Life Bearing Wood of the Cross was planted on the earth. At its exaltation on this day, we worship Him and we magnify You.

ПРИЧАСНИЙ.

Хваліть Господа з небес, хваліть його в небі. Алилуя.

Позначилося на нас світло лица Твого, Господи. Алилуя.

COMMUNION VERSE

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

The Light of Your countenance, O Lord, has been signed upon us. Alleluia.”

The Holy Martyrs Trophimus, Sabbatius and Dorymedon suffered for Christ during the reign of the Roman emperor Probus (276-282). A pagan festival was being celebrated in the city of Antioch. Sacrificial offerings were brought, the wine was poured, and vile acts were performed. The Christians Trophimus and Sabbatius arrived in the city just as the festival was taking place, and were saddened by this loud and indecent spectacle. They prayed that the Lord would guide the errant on the way of salvation. As they said this, the idolaters noticed their presence. Seeing that the strangers did not worship the idols, they arrested them and took them to the governor.

At their interrogation, the saints firmly confessed their faith. When they were told to renounce Christ, they resolutely refused to do so. Saint Sabbatius died under the fierce torment. Saint Trophimus was sent to the city of Synnada in Phrygia for even more terrible tortures.

For three days Saint Trophimus walked shod in iron sandals with sharp nails, driven on by a cavalry guard. The governor of Frigius, Dionysius, infamous as a torturer and executioner, used all manner of tortures to break the will of the brave Christian. Saint Trophimus merely repeated the words of Scripture: “many afflictions has the righteous one, but from them all will the Lord deliver him” (Ps 33/34:20).

The senator Dorymedon, a secret Christian, visited Saint Trophimus in prison, washing and binding his wounds. When the pagans learned that the senator would not participate in the festival of Castor and Pollux, they asked the reason for his refusal. He said that he was a Christian, and would not attend a festival in honor of the demons. He and Saint Trophimus were thrown to the wild beasts to be eaten by them, but the martyrs remained unharmed. Then they were beheaded with the sword. Source:

<https://www.oca.org/saints/lives/2019/09/19/102664-martyrs-trophimus-sabbatius-and-dorymedon-of-synnada>

GEMS FROM OTHER PARISH BULLETINS – St. John's UOC - Oshawa

THE DUTIES OF CHURCH MEMBERS TO THE CHURCH

2. Attend Church

Every Orthodox Christian is duty-bound to join at specified times in the public worship of God, especially on the Lord's Day (Sunday). We attend the celebration of the Liturgy to give to Almighty God the adoration, praise, and thanksgiving which is His due. Some people who do not "feel the need" of the religious help that can come to them through the Church services, conclude that it is right for them to stay away, excusing their absence from public worship on the grounds that they "get nothing out of it." But worship is a giving of ourselves to God, rather than a getting something from Him; it is a sacred duty, not merely something that we do to fulfill our own need. It is, of course, true that we do secure real help from God when first we have drawn near to Him; but the honoring of God is the primary thing, our own satisfaction secondary. For Orthodox Catholic Christians, worship is only complete when we join ourselves with the sacramental offering of Our Lord in the celebration of the Holy Eucharist. Our motto ought to be, "The Lord's own service, on the Lord's day."

The reason we usually care for anything is because it has something to do with someone we love. We do not have to be told to do it. We just do it. Those who love God go to church to worship him. The Divine Liturgy is the one really thrilling thing in all the world and sea and sky. It is the one undimmed truth and the one unfading splendour on earth and in Heaven. It is the one symphony that is celestial. It is the one drama that is divine. It is the one great, gleaming, golden arch that spans from earth to Heaven. The pontiff who built this Bridge is God. And over it walk men and angels.

The truth that the Liturgy contains is simply astounding. The act which expresses that truth is *astoundingly* simple. It is astounding because it announces that God came to earth and was Incarnate by the Holy Spirit of the Virgin Mary, and dwelt among us, and suffered and died for our sins, and rose from the dead to restore to us everlasting life, and ascended into Heaven to prepare a place for us. But the supremely astounding climax in the Liturgy is the moment when God Who did all this appears in person, sacramentally veiled, and offers Himself as Nourishment for our souls.

The Liturgy is astoundingly simple. So simple that it shows forth in one act things which if they should be written every one, even the world itself could not contain the books that should be written. So simple that old men and children, young men and maidens, virgins and matrons, the learned and the unlearned, may hear each in their own language of their own hearts, the wonderful works of God, and see with their own eyes the mighty thing which has come to pass.

When all the world is mixed and muddled and distracted, and willful and wanton and soiled, and mad and sad and wistful, the Liturgy is the massive miracle of truth and light and joy and hope and comfort and peace and sanity and stability, the one thing on earth that shall not pass away.

Besides going to church to honor God, we go in order to help ourselves. It is difficult to make one coal burn alone, but together with other coals it burns readily. Who can resist the spirit of Christmas? It gets into the very atmosphere. Even Scrooge capitulated. And so with the spirit of corporate worship. It has been said that ordinary people at all levels help each other to be a little more supernatural than each could have been alone. This is another way of saying what Christ said: "Where two or three are gathered together in my name, there am I in the midst of them."

We need to worship because life proves too much for us, or not enough. Sometimes life terrifies us and again it bores us. We need reinforcement in order to meet its tragic moments and we need zest to meet its monotonous ones. Whether life proves too much for us or too little, sooner or later we succumb to spiritual weariness. And then public worship is our salvation.

Life may have proved too much for us, imposed on us a task too great, a sorrow too deep, a defeat too crushing, a temptation too dangerous. Or life may not have proved enough, so that we find ourselves "filled with a weariness of all that is old and habitual," find "ambition's sails drooping," and come to a bitter doubt of the worth of all our efforts. In either case, public worship proves our spiritual self-preservation; it renews the spirit as sleep renews the body; it cleanses, sanctifies, and leads us along the road to salvation. Whether

it be the "too-bigness" of life or its "too-littleness" that distresses us, church worship brings us the experience of God which lifts us out of our burdened lives or out of our bored ones. "Even the youths shall faint and be weary, and the young men shall utterly fall: but they that wait for the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; they shall walk, and not faint."

There is more to being a Christian than going to church, but if you unnecessarily stop going to church, your interest in the Church will very probably die. You will in all likelihood become dead wood on the church roll, and it would be better had you not been Baptized and joined the Church at all. Recall your vow of allegiance to Christ at Baptism spoken by your sponsors, attend church worship resolutely, and strive to bring your life into conformance with what Christian worship implies. Every true Christian will, without fail, be present in church every Sunday and Holyday.

Attend the divine service of your church in worshipful attitude. Make your contribution to that corporate spirit a helpful one. Pray for the worship when you have entered . . . for yourself, your fellow worshippers, and those who minister. During the Liturgy give your whole attention to the divine drama being reenacted; pray with the priest as he prays; let the Liturgy be your prayer. Especially during the opening minutes of the Liturgy, take care to maintain an attitude of desire and expectation.

*From the Brochure "The Duties of Church Members to the Church"
Author and publication information unknown*

16-та Неділя по П'ятидесятниці: Ось тепер час приємний! Св. Ап. Павло каже нам у сьогоднішньому Апостолі (2 Коринтян 6:1-10):

«А ми, як співробітники, благаємо, щоб ви Божої благодаті не брали надармо... Ось тепер час приємний, ось тепер день спасіння!» Коментуючи цю цитату визначний шотландський біблійний науковець, Вільям Барклей писав: «Є таке – і це вічна трагедія – як нівечення благодаті... Так буває коли Бог дає людям усю Свою Благодать а вони далі йдуть своїм безглуздим шляхом і нівечать благодать, яка могла б їх перетворити, і Христа знову цим розпинають і знову розбивають Боже серце». (The Letters to the Corinthians, The Daily Study Bible; Единбург, 1971, ст. 236). Ми не живемо ні в минулому ні в майбутньому. Ми живемо тут – тепер. Важливо для духовного життя користати з сучасної хвилини. Якщо є перед нами що-небудь добре для виконання – зробімо це сьогодні. Якщо є що-небудь гріховне в нашому житті, що ми чинили чи плануємо чинити – покаймося в цьому сьогодні. Хвилина не вічно триватиме. Настане час, коли добро, над яким задумувались – на завжди може бути назавжди недосяжним. Також може прийти час, коли наше серце настільки затвердне, що ми не схочемо каятися – що навіть думка про те, що треба каятися буде нам огидною. Це ми мусимо рішати: чи йтиме за нашим Господом Ісусом Христом чи ні? Не слід нам відкладати це рішення на якусь майбутню хвилину, коли матимемо більше вільного часу чи сильнішої волі йти за ним – може коли вже будемо старшими і не так схильними вдаватися перелітним втіхам. Ми мусимо рішити йти за Ним сьогодні - ТЕПЕР! Ми, можливо, вже рішали це в минулому – може й часто. Вирішаймо робити так знову - ТЕПЕР! Або, можливо, ми спотикалися чи провалилися у своєму рішенні в минулому: розпочнімо знову сьогодні - ТЕПЕР! Ось тепер приємний час. Ось тепер день спасіння. Ми не йдемо за Спасителем, тому що ми стали майже досконалыми, чи тому що ми такі добрі. Ми йдемо за Спасителем, тому що це ВІН Дорога і Правда і Життя (Івана 14:6). Наш Господь – Милостивий: Він прощає наші гріхи бо ж знає наші немочі. Це намагаючись їм за Ним, що ми стаємо добрими і вдосконалюємось. Не відмовляймо собі спокою, радості і дійсної втіхи присутності Господа в нашому щоденному житті. Господь, як Джерело справжньої свободи, не накидається на нас з вимогою підкоритися Йому. Так роблять люди і впалі духи, які прагнуть власті та панування. А Господь? Він стоїть при дверях нашого серця і стукає (Одкровення 3:20). Як бачите в цій Іконі, яка зображує цей вірш у Новому Завіті, двері ті не можна відкрити з-зовні. Це ми, почувши стукіт Ісус на дверях нашого серця, мусимо відчинити Йому, щоб впустити Його бути з нами. Не нехтуймо цей стукіт Господній. Не засмучуймо Духа Божого, Який неустанно діє, щоб привести нас до спасіння. Не відкидаймо цю чудову любов Господню. Послухаймо напіннення. Не розпинаймо Христа знову й знову, відмовляючи Йому доступу до нашого серця, нашого ума та нашого життя, в результаті чого, як образно пише Барклей ми знову розбиваємо «Боже серце». Приймаючи Його, як свого Владика, свого Вчителя, свого Провідника і свого Друга запевнює, що Господь перетворить наше минуле, наше сучасне й наше майбутнє на вічне Царство Боже. Люди 10

часто настоюють на тому, що минуле - не переробити. Є певна істина в цьому твердженню. Але коли ми йдемо до Бога, значення – напрямок – того минулого міняється. Вона перетворене з прологу до історії темряви й розпачу на пролог до історії повної світла та радості!

Sixteenth Sunday after Pentecost: Now is the time! St. Paul tells us in today's Epistle (2 Corinthians 6:1-10): *"We then, as workers together with Him also plead with you not to receive the grace of God in vain... Behold, now is the accepted time; behold, now is the day of salvation"*. Commenting on this passage, the renowned Scottish Biblical scholar, William Barclay, wrote: "There is such a thing – and it is eternity's tragedy – as the frustration of grace... It is when God gives men all His grace and they take their own foolish way and frustrate the grace which might have recreated them that once again Christ is crucified and the heart of God is broken." (The Letters to the Corinthians, The Daily Study Bible; Edinburgh, 1971, p. 236). We do not live in the past or in the future. We live here and now. It is important in spiritual life to take advantage of the present moment. If there is anything good before us to do – let us do it today. If there is something sinful in our lives that we have been doing or thinking of doing – let us repent of it today. The moment will not last forever. There will come a time when the good deed we were thinking of doing may be forever out of our reach. There may also come a time when our heart will be so hard that we will not want to repent – that the very thought of repentance will become loathsome to us.

It is up to us to decide: shall we follow our Lord: Jesus Christ, or not? We must not put off this decision for some future time when we will have more leisure or a stronger will to follow Him – perhaps when we are older and less inclined to indulge ourselves in fleeting pleasures. We must decide to follow Him today - NOW! We may have decided to do so in the past – perhaps numerous times. Let's decide again to do so again – NOW! Or we may have wavered or failed in our decision in the past: let's start all over again today – NOW! Now is the acceptable time. Now is the day of salvation. We do not follow the Saviour because we have become nearly perfect or because we are such good people. We follow the Saviour because He IS the Way, the Truth and the Life (John 14:6). Our Lord is merciful: He pardons our sins, for He knows our weakness. It is in the effort of following Him that we become good and are perfected. Let us not deny ourselves the peace, the joy and real pleasure of the Lord's company in our daily lives. The Lord, as the Source of true liberty, does not assault us with the demand that we submit to Him. That is the way of humans and fallen spirits lusting for power and domination. The Lord? He stands at the door of our hearts and knocks (Revelation 3:20). As you may see in this Icon which illustrates that verse of the New Testament, the door may not be opened from the outside. It is up to us, upon the door of whose hearts Jesus is knocking, to open it to Him and let Him in and be with us.

Let's not ignore this knock of the Lord. Let us not keep on grieving the Spirit of God, Who works unceasingly to bring us to salvation. Let's not reject this wonderful love of the Lord. Let's heed the admonition. Let's not crucify Christ over and over again by refusing Him access to our hearts, our minds and our lives, with the result that, as Barclay puts it in such a picturesque way, "the heart of God is broken". Our accepting Him as our Master, our Teacher, our Guide and our Friend assures us that the Lord will transform our past, our present and our future into the eternal Kingdom of God. People often insist that the past cannot be changed. There is obvious truth in that statement. But as we move towards God, the meaning – the direction – of that past changes. It changes from being the prologue to a story of darkness and despair into one that is full of light and joy!

« І все, що тільки чините, робіть від душі, немов Господеві, а не людям». \

Колосян 3:23

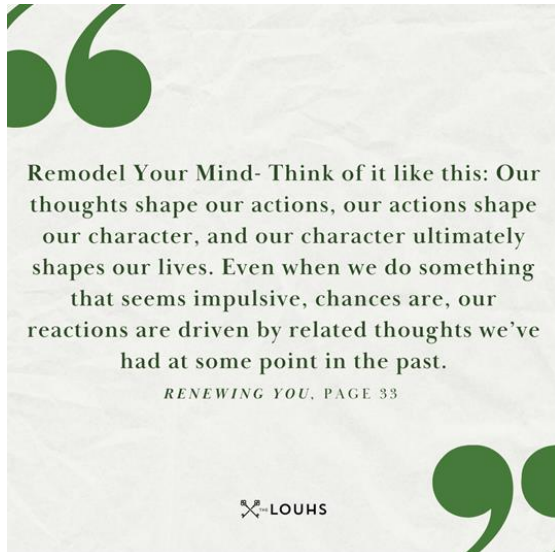
" Whatever you do, work at it with all your heart, as though you were working for the Lord not for men" Colossians 3:23

Молитва за Україну

Господи Боже наш, Ти Бог Єдиний на небесах і на землі, Ти володієш усіма царствами й народами. В руках Твоїх міцність і сила, й ніхто опиратися Тобі не може. Ти сидиш на херувимах і Тебе безперестанно оспівують серафими, тож що може проти Тебе людина? Приклони, Господи, вухо Твоє й почуй; споглянь очима Твоїми й побач злі наміри ворогів наших. Віримо, що Ти один Милостивий і Сильний, і можеш позбавити нас від рук їхніх. Ти зберіг раба Твого Давида від руки сильного, вкотре показавши, що сила Твоя в немочі звершується, і прийняв журбу серця Езекиї, подавши йому продовження років життя. Подай же мир і спокій боголюбивому народові нашому, й не віддай нам за гріхи наші. Бо пам'ятаємо слова Спасителя нашого, Єдинородного Сина Твого й Господа нашого Ісуса Христа: «Всі, хто взяв меч, від меча загинуть». Тож не на зброю нашу, а лише на Тебе надію покладаємо, силу Твою відаючи. Ти твориш чудеса, від Тебе перемога й поразка. Даруй Україні нашій мир глибокий і непорушний, від війни та нашествия супротивників оберігаючи, й усе благе на користь душевну й тілесну подаючи. Бо Ти є Бог милості, Цар миру й Спаситель душ наших, і тобі славу возсилаємо, Отцю, і Сину, і Святому Духу, нині й повсякчас, і на віки віків. Амінь.

Prayer for Ukraine

O Lord our God, You are the Only God in heaven and on earth, You have dominion over all kingdoms and nations. Strength and power are in Your hands, and no one can resist You. You rest upon the cherubim and the seraphim constantly praise You, so what can man do against you? Incline Your ear, O Lord, and hear; behold with Your eyes the evil intentions of our enemies. We believe that You alone are Merciful and Strong, and that You can deliver us from their hands. You saved Your servant David from the hand of the strong, showing, once again, that Your strength is in the weak, and accepted the sorrow of Hezekiah's heart, granting him more years of life. Give peace and tranquility to our God-loving people, and recompense us not for our sins. For we remember the words of our Savior, Your Only Begotten Son, and our Lord Jesus Christ: "All who take the sword, shall perish by the sword." Therefore, we do not rely on our weapons, but only on You, know Your power. You work miracles, from You comes victory and defeat. Grant our Ukraine a deep and inviolable peace, protecting her from war and invasion of enemies, and giving her all that is good for the benefit of soul and body. For You are the God of mercy, the King of Peace and the Savior of our souls, and we offer unto You glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto the ages of ages. Amen.



Father Nicholas and Dr. Roxanne Louh

The book of Proverbs states, "For as he thinks in his heart, so is he," (Proverbs 23:7). You see, we become what we allow ourselves to think. Whether we wallow in frustration and anger after we've made a mistake listening to a voice that condemns, rather than lifts up, or we are someone who tends to judge others, rather than taking in a more merciful and understanding perspective, our thoughts can often lead us to reactions we wish we didn't have. What can we do about it? We can strive daily to take notice of our mental habits. When we become aware of our "innermost Captors," we have the ability to change directions if needed, so that those internal captors don't lead us in directions that crowd out the work the Holy Spirit is striving to do within us. What are your internal captors? Are you

someone who worries about the same things over and over again in unproductive ways that cause you to lose the joy in the present? Are you someone who shies away from fulfilling your potential out of fear? When you make a mistake, do you normally talk to yourself in encouraging, helpful ways? or in blaming, condemning and hurtful ways? How about when someone unintentionally hurts you, are you quick to attack them in your mind assigning blame? Or are you quick to be merciful remembering your own shortcomings? Or, do you listen in humility and search for solutions that might help?

You see, hearing our thoughts, gives us the opportunity to tell the story before the story tells itself.

Remember, without our awareness, the devil can get a foothold so quickly in our minds that our hearts

change direction, especially in anger, so “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith...” 1 Peter 5:8. What are your internal captors? Journal your thoughts the next time you get upset. What do you hear?

ANNOUNCEMENTS

1. **THE FUNERAL AND BURIAL OF EMERITUS METROPOLITAN JOHN TOOK PLACE ON FRIDAY SEPTEMBER 22, 2022 FROM THE HOLY TRINITY CATHEDRAL IN SASKATOON.**

To view the above use the following link:

<https://www.facebook.com/HolyTrinityCathedralSaskatoon>

2. Request for Food Donations

Thank you to everyone that donated food for people in need in Regina. The food was picked up last Sunday by volunteers from the Guru Nanak Free Kitchen and distributed to the community. More donations are needed as people continue to struggle to make ends meet. Food donations can be brought to the church and left near the table at the front doors. Please note that food items must be vegetarian in nature as per the wishes of the Guru Nanak Free Kitchen.

3. Children's Poster Contest

As a new poster is needed to designate the collection point for donated food inside the entrance of our church, a poster contest is being held for the children of our parish. Eligibility requirements are as follows:

- Posters should measure 12” by 12” and be completely hand drawn (no tracing allowed).
- Posters must be brought to the church no later than September 11th.

Prizes will be awarded for first, second and third place.

4. **Note from Ivanna** - Starting the week of Aug. 28th, the church office hours will be changing to Tuesdays and Thursdays 10:00am – 2:00pm. If you need to contact the office (especially outside the office hours), feel free to call and leave a voice message, or simply write to uoreginaoffice@gmail.com, and we will get back to you as soon as possible. Thank you!
5. **REQUEST FOR VOLUNTEERS TO SERVE ON PARISH UKRAINE CRISIS COMMITTEE and for support from membership. We ask that all those willing to serve on the Ukraine Crisis Committee or as coordinators or members of the Task Groups please call or e-mail either Deacon Mark at 306-529-5635 or mapko@sasktel.net) or Yaroslav Lozowchuk at 306-693-1994 or ylozowchuk@gmail.com.**
6. **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.**
7. **Regina Ukrainian Preschool (Sadochok)** invites students who are interested in attending the 2022-2023 term. The preschool, which offers classes for 3 – 5-year-old children on 13

Wednesday and Friday. mornings from 9 a.m. to 11:30 am is located at 1106 McNiven Ave. (Selo Gardens). For further information contact Jenn at 306 551 5851 or Gwen at 306 584 0501.

Ukraine Crisis Committee has started developing plans for helping arriving Ukrainian refugees.

The Parish has approved setting up a special designated Ukrainian Refugee Fund. Members wishing to contribute are asked to specify on their donation cheques or envelopes – ‘For the Ukrainian Refugee Fund’. Expenditures from the Fund will be approved jointly by the Ukraine Crisis Committee and the Parish Council President and Treasurer.

In addition to appealing for donations for assisting the refugees we are asking our membership to help with the following:

- a) Temporary housing (2-3 months) – The Committee is trying to identify anyone that may have a basement suite or rooms that they are prepared to donate or rent at a special rate.
- b) Household goods (kitchen items, bed coverings) and furniture (beds, tables, chairs, sofas)

At this time the Committee is only preparing lists of the available items listed above. As actual needs are identified on arrival of concrete families, only then will the donations – arrangements be pursued. **If you can help with any of the above items, then please send an e-mail message to uoukrainecrisis@gmail.com or leave a message on (306) 757-0445.**

Finally, if you know of any Ukrainian Refugee Family needing assistance please inform the Committee either by sending an e-mail to the above address, leaving a message on the above telephone or contacting either Father Volodymyr or any member of the Parish Council.

INFORMATION ON THE REGINA UCC DISPLACED PERSONS DONATION-GIVE AWAY CENTRE

DAYS AND HOURS OF OPERATION:

DONATION DROP OFFS ONLY:

Wednesday evenings: 5:30 pm to 8:30 pm (until at capacity) Saturday afternoons: 1 pm to 4 pm (until at capacity) (Please see full post for updated requests, and what is currently accepted.)

SHOPPING FOR DISPLACED UKRAINIANS: Tuesdays 2 pm to 8 pm

Note: Shopping date is now separate from drop-off dates.

DONATIONS NEEDED - Looking for:

- Excellent condition Cutlery Sets (teaspoons, tablespoons, forks and butter knives)
- Excellent condition Medium-sized pots (good for making soup)
- Excellent condition smaller furniture - loveseats (not large couches), nightstands, dressers, dining room tables and chairs.

- Clean Mops and buckets
- Working appliances and vacuums only
- Newer electronics/TV's
- New beds / air mattresses
- bikes (kids and adults)

- Working irons and ironing boards
- Laundry baskets
- New toiletries / sanitary supplies / cleaning supplies
- New toasters

For now, full with the following, so

No clothing

No stuffed animals

No ladies shoes or boots

No water bottles

No Christmas decorations

No tupperware

Also,

No used toasters No old electronics (no tube TV's or VCR recorders or tapes) No used bedding or linens No used undergarments No expired car seats No broken or dirty items

Please check this page for updates on hours, what is needed, and what is full. **Thank you so much for your great efforts to help this critical situation. Your generosity is very appreciated!**

No stuffed animals

No large couches/hide-a-beds

No books

No mugs

AN IMPORTANT MESSAGE FOR YOU FROM THE SOBOR OFFICE:

Glory be to God!

We don't know what this fall will bring regarding COVID and other things that may come up. There have been numerous requests to visit a monastery and **so we have decided to organize a trip to St. Anthony's Greek Orthodox Monastery in Florence, Arizona from Tuesday Nov 8 – Friday Nov 11, 2022. Anyone wishing to go please see details attached and flight details below.**

The flight is \$375/person return plus shuttle from Phoenix to St. Anthony's Monastery (the cost will depend on how many people go) but may be approx. \$30.00/person. Flight details are below. Attached is the Pilgram's Guide that we will need to follow and a guide for confession if anyone wishes.

Departure Information Regina Phoenix Air Canada

Tue, Nov 8 Economy Class Operated by Air Canada Express / Jazz AC 8189 Canadair Regional Jet 900

6:40am YQR Regina, SK Regina Intl Airport 7:06a YVR Vancouver, BC Vancouver Intl Airport Flight Time 2h 26m

Layover 1st Stop 1h 44m

YVR to PHX Economy Class AC 1054 Airbus A320

8:50am YVR Vancouver, BC Vancouver Intl Airport

12:51pm PHX Phoenix, AZ Phoenix Sky Harbor Intl Airport Flight Time 3h 1m Trip Total 7h 11m

Return Information Phoenix to Regina Economy Class AC 1055 Airbus A320

Fri, Nov 11

1:45p PHX Phoenix, AZ Phoenix Sky Harbor Intl Airport

4:03p YVR Vancouver, BC Vancouver Intl Airport Flight Time 3h 18m

Layover 4h 17m YVR to YQR

Economy Class Operated by Air Canada Express / Jazz AC 8196 Canadair Regional Jet 900

8:20p YVR Vancouver, BC Vancouver Intl Airport

12:22a YQR Regina, SK Regina Intl Airport Flight Time 2h 2m Trip Total 9h 37m

Flights are booking up quickly at this price, otherwise they are over \$1000.00/person. If you wish to go please confirm by contacting Dobr. Diana by 306-529-9668 or by email mddumanski@sasktel.net

If you have any questions please call Fr. Volodymyr Feskiv 306-581-5600