ST. PAUL'S GREEK ORTHODOX COMMUNITY OF REGINA

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COMMUNITY NEWS

Third Encyclical of Archbishop Sotirios (Coronavirus)

Από εδώ και πέρα στους Ιερούς μας Ναούς θα τελούνται όλες οι Ιερές Ακολουθίες και Θείες Λειτουργίες με μόνους τον ιερέα, τον ψάλτη και τον νεωκόρο και κεκλεισμένων των θυρών του Ιερού Ναού.

Δεν πρέπει να παραλείπεται καμία Ιερά Ακολουθία και Θεία Λειτουργία για δύο κυρίως λόγους.
α) Να υμνολογείται και να δοξολογείται ο Τρισάγιος Θεός και
β) οι Ιερές Ακολουθίες και οι Θείες Λειτουργίες να μεταδίδονται διά μέσω των κοινωνικών μέσων δικτύωσης, ώστε οι ευλαβείς χριστιανοί να δύνανται να τις παρακολουθούν και να προσεύχονται.

Μας δίδεται με τον τρόπο αυτό η ευκαιρία να κάνουμε το σπίτι μας και την οικογένειά μας **«κατ' οίκον εκκλησία»,** όπως μας λέγει ο Απόστολος Παύλος. Παρακαλώ, ας προσπαθήσουμε όλοι μας να κάνουμε στην ουσία το σπίτι μας «κατ' οίκον εκκλησία».
Εύχομαι και προσεύχομαι ο Πανάγαθος Θεός να μας βοηθήσει σύντομα να απαλλαγούμε από την δοκιμασία αυτή. Εμείς με τη σειρά μας να προσπαθήσουμε όλοι μας να εφαρμόζουμε επακριβώς τις οδηγίες των κυβερνήσεών μας. Η ζωή μας από το πρωί μέχρι το βράδυ να είναι μία συνεχής και αδιάλειπτη προσευχή.

* * * * * * * * * * * *

All of our Church Services and Divine Liturgies will be conducted in Church behind closed doors by the priest, the chanter and the sexton.

No Church Service or Divine Liturgy can be omitted for two main reasons:
a) In order to praise and glorify the Thrice-Holy God; and
b) For Church Services and Divine Liturgies to be streamed online through social media so that pious Christians can follow and pray along.

In this way, we are given the opportunity to make our home and our family a "church that is in our house," as the Apostle Paul conveys. Please let us all try to truly make our home a "church that is in our house."
I wish and pray that the Almighty God will soon help us overcome this ordeal. We, in turn, will all try to strictly apply the instructions of the government authorities. Our life, from morning to night, should be a continuous and uninterrupted prayer.

With fatherly love and blessings,

ARCHBISHOP SOTIRIOS
GREEK ORTHODOX ARCDIOCESE OF CANADA

SAINT PAUL'S GREEK ORTHODOX CHURCH • PROGRAM FOR APRIL 2020
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ Ο ΑΓΙΟΣ ΠΑΥΛΟΣ • ΑΠΡΙΛΙΟΣ 2020

DAY	PROGRAM	SERVICES	TIME
Friday April 3rd	**Akathist Hymn**	**Ακάθιστος Ύμνος**	7:00 to 8:30 p.m.
Sunday April 5th	**Ε' Κυριακή των Νηστειών** 5th Sunday of Lent	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:00 a.m.
Saturday April 11th	**Σάββατο του Λαζάρου** Lazarus Saturday	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 10:30 a.m.
Sunday April 12th	**Κυριακή των Βαΐων** Palm Sunday	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:00 a.m.
	Service of the Nymphios	**Η Ακολουθία του Νυμφίου**	7:00 to 8:30 p.m.
Monday April 13th	**ΜΕΓΑΛΗ ΔΕΥΤΕΡΑ** Holy & Great Monday	**Η Ακολουθία του Νυμφίου** Service of the Nymphios	7:00 to 8:30 p.m.
Tuesday April 14th	**ΜΕΓΑΛΗ ΤΡΙΤΗ** Holy & Great Tuesday	**Η Ακολουθία του Νυμφίου** Service of the Nymphios	7:00 to 8:30 p.m.
Wednesday April 15th	**ΜΕΓΑΛΗ ΤΕΤΑΡΤΗ** Holy & Great Wednesday	**Το Ιερόν Ευχέλαιο** Sacrament of the Holy Unction	6:30 to 8:00 p.m.
ΜΕΓΑΛΗ ΠΕΜΠΤΗ Holy & Great Thursday April 16th	**Μυστικός Δείπνος – Εσπερινός και Θεία Λειτουργία του Μεγάλου Βασιλείου –** Vesperal Liturgy of the Last Supper		9:00 to 10:30 a.m.
	Ακολουθία των Αγίων Παθών – The Holy Passion & Crucifixion of Our Lord Jesus Christ		7:00 to 9:00 p.m.
ΜΕΓΑΛΗ ΠΑΡΑΣΚΕΥΗ Holy & Great Friday April 17th	**Αι Μεγάλαι Ώραι –** The Great Hours of the Passion		9:00 to 11:00 a.m.
	Η Ιερά Αποκαθήλωσις – Apokathelosis Vesper Service		2:30 to 3:30 p.m.
	Ο Επιτάφιος Θρήνος – Epitaphis Threnos – Service of the Lamentations		7:00 to 9:00 p.m.
ΜΕΓΑ ΣΑΒΒΑΤΟΝ Holy & Great Saturday April 18th	**Εσπερινός & Θεία Λειτουργία του Μεγάλου Βασιλείου** Vesperal – Liturgy of St. Basil		9:00 to 10:30 a.m.
	Η Ανάστασης του Κυρίου The resurrection Vigil of our Lord		8:00 to 10:00 p.m.
Sunday April 19th	**Το Άγιον Πάσχα** Pascha Sunday	**Εσπερινός της Αγάπης** The Agape Vespers	12:00 to 1:00 p.m.
Tuesday April 21st	**Αγίων Ραφαήλ, Νικολάου και Ειρήνης** SS. Rafael, Nicholas & Irene	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 10:30 a.m.
Wednesday April 22nd	**Του Αγίου Γεωργίου** Great Martyr George	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	6:30 to 8:30 p.m.
Friday April 24th	**Της Ζωοδόχου Πηγής** Lifegiving Fountain of Theotokos Service will be held: Lifegiving Font Church, **Swift Current**	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	10:00 a.m.
Sunday April 26th	**Κυριακή του Θωμά** **Sunday of Saint Thomas**	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:00 a.m.

PRAYER OF PROTECTION FROM THE CORONAVIRUS

TO BE PRAYED BY THE FAITHFUL AT HOME

A Prayer To Be Offered in the Morning

Lord our God, You who are rich in mercy, and with careful wisdom direct our lives, listen to our prayer, receive our repentance for our sins, bring an end to this new infectious disease, this new epidemic, just as you averted the punishment of your people in the time of David the King. You who are the Physician of our souls and bodies, grant restored health to those who have been seized by this illness, raising them from their bed of suffering, so that they might glorify You, O merciful Savior, and preserve in health those who have not been infected. By your grace, Lord, bless, strengthen, and preserve, all those who out of love and sacrifice care for the sick, either in their homes or in the hospitals. Remove all sickness and suffering from your people, and teach us to value life and health as gifts from You. Give us Your peace, O God, and fill our hearts with unflinching faith in Your protection, hope in Your help, and love for You and our neighbor. For Yours it is to have mercy on us and save us, O our God, and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and forever, to the ages of ages. Amen.

A practical guide for participating in church services that are livestreamed:

All services will be streamed live at the church's Facebook page and they will also be posted at: http://gocregina.com/ under social.

When physical church participation is not possible, the faithful in addition to the daily cycle of prayer are encouraged to participate in livestreamed church services from their own homes. Participating in church services at home may pose challenges.

Here are some tips to get you started:

Before church:

Find a part of the home with limited distraction and setup the following items:

- A vigil lamp (καντηλάκι), an incense burner (θυμιατό), an icon(s), a prayer rope (κομποσχοίνι), books to follow the service and a chair if necessary.

Complete tasks and prayers you usually would before attending church. This includes all your preparatory pre-communion prayers. Remember, the clergy are offering the liturgy on your behalf, even though you are not physically present. Tell family and members of the household that the service will be starting and dress respectfully. Lastly, get the technology ready.

During:

Stand when possible, at least as you would if you were at church. Listen and follow the words of the clergy and chanters. You may find new meanings as you pray in this context. Direct your prayer to God that he may liberate us from the threat of this pandemic and for those who are afflicted by it. If the technology fails, do not become impatient or angry. Resort to books and prayer.

After:

Give thanks to God that you have been given this means to worship him in these times. Give thanks for the priests who are able to offer divine services on our behalf. After a Diving Liturgy, complete post communion prayers. You may want to contact family or friends via a phone call etc. In these circumstances, it is valuable to have verbal interaction and to encourage and give strength to one another.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 7:00 p.m. Akathist Hymn	4
5 9:00 a.m. 5th Sunday of Lent	6	7	8	9	10	11 9:00 a.m. Lazarus Saturday
12 9:00 a.m. Palm Sunday	13 **Holy & Great Monday** 7:00 p.m. Service of the Nymphios	14 **Holy & Great Tuesday** 7:00 p.m. Service of the Nymphios	15 **Holy & Great Wednesday** 6:30 p.m. Sacrament of the Holy Unction	16 **Holy & Great Thursday** 9:00 a.m. Vesperal Liturgy of the Last Supper	17 **Holy & Great Friday** 9:00 a.m. The Great Hours of the Passion	18 **Holy & Great Saturday** 9:00 a.m. Vesperal – Liturgy of St. Basil
7:00 p.m. Service of the Nympios				7:00 p.m. The Holy Passion & Crucifixion of our Lord Jesus Christ	2:30 p.m. Apokathelosis Vespers Service 7:00 p.m. Service of the Lamentations	**8:00 to 10:00 p.m.** The Resurrection Vigil of our Lord
19 12:00 p.m. Pascha Sunday	20	21 9:00 a.m. SS. Rafael, Nicholas & Irene	22 6:30 p.m. Great Martyr George	23	24 10:00 a.m. Lifegiving Fountain of Theotokos **Swift Current**	25
26 9:00 a.m. Sunday of Saint Thomas	27	28	29	30		

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Keep dreaming, but start planning

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