

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

Соборний Бюлетень - Sobor Parish Bulletin

Вересня – September 8, 2024

11-та. НЕДЛЯ ПО ПЯТИДЕСЯТНИЦІ. ГОЛОС – 2-ий.
РІЗДВО ПРЕСВЯТОЇ ВЛАДИЧИЦІ БОГОРОДИЦІ І
ПРИСНОДІВИ МАРІЇ.

11-th. SUNDAY AFTER PENTECOST. TONE-2
THE BIRTH OF OUR MOST HOLY LADY THE THEOTOKOS AND
EVER VIRGIN MARY.



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

**WE WELCOME ALL VISITORS TO OUR PARISH AND THANK YOU FOR
JOINING US IN OUR PRAYERS TO GOD.**

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. в Соборі.

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 священиком.

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

Подавання Записок “За Здоров’я” і “За Упокой”: Ви завжди можете подати записки з іменами ваших родичів і помолитись за їх здоров’я і благополуччя чи за упокій померлих 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 священиком 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 am. Vespers is served at 5:00 pm on Saturdays at the Sobor.

Confession: You may always confess your sins in the Holy Mystery of Repentance before Liturgy on Sundays or Feast Days (between 8:30 - 9:00 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.

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 9-4

Doug 9-4

Donna 9-4

Diana O 9-4

Edward 9-4

Michael 9-4

Jean 9-4

Steve 9-4

Tony 9-4

Myron 9-4

Fr. Ihor 9-4

Matthew 9-4

Marge 9-4

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 (50,000 plus ????) who died in the conflict in Ukraine and we pray for the healing of the over 100,000 ??? maimed these past weeks and months.

• Let us also remember in prayer:

- **We pray that the Lord changes the hearts of the Russian leadership and stops them from escalating violence 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.**
- **Lord protect the people of Israel and Palestine from the horrors of war, accept those killed into your Kingdom and be with those who must live with the consequences of these horrors. Protect us and the world from the growing of this horror into a world war.**
- **Lord bless the people of Ukraine with peace in this third year of the war – forgive all for their trespasses and bring hope and joy into the life of the Ukrainian nation.**
- **Lord bring to repentance our Russian Orthodox brethren and free them from their evil captivity.**
- **Lord accept into your Kingdom the Ukrainian priests and pastors who were murdered by the occupying Russian forces during the time of this war and bless their families with your peace and the consolation of the Holy Spirit. Memory Eternal!**
- **Lord bring your peace to Ukraine.**
- **Lord protect all political and social-cultural leaders from physical violence and assassinations, protect us all from the spread of demonic violence throughout the world.**
- **Lord support-protect the people who lost their homes in the Alberta fires.**

FROM THE CHURCH FATHERS AND MOTHERS

“The psychological trials of dwellers in the last times will be equal to the physical trials of the martyrs. In order to face these trials, we must be living in a different world.” - Father Seraphim Rose

“Does a phobia or disappointment get a hold of you? Turn to Christ. Love him in simplicity, with humility, without demands and He will free you.” - St Porphyrios

ТРОПАР, ГОЛОС 2

Коли зійшов Ти до смерти, Життя безсмертне, тоді ад умертвив Ти саявом Божества. Коли ж і померлих із глибин підземних воскресив Ти, всі сили небесні взивали: “Життядавче, Христе Боже наш, слава Тобі.

ТРОПАР РІЗДВА НА ГОЛОС 4

Різдво Твоє, Богородице Діво, / радість засвітило вселенній! / з тебе бо засяяло Сонце правди¹, Христос Бог наш – і, знявши прокляття, Він дав благословення і знищивши смерть, дарував нам життя вічне.

СЛАВА Отцю і Сину і Святому Духові.

КОНДАК НЕДІЛЬНИЙ НА ГОЛОС 2

Воскрес єси із гробу, Всесильний Спасе, і пекло, побачивши чудо, злякалося, і мертві воскресли, а творіння ж, бачачи, радується разом з Тобою і Адам веселиться, і світ, Спасе мій, оспівує Тебе повсякчасно.

І НИНІ і повсякчас і на віки вічні, Амінь.

КОНДАК РІЗДВА НА ГОЛОС 4

Йоаким і Анна з неслави бездітності та Адам і Єва, від тління смерти, визволилися Пречиста, у святім Різдві Твоїм. Його святкують люди Твої, з провини гріховної визволившись, коли взивають до Тебе. Неплідна народжує Богородицю й кормительку життя нашого.

ПРОКИМЕН НА ГОЛОС 3

Величає душа моя Господа, і зрадів дух мій у Бозі, Спасі Моїм.

Бо згланувся на смирення раби Своєї, ось бо віднині ублажить мене всі роди.

ПРОКИМЕН НА ГОЛОС 6

Спаси, Господи, людей Твоїх і благослови насліддя Твоє.
До Тебе, Господи, взиваю, Боже мій, не мовчи переед мною.

TROPAR OF SUNDAY IN TONE 2

When You descended to death, O Life Immortal, You destroyed hades with the lightning of Your Divinity. And when from the depths You raised the dead, all the Powers of Heaven cried out: O Giver of Life, Christ our God, glory to You.

TROPAR OF NATIVITY IN TONE 4

Your Nativity, O Virgin, / has proclaimed joy to the whole universe! / The Sun of Righteousness,¹ Christ our God, / has shone from you, O Theotokos! / By annulling the curse, / He bestowed a blessing. / By destroying death, He has granted us eternal Life.

GLORY to the Father and the Son and the Holy Spirit

KONDAK OF SUNDAY IN TONE 2

You arose from the tomb Almighty Saviour, and Hades was terrified on beholding the wonder, and the dead arose and creation seeing this, rejoices with You, and Adam is joyful, and the world, O my Saviour, praises You forever.

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

KONDAK OF NATIVITY IN TONE 4

By your Nativity, O Most Pure Virgin, / Joachim and Anna are freed from barrenness; / Adam and Eve, from the corruption of death. / And we, your people, freed from the guilt of sin, celebrate and sing to you: / “The barren woman gives birth to the Theotokos, the nourisher of our life.”

PROKIMEN IN TONE 3

My soul magnifies the Lord and my spirit has rejoiced in God my Saviour.

For He has regarded the low estate of His handmaiden. For behold, henceforth all generations will call me blessed.

PROKIMEN IN TONE 6

O Lord, save your people, and bless your inheritance.

O Lord, You will I call. O my God, be not silent unto me.

АПОСТОЛ – EPISTLE

До галатів 6:11-18

Ukrainian Bible

¹¹ Погляньте, якими великими буквами я написав вам своєю рукою!

¹² Усі ті, хто бажає хвалитися тілом, змушують вас обрізуватись, щоб тільки вони не були переслідувані за хреста Христового. ¹³ Бо навіть і ті, хто обрізується, самі не зберігають Закона, а хочуть, щоб ви обрізувались, щоб хвалитися їм вашим тілом.

¹⁴ А щодо мене, то нехай нічим не хвалюся, хіба тільки хрестом Господа нашого Ісуса Христа, що ним розп'ятий світ для мене, а я для світу.

¹⁵ Бо сили немає ані обрізання, ані необрізання, а створіння нове.

¹⁶ А всі ті, хто піде за цим правилом, мир та милість на них, і на Ізраїля Божого!

¹⁷ Зрештою, хай ніхто не турбує мене, бо ношу я Ісусові рани на тілі своїм!...

¹⁸ Благодать Господа нашого Ісуса Христа нехай буде з духом вашим, браття! Амінь.

До филип'ян 2:5-11

Ukrainian Bible

⁵ Нехай у вас будуть ті самі думки, що й у Христі Ісусі!

⁶ Він, бувши в Божій подобі, не вважав за захват бути Богові рівним,

⁷ але Він умалив Самого Себе, прийнявши вигляд раба, ставши подібним до людини; і подобою ставши, як людина,

⁸ Він упокорив Себе, бувши слухняний аж до смерти, і то смерти хресної...

⁹ Тому й Бог повищив Його, та дав Йому Ім'я, що вище над кожне ім'я,

¹⁰ щоб перед Ісусовим Ім'ям вклонялося кожне коліно небесних, і земних, і підземних,

¹¹ і щоб кожен язик визнавав: Ісус Христос то Господь, на славу Бога Отця!

Galatians 6:11-18

King James Version

¹¹ Ye see how large a letter I have written unto you with mine own hand.

¹² As many as desire to make a fair shew in the flesh, they constrain you to be circumcised; only lest they should suffer persecution for the cross of Christ.

¹³ For neither they themselves who are circumcised keep the law; but desire to have you circumcised, that they may glory in your flesh.

¹⁴ But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world.

¹⁵ For in Christ Jesus neither circumcision availeth any thing, nor uncircumcision, but a new creature.

¹⁶ And as many as walk according to this rule, peace be on them, and mercy, and upon the Israel of God.

¹⁷ From henceforth let no man trouble me: for I bear in my body the marks of the Lord Jesus.

¹⁸ Brethren, the grace of our Lord Jesus Christ be with your spirit. Amen.

Philippians 2:5-11

New King James Version

⁵ Let this mind be in you which was also in Christ Jesus, ⁶ who, being in the form of God, did not consider it [a]robbery to be equal with God, ⁷ but [b]made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. ⁸ And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross. ⁹ Therefore God also has highly exalted Him and given Him the name which is above every name, ¹⁰ that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, ¹¹ and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

АЛИЛУЯ, ГОЛОС 2

Слухай дочко і споглянь, і прихили вухо твоє.

Найбагатші з народів будуть умовляти лице Твоє.

АЛИЛУЯ, ГОЛОС 1

Підніс Я вибраного з народу Мого.

Рука Моя помагатиме йому і рамя Моє укріпить його.

ALLELUIA IN TONE 2

Hearken , O daughter, and see, and incline your ear. Alleluia.

The rich among the people shall entreat your countenance.

ALLELUIA IN TONE 1

I have raised up one chosen out of My people.

For my hand shall defend him and My arm will strengthen him.

ЄВАНГЕЛІЯ – GOSPEL

Від Івана 3:13-17

Ukrainian Bible

¹³ І не сходив на небо ніхто, тільки Той, Хто з неба зійшов, Людський Син, що на небі.

¹⁴ І, як Мойсей підніс змія в пустині, так мусить піднесений бути й Син Людський,

¹⁵ щоб кожен, хто вірує в Нього, мав вічне життя.

¹⁶ Так бо Бог полюбив світ, що дав Сина Свого Однородженого, щоб кожен, хто вірує в Нього, не згинув, але мав життя вічне.

¹⁷ Бо Бог не послав Свого Сина на світ, щоб Він світ засудив, але щоб через Нього світ спасся.

Від Луки 10:38-42; 11:27-28

Ukrainian Bible

³⁸ І сталось, коли вони йшли, Він прийшов до одного села. Одна ж жінка, Марта їй на ім'я, прийняла Його в дім свій.

³⁹ Була ж в неї сестра, що звалась Марія; вона сіла в ногах у Ісуса, та й слухала слова Його.

⁴⁰ А Марта великою послугою клопоталась, а спинившись, сказала: Господи, чи байдуже Тобі, що на мене саму полишила служити сестра моя? Скажи ж їй, щоб мені допомогла.

⁴¹ Господь же промовив у відповідь їй: Марто, Марто, турбуєшся й журишся ти про багато чого,

⁴² а потрібне одне. Марія ж обрала найкращу частку, яка не відбереться від неї...

²⁷ І сталось, як Він це говорив, одна жінка з народу свій голос піднесла й сказала до Нього: Блаженна утроба, що носила Тебе, і груди, що Ти ссав їх!

²⁸ А Він відказав: Так. Блаженні ж і ті, хто слухає Божого Слова і його береже!

John 3:13-17

King James Version

¹³ And no man hath ascended up to heaven, but he that came down from heaven, even the Son of man which is in heaven.

¹⁴ And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:

¹⁵ That whosoever believeth in him should not perish, but have eternal life.

¹⁶ For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

¹⁷ For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

Luke 10:38-42; 11:27-28

New King James Version

³⁸ Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. ³⁹ And she had a sister called Mary, who also sat at [a]Jesus' feet and heard His word. ⁴⁰ But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me."

⁴¹ And [b]Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. ⁴² But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.

²⁷ And it happened, as He spoke these things, that a certain woman from the crowd raised her voice and said to Him, "Blessed is the womb that bore You, and the breasts which nursed You!"

²⁸ But He said, "More than that, blessed are those who hear the word of God and keep it!"

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.

ПРИЧАСНИЙ

Чашу спасіння прийму, й Ім'я Господнє
призову. Аلیلія.

COMMUNION VERSE

I will take the cup of salvation and call upon the
Name of the Lord. Alleluia.



"For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. For the whole law is fulfilled in one word: "You shall love your neighbor as yourself."

Galatians 5:13-14

The LOUHS

It's interesting in life, how much what we say and do, can affect the souls of other human beings around us. We are all interwoven as one fabric of humanity. This is true for both the joy we bring to others, as well as the void we can leave in their lives, through negativity or the complete absence of uplifting words. And it's interesting what you can learn about others' by asking them a single question. "What is the best compliment you have ever received?" When others' answer this question, defining the compliment that stands out most to them, they also unknowingly share what matters to them at their core.

For instance, a scholarly person might say their best compliment was being recognized for an achievement, whereas a giver might say, it was a smile they received from giving something to someone else. An

achiever might say their best compliment was being recognized for their physical, occupational, or academic capacity.

Sadly, for many you might hear, "I don't really know" or "I can't remember the last time I was complimented." Yet, shouldn't we all have encouraging words that we can remember, that have been spoken over us? Doesn't everyone possess something that could be recognized or noticed? God designed all of us with a unique purpose and a unique set of strengths. Let's make it our job to notice them.

Let it be our job to notice the beauty in others,' the unique God-given gifts that have been granted to each of us.

We are the voice of Christ on this earth, let us love one another through encouragement and seek to bring joy to this world. Let it begin with a compliment, reminding others of who they are, rather than everything they are not.

"Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear." Ephesians 4:29

2024 09 06

The LOUHS

Цікаво в житті, наскільки те, що ми говоримо і робимо, може впливати на душі інших людей навколо нас. Ми всі переплетені як одна тканина людства. Це справедливо як для радості, яку ми приносимо іншим, так і для порожнечі, яку ми можемо залишити в їхньому житті через негатив або повну відсутність піднесених слів. І цікаво, що можна дізнатися про чужих, поставивши їм одне запитання. «Який найкращий комплімент ви коли-небудь отримували?» Коли інші відповідають на це питання, визначаючи комплімент, який їм найбільше запам'ятався, вони також несвідомо діляться тим, що для них важливо за своєю суттю.

Наприклад, вчена людина може сказати, що її найкращим компліментом було визнання за досягнення, тоді як дарувальник може сказати, що це була посмішка, яку він отримав, подарувавши щось комусь іншому. Людина, яка досягла успіху, може сказати, що її найкращим компліментом було визнання її фізичних, професійних або академічних здібностей.

На жаль, багато хто може почути: «Я насправді не знаю» або «Я не можу згадати, коли востаннє мені робили компліменти». Але хіба в усіх нас не повинні бути підбадьорливі слова, які ми можемо пам'ятати і які були сказані над нами? Хіба не у кожного є щось, що можна було б впізнати або помітити? Бог створив усіх нас з унікальною метою та унікальним набором сильних сторін. Давайте зробимо своїм завданням помітити їх. Нехай нашим завданням буде помічати красу в інших, унікальні Богом дані дари, які були даровані

До галатів 5:13-14

Ukrainian Bible

13 Бо ви, браття, на волю покликані, але щоб ваша воля не стала приводом догоджати тілу, а любов'ю служити один одному!

14 Бо весь Закон в однім слові міститься:
Люби свого ближнього, як самого себе!

кожному з нас.

Ми є голосом Христа на цій землі, любимо один одного через заохочення і прагнеть приносити радість у цей світ. Нехай все почнеться з компліменту, нагадування оточуючим про те, хто вони є, а не про все, чим вони не є.

"Нехай не виходить з уст ваших згубних слів, а тільки такі, що добре для збудування, як годиться при нагоді, щоб дати благодать тим, хто слухає". Ефесян 4:29 2024 09 06

ANNOUNCEMENTS

We ask our members to send in information about special – significant dates - anniversary or birthday announcements that can be shared with the rest of our membership.

1. ВІЧНА ПАМ'ЯТЬ – MEMORY ETERNAL

Our sincerest condolences are extended to John Alexopoulos on the passing this week of his wife Grace. May our Lord grant eternal life to Grace and bless John and their family with His peace during this time of great loss. The funeral service will take place on Tuesday September 10 at 10:00 AM at the Sobor.

2. DHS-UOS 100th Anniversary Commemorative Banquet

Sunday, Oct. 6th - 12:30 p.m. - Church Lower Level - Banquet ticket - \$25.00

Your ticket price is a tax deductible donation to the church as the meal is sponsored by the Ukrainian Society of Prosvita

Tickets available on line by e-transfer to Zorianna , church treasurer, or contact Orest at 306 584 0501 - Deadline - September 25, 2024

3. SELO GARDENS PERSONALCARE HOME SUPPER FUND RAISER.

4. Got surplus garden products? Consider donating these to the care home:

As we get into the summer season, some of us will have surplus garden produce. Should you be in that situation, please consider donating these to our parish's Selo Gardens Personal Care Home (SGPCH). Any donations will be sincerely accepted and appreciated.

At this time rhubarb is starting to flourish. And as noted above, should you have more than you need please keep the SGPCH in mind since our seniors thoroughly enjoy rhubarb pies. Thank you. SGPCH Board

5. Request from the Sunday Church Coffee Working Group – The Working Group is looking for volunteers to make coffee, set the lunch out and clean up after the lunch. Lunch food will be provided. You will only be required to volunteer once every two months or so for about an hour. If you are interested to be added to our Sunday Coffee Schedule please speak to or phone Sherrdean.

6. Request for Food Donation

Thank you to everyone that donated food for people in need in Regina. 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, but donations of non-vegetarian food will also be gladly accepted and delivered to the Food Bank. Thank you in advance for your generosity.

7. 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.

8. Regina Ukrainian Preschool (Sadochok) invites students who are interested in attending the 2024-2025 term. The preschool, which offers classes for 3 – 5-year-old children on 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.

The Nativity of Our Most Holy Lady Theotokos and Ever Virgin Mary: The Most Holy Virgin Mary was born at a time when people had reached such a degree of moral decay that it seemed altogether impossible to restore them. People often said that God must come into the world to restore faith and not permit the ruin of mankind.

The Son of God chose to take on human nature for the salvation of mankind, and chose as His Mother the All-Pure Virgin Mary, who alone was worthy to give birth to the Source of purity and holiness.

The Nativity of Our Most Holy Lady Theotokos and Ever Virgin Mary is celebrated by the Church as a day of universal joy. Within the context of the Old and the New Testaments, the Most Blessed Virgin Mary was born on this radiant day, having been chosen before the ages by Divine Providence to bring about the Mystery of the Incarnation of the Word of God. She is revealed as the Mother of the Savior of the World, Our Lord Jesus Christ.

The Most Holy Virgin Mary was born in the small city of Galilee, Nazareth. Her parents were Righteous Joachim of the tribe of the Prophet-King David, and Anna from the tribe of the First Priest Aaron. The couple was without child, since Saint Anna was barren.

Having reached old age, Joachim and Anna did not lose hope in God's mercy. They had strong faith that for God everything is possible, and that He would be able to overcome the barrenness of Anna even in her old age, as He had once overcome the barrenness of Sarah, spouse of the Patriarch Abraham. Saints

Joachim and Anna vowed to dedicate the child which the Lord might give them, to the service of God in the Temple.

Childlessness was considered among the Hebrew nation as a Divine punishment for sin, and therefore the righteous Saints Joachim and Anna had to endure abuse from their own countrymen. On one of the feastdays at the Temple in Jerusalem the elderly Joachim brought his sacrifice to offer to God, but the High Priest would not accept it, considering him to be unworthy since he was childless.

Saint Joachim in deep grief went into the wilderness, and there he prayed with tears to the Lord for a child. Saint Anna wept bitterly when she learned what had happened at the Jerusalem Temple. Never once did she complain against the Lord, but rather she prayed to ask God's mercy on her family.

The Lord fulfilled her petitions when the pious couple had attained to extreme old age and prepared themselves by virtuous life for a sublime calling: to be the parents of the Most Holy Virgin Mary, the future Mother of the Lord Jesus Christ.

The Archangel Gabriel brought Joachim and Anna the joyous message that their prayers were heard by God, and of them would be born a most blessed daughter Mary, through Whom would come the Salvation of all the World.

The Most Holy Virgin Mary surpassed in purity and virtue not only all mankind, but also the angels. She was manifest as the living Temple of God, so the Church sings in its festal hymns: "the East Gate... bringing Christ into the world for the salvation of our souls" (2nd Stikhera on "Lord, I Have Cried", Tone 6).

The Nativity of the Theotokos marks the change of the times when the great and comforting promises of God for the salvation of the human race from slavery to the devil are about to be fulfilled. This event has brought to earth the grace of the Kingdom of God, a Kingdom of Truth, piety, virtue and everlasting life. The Theotokos is revealed to all of us by grace as a merciful Intercessor and Mother, to Whom we have recourse with filial devotion.

SOURCE: <https://www.oca.org/saints/lives/2024/09/08/102541-the-nativity-of-our-most-holy-lady-the-mother-of-god-and-ever-virgin>

SELO GARDENS STEAK NIGHT FUNDRAISER

TUESDAY SEPTEMBER 24, 2024
MEAL SERVED BETWEEN 5:00-7:00PM
THE BUSHWACKER BREWPUB
2206 DEWDNEY AVENUE, REGINA, SK, S4R 1H3



TICKET \$35

6 OZ NEW YORK STEAK
(CHICKEN OR VEGGIE BURGER AVAILABLE)
CAESAR SALAD
HAND CUT FRIES
GARLIC TOAST
12OZ BUSHWACKER BEER

For Tickets Contact:
Pat: 306-539-8125, Ivanna: 306-550-3854
or Lorelei: 306-537-1233

NO MINORS. GRATUITY NOT INCLUDED BUT IS APPRECIATED!

SAVE THE DATE

SUN., OCT. 6TH

VISIT

OF METROPOLITAN

AND

100TH SOBOR

ANNIVERSARY BANQUET

SPECIAL ALARM – BE AWARE OF SCAMS – This is one I received on August 9, 2024 – Yars

17:32    ...

 +1762286...   

 Hello Yaroslav, this is Fr. Volodymyr Feskiv. I'm in a meeting and can't call. Please text me back when you get this message. I need your help 

Good morning Yaroslav. Thanks for texting back. I would have called but I can't talk right now because I'm in a meeting and it's going to take a while before I'm done. I need to get Amazon gift cards. I promised a cancer patient for her birthday but I can't do that right now, can you quickly get it from any store around you please, I'll refund you.

MY REPLY
My prayer is that you come to realize what a horrible price you will pay at the moment of death for the lies that that you are living by. There is a great price you will pay for trying to RIP off an old senior - whether you realize it or not. May the good Lord have mercy on your soul. Repent while you have a chance for you moment of death is closer than you imagine.