

# The Sunday Shepherd

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

1305 – 12<sup>th</sup> Ave,  
Regina, SK S4P 4L6

Українська Православна Соборна  
Церква Зіслання Св. Духа  
в Реджайні

And serving the congregations of  
St. Michael's in Candiac, St. Michael's in Regina,  
Selo Gardens Chapel, St. Volodymyr's  
in Moose Jaw

## Parish Bulletin for the week of January 22<sup>nd</sup>, 2012

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### *Martyr Polyeuctus of Meletene (259)*



*Please let Fr. Slawomir 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 with Fr. Slawomir.*

*This will be most helpful to Fr. Slawomir in his pastoral duties.*

Our 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 seriously ill:

Jack Syrnyk	Elsie Fekula	Fay Majeran	Cathy Spillman
Dwayne Stadnyk	Luba Tatarinoff	Mary G. Koshman	Peter Zack
Anne Lesack	John Sawchyn	Wayne Chernecki	
Ron Michayluk	Wally Kaminski	Alex Dumalski	

And those in care homes or similar situations:

Fesshaie Woldu	Bill Warnyca	Bill Zbytnuk	Carolina Miller
Christina Spak	Dora Kereluke	Doreen Kuyek	Ivan Kozey
George Sunduk	Hugh Miller	Jean Short	Teresa Korchinski
Joyce Stadnyk	Larry Trafananko	Mary Chorneyko	Mary Shumay
Mary Yaremchuk	Michaelene Warnyca	Mike Pawlust	Olga Kozakewich
Shirley Syrota	Stephanie Folwark	Steve Zenzeluk	

And those in special or extraordinary situations:

Canadian Forces	People of Haiti	People of Sudan	People of Libya
People of Japan	People of Somalia	People of Norway	

*Please let our Priest know if there are others who we should remember in our prayers.*

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**Thirty-second Sunday After Pentecost – Tone 7**  
**Sunday after the Theophany**  
**Трицять-друга Неділя по П'ятидесятниці – Голос 7**  
**Неділя після Богоявлення**

**Saints:**

Martyr Polyeuctus of Meletene (259), Prophet Shemaiah (X BC), St. Peter, bishop of Sebaste (ca. 395), St. Eustratius the wonderworker of Tarsus (821), Ven. Jonah of Kyiv, founder of Holy Trinity Monastery (1902), St. Adrian of Canterbury (710).

**Тропар (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.

Glory to the Father and to the Son and the Holy Spirit.  
Both now and ever and unto ages of ages. Amen.

**Тропар (голос 7):**

Зруйнував еси хрестом Твоїм смерть, відкрив Ти розбійнику рай, мироносицям плач змінив, і апостолам проповідувати повелів еси, що Ти воскрес, Христе Боже, даючи світові велику милість.

Слава Отцю і Сину і Святому Духові.  
Нині і повсякчас і на віки віків. Амінь.

### **Kondak (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.

### **Theotokion:**

As the treasure of our resurrection, raise up from the pit and abyss of their sins those who have put their hope in You, O Blessed One. Having given birth to our Salvation, You have saved us from the punishment of our sins. You were a Virgin before giving birth, You were a Virgin while giving birth, and after childbirth ever remain a Virgin.

### **Prokeimen, Tone 1: (Psalm 32:22,1)**

Let Your mercy, O Lord, be upon us as we have put our hope in You.

*Verse:* Rejoice in the Lord, you righteous. Praise befits the upright.

### **Кондак (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 сущим у вірі, промовляючи: Виходьте, вірні, до воскресіння.

### **Богородичний:**

Як скарб нашого воскресіння, виведи тих, що надіються на Тебе, Благословенна, з рову й безодні гріхів, бо Ти спасла єси винних у гріхах, народивши Спасіння наше; бо Ти перед різдвом - Діва, і в різдві - Діва і після різдва завжди перебуваєш Дівою.

### **Прокимен, голос 1: (Псалом 32:22,1)**

Милість Твоя, Господи, хай буде над нами, бо уповаємо на Тебе.

*Стих:* Радуйтеся, праведні, в Господі, праведним належиться похвала!



### **3 Послання до Єфесян Святого Апостола Павла читання – с. 4, в. 7-13**

Браття! Кожному з нас дана благодать в міру дару Христового. Тому й сказано: “Ти піднявся був на висоту, полонених набрав і людям дав дари”. А те, що “піднявся був”, що то, як не те, що перше й зійшов був до найнижчих сторін землі? Хто зійшов був, Той самий й піднявся був високо над усі Небеса, щоб наповнити все. І Він настановив, отожд, одних за Апостолів, одних за Пророків, а тих за благовісників, а тих за пастирів та вчителів, щоб приготувати святих на діло служби для збудування Тіла Христового, аж поки ми всі не досягнемо з’єднання Віри й пізнання Сина Божого, Мужа досконалости, в міру зросту Христової повноти.

### **Lesson from the Epistle of Saint Paul to Ephesians – с. 4, в. 7-13**

Brethren, grace was given to each one of us according to the generous measure of Christ. Therefore, the Scripture says: “He ascended into heaven, he led a host of captives, he gave gifts to mankind.”

Now, if he ascended into heaven that means that he had previously descended into the lower regions of the earth. For Christ first descended, then ascended above all the heavens, and filled the entire universe.

He gave us some men as Apostles, some as prophets, some as evangelists, some as pastors, some as teachers. It is their duty to train the saints, to minister to their needs, to build up the Church of Christ, and to enable us to achieve the unity of the faith and knowledge of the Son of God. So, we shall reach full growth, the maturity and the perfection of Christ.

### **Alleluia Verses, Tone 7: (Psalm 91:2,3)**

It is good to give thanks to the Lord, to sing praises to Your Name, O Most High.

*Verse:* To declare Your mercy in the morning and Your truth by night.

### **Аллилуя, голос 7: (Псалом 91:2,3)**

Благо є прославляти Господа, і співати Імені Твоєму, Всевишній.

*Стих:* Сповідати вранці про милість Твою, і вночі про правду Твою.

### **Євангелія від Матвея – с. 4, в. 12-17**

Як довідавсь Ісус, що Івана ув'язнено, перейшов у Галілею. І, покинувши Він Назарета, прийшов й оселився в Капернаумі приморським, на границі країн Завулонової й Нефталимової, щоб справдилось те, що сказав був Ісаїя пророк, промовляючи: Завулонова земле, і Нефталимова земле, за Йорданом при морській дорозі, Галілеє поганська! Народ, що в темноті сидів, світло велике побачив, а тим, хто сидів у країні смертельної тіні, засяяло світло. Із того часу Ісус розпочав проповідувати й промовляти: Покайтеся, бо наблизилось Царство Небесне!

### **Saint Matthew – с. 4, v. 12-17**

At that time, when Jesus heard that John had been arrested, he departed into Galilee. Then he left Nazareth and went to live in Capernaum by the Lake in the borders of Zabulon and Nephtholim.

Thus Isaiah's prophecy was fulfilled: "Land of Zabulon and Land of Nephtholim toward the Lake, Galilee of the Gentiles! The people who sat in darkness saw a great light. Indeed, light has dawned for those who dwelt in the region under the shadow of death."

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

### **Communion Hymn: (Psalm 110:8)**

The Lord has sent deliverance to His people.  
Alleluia, alleluia, alleluia.

### **Причасний: (Псалом 110:8)**

Визволення послав Господь народу Своєму.  
Алилуя, алилуя, алилуя.

### **Молитва Дня**

Господи, благослови молитву мою. Допоможи мені всією душею й тілом.

Без розсіяння стояти перед Тобою. Навчи мене молитися в Тобі. Утверди мене у вірі.

Даруй мені полум'яну любов до Тебе. Освяти, Господи, всі помисли мої, почуття і діла.

Навчи мене в кожній події розпізнавати волю Твою, і дай сили сповняти її. Замкни уста мої для слова злого і пустого і стримай руку мою від вчинку лукавого.

Якщо трапиться біда, дай сили прийняти її з твердістю і перемінити в жертву Тобі.

Вчини мене, Господи, для всіх, кого зустріну сьогодні. Прийми молитву мою за тих, хто не знає Тебе і визволь їх від невір'я.

Дякую Тобі, Господи, за життя, за все, що оточує мене: за близьких і далеких, за небо і землю, а найбільше за животворну любов Твою.

Дай мені, Господи, увесь цей день пам'ятати про Тебе і дякувати Тобі за все.

Амінь.

*Молитва Александра Меня*

WHAT MEANING does the annual repetition of Epiphany have for our faith and for our Christian life? If we repeat the "Feast of Lights" for a mere sentimental impression, surely we betray the treasure of this great observance. The feast of Epiphany is not held only as a commemoration of a historical event in the life of Jesus, not merely for the attractiveness of the artificial atmosphere of lights, music, and poetry. The recurrent celebration of Epiphany has a great spiritual significance far beyond either of these. It is not the mere commemoration of a historical event because in the Christian faith everything is present, here and now, for our Lord Jesus Christ is with us here and now, our inseparable Companion and Comforter. The historical event is but a motive and remembrance, for the Person of Christ is ever present, and His Grace is not merely a memory of history. Secondly, the physical environment, artistic or otherwise, many times helps the believer to approach his goal-the vivid worship of our Lord, despite the danger of making this environment an end in itself.

Holding torches and candles in our hands and with our voices and feelings of devotion, together we raise a symbol to the living Christian God-the Holy Trinity, the Father and the Son and the Holy Spirit-as He appeared at the moment of the Baptism of Jesus Christ, as He has been determined by the Church in the Creed, as He is accepted by every believing Christian, as the living God, the God Who harkens to our voices, the God Whom we beseech to accept us in communion, Whom we hope to have as our Companion, Who is our Comforter, Who is the Alpha and Omega of our Faith. To Him, with fear and love, we dedicate the day.

We hold torches as those brethren and martyrs of the early Christian centuries, a great many of whom became torches themselves rather than deny Christ. We hold candles, and our hearts burn as the hearts of those two blessed persons who walked with the risen Christ to Emmaus. Yes, it is the "Feast of Lights," the lights which illuminate our conscience and our Christian way of life.

It is rather the Feast of The Light. "I am the Light," Jesus said. He did not say: "I will show the light to you," but "I am the Light." It is not a new theory of life; it is mainly the knowledge of the true God which makes life as it is stated in the prayer of our Lord to His Heavenly Father, "And this is eternal life that they know thee the only true God, and Jesus Christ whom thou hast sent."



### Мученик Полієвкт

Святий Полієвкт жив у III ст. у вірменському місті Мелітині і був багатим та хоробрим старшиною римської армії. Полієвкт мав одного найсердечнішого друга Неарха, який, будучи ревним християнином, навернув його до Христової віри.

Під час переслідування християн Полієвкт привселюдно визнав свою віру у правдивого Бога. Він розповів, як з'явився йому Ісус Христос і, знявши з нього військову уніформу, одягнув у дуже дорогу і ясну одягу, та ще дав крилатого коня. Це видіння означало, що незабаром Полієвкт стане лицарем неба, куди прибуде на крилатому коні мучеництва. Тоді відважному Полієвкту відрубали голову і так він був хрещений власною кров'ю. Невдовзі його святі мощі перенесли до Царгорода. На честь св. Полієвкта близько 377 року в його рідному місті збудували церкву

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 9:30 Matins 10 am Divine Liturgy	<b>2</b>	<b>3</b>	<b>4</b> 6:15 pm Akathist Sobor	<b>5</b>	<b>6</b> 10:00 pm Christmas Complines 11:00 pm Christmas Divine Liturgy	<b>7</b>
<b>8</b> No service	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> 9:30 am Matins/Divine Liturgy St Volodymyr's (Moose Jaw)  5 pm Vespers Selo
<b>15</b> 9:30 am Matins 10 am Divine Liturgy	<b>16</b>	<b>17</b>	<b>18</b> 10 am Obitnytsia Parkside Service 5:00 pm Complines / Water Blessing 6:00 pm Theophany Supper	<b>19</b> 9:30 am Divine Liturgy @ Selo	<b>20</b>	<b>21</b> )  5 pm Vespers Selo
<b>22</b> 9:30 am Matins 10 am Divine Liturgy	<b>23</b>	<b>24</b>	<b>25</b> 6:15 pm Akathist Sobor	<b>26</b>	<b>27</b>	<b>28</b>  5 pm Vespers Selo
<b>29</b> 9:30 am Matins 10 am Divine Liturgy <b>AGM after Divine Liturgy</b>	<b>30</b>	<b>31</b>	<b>1</b> 6:15 pm Akathist Sobor	<b>2</b>	<b>3</b>	<b>4</b>  5 pm Vespers Selo

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## Announcements

- **Parish Nominating Committee**

The Parish Nominating Committee is in the process of developing a list of candidates for various positions on Parish committees. This will be taken to the AGM in January. We ask your help by volunteering or nominating someone. If you have any thoughts to share please talk to the Parish Secretary Ed Klopoushak

- **A Message from the Longtime Member of the Parish**

**Христос Родився! Славте Його!**

I would like to express my gratitude for your e-mailing of the sermon and other information to me. I have been living away from Regina for many years (18 years), and it is very interesting to remember the names I used to know and of course a lot of new names that I am not familiar with. It makes me feel as if I am there every week!

Keep up the good work!

**Best wishes for a Healthy and Happy New Year** to you and the rest of the "Descent of the Holy Spirit Orthodox Church Family."

Olga Borowetz (Ozirney)

- **Caroling 2012**

A really big bouquet goes out to all who went caroling on January 7. A special bouquet goes to Elena Krueger and Carla Warnyca-Yarotski for organizing the childrens group. It was wonderful to see the delight on the faces of our seniors at Selo Gardens as they enjoyed traditional carols sung by a group of nearly thirty people. Four young families (Griffens, Kruegers, Prokopetz and Yarotskis with eleven children and eight adults made up the young group and Waayne Hydeman, Ken and Melody Lozinski, Yars Lozowchuk, Steve Senyk and Stanislaw Terekh formed the adult group. Word has it much fun was had by all and the call is out for preparing for caroling next year.

- **Annual General Meeting**

Our Parish Annual General Meeting will take place on Sunday January 29, 2012 in the Church Lower Level after Divine Liturgy. **A reports package is available during coffee time in the Lower Level Today.**

- **Compline / Blessing of Water and Jordan Supper**

Our annual Parish Epiphany Compline / Blessing of Water took place on Wednesday January 18 at 5:00 PM at the Sobor followed by the community Jordan Supper at 6:00 PM at the Ukrainian Orthodox Auditorium. A special thank you is extended to all the volunteers that helped prepare and serve the Jordan Supper. In particular a special bouquet goes to Marge Dumanski and Sharon Harras for taking the lead as cooks in preparing the meal. Appreciation is extended to the eighty some people that attended, to Father for blessing the meal, to the carolers for singing and to the Ukrainian Orthodox Men's Association for handing out thirty-nine summer camp stipends. The head table included all of our church and sisterhood/brotherhood honorary members.

*Sayings from the Desert*  
*Fathers*

*"Isidore of Pelusia said: Prize virtues, and do not care for worldly prosperity. For the former are certainly immortal, but the latter is so easily extinguished."*

**Notes:**

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**Schedule of**  
**Services for**  
**Coming**  
**Weeks**

Selo Chapel

*January 28st:*  
*Vespers @ 5:00 PM*

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Sobor

*January 25<sup>th</sup>:*  
*Akathist @ 6:00 PM*

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**Parish Priest**

Very Rev.  
Archpriest  
Slawomir  
Lomaszkiewicz  
737-4697 (cell)

**Parish President**

Yaroslav W.  
Lozowchuk  
584-1238

**Parish Vice  
President**

Ernie Cherepuschak  
543-5831

**Parish Treasurer**

Sonia Bremner  
584-2231

**Parish Secretary**

Ed Klopoushak  
789-6234

**Hospodar**

George Hnatchuk  
525-8841

**Members at Large**

Jim Chorney  
585-2205  
Myron Gulka-  
Tiechko  
761-0130  
Tony Harras  
586-6805  
Elena Krueger  
732-4715  
Michael Makowsky  
789-0480

**Thomson Lunch  
Program**

Gloria Silcox

**Sunday Shepherd  
editor**

Victoria Muzychuk  
585-0166

**Ukrainian  
Orthodox Aud.**

Wayne Hydeman  
537-5656

**Selo Gardens**

Orest Warnyca  
584-1844

**Personal Care  
Home**

Lorelei Fletcher  
790-4444

*Anyone wishing to have an announcement in the bulletin, please have it submitted by Wednesday p.m. to the church office.*

*Contact the church office at 757-0445 or email [dhsuosregina@sasktel.net](mailto:dhsuosregina@sasktel.net) for a submission request.*

*Your contributions are always welcome!*