ST. PAUL'S GREEK ORTHODOX COMMUNITY OF REGINA

3000 Argyle Road,
Regina, SK, S4S 2B2
Phone: 306-586-6402
Email: st.pauls@sasktel.net
Website: www.gocregina.com

Community Priest:
Rev. Fr. Spyridon Vandoros
Phone: 306-585-9359

Council President:
Chris Perentes
Phone: 306-537-9447

Vol. 27, No. 6
July & August 2020
Ιούλιος & Αύγουστος 2020
Submission deadline: August 15th

Secretary:
Marina Sellis
Marina_sellis@hotmail.com

COMMUNITY NEWS

Baptism:
June 20th: **Alexia Elpida** daughter of Nick and Christine Kodellas
Godparents: John and Sandra Agioritis

Η Κοίμησις της Θεοτόκου – The Dormition of our Most Holy Lady, the Theotokos

The Feast of the Dormition of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary is celebrated on August 15 each year. The Feast commemorates the repose (dormition and in the Greek kimisis) or "falling-asleep" of the Mother of Jesus Christ, our Lord. The Feast also commemorates the translation or assumption into heaven of the body of the Theotokos.

The Holy Scriptures tell us that when our Lord was dying on the Cross, He saw His mother and His disciple John and said to the Virgin Mary, "Woman, behold your son!" and to John, "Behold your mother!" (John 19:25-27). From that hour, the Apostle took care of the Theotokos in his own home. Along with the biblical reference in Acts 1:14 that confirms that the Virgin Mary was with the Holy Apostles on the day of Pentecost, the tradition of the Church holds that she remained in the home of the Apostle John in Jerusalem, continuing a ministry in word and deed.
At the time of her death, the disciples of our Lord who were preaching throughout the world returned to Jerusalem to see the Theotokos. Except for the Apostle Thomas, all of them including the Apostle Paul were gathered together at her bedside. At the moment of her death, Jesus Christ himself descended and carried her soul into heaven. Following her repose, the body of the Theotokos was taken in procession and laid in a tomb near the Garden of Gethsemane. When the Apostle Thomas arrived three days after her repose and desired to see her body, the tomb was found to be empty. The bodily assumption of the Theotokos was confirmed by the message of an angel and by her appearance to the Apostles.

The commemoration of the Dormition of the Theotokos and the preparation for the Feast begin on August 1 with a period of fasting. A strict fast is followed on most of the days (no meat, dairy, oil, or wine), with the exceptions of fish on the Feast of the Transfiguration (August 6) and the day of the Dormition. Oil and Wine are allowed on Saturdays and Sundays. On the weekdays before the Feast, Paraklesis services are held in most parishes. These consist of the Great Paraklesis and the Small Paraklesis, both services of supplication and prayer for the intercessions of the Theotokos.

Apolytikion (First Tone)
In birth, you preserved your virginity; in death, you did not abandon the world, O Theotokos. As mother of life, you departed to the source of life, delivering our souls from death by your intercessions.
Kontakion (Second Tone)
Neither the grave nor death could contain the Theotokos, the unshakable hope, ever vigilant in intercession and protection. As Mother of life, He who dwelt in the ever-virginal womb transposed her to life.

SAINT PAUL'S GREEK ORTHODOX CHURCH • PROGRAM FOR JULY &AUGUST 2020
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ Ο ΑΓΙΟΣ ΠΑΥΛΟΣ • ΙΟΥΛΙΟΣ &ΑΥΓΟΥΣΤΟΣ 2020

DAY	PROGRAM	SERVICES	TIME
July 2nd to July 25th	Rev. Fr. Spyridon Vandoros will be on holidays during these dates. In case of an emergency, please contact Christ Perentes 306-537-9447 (cell) or Spiro Kangles 306-591-2914 (cell)		
Sunday July 26th	**Της Αγίας Παρασκευής** Righteous Paraskevi	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:00 a.m.
Monday July 27th	**Παντελεήμονος Μεγαλομάρτυρας** Great Martyr Panteleimon	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	6:30 to 8:00 p.m.
Every evening on the following dates: **August 3, 4, 7, 11, 13** we have Paraklesis Service **6:30 to 7:30 p.m.**			
Sunday August 2nd	**8η Κυριακή του Ματθαίου** 8th Sunday of Matthew	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:00 a.m.
Wednesday August 5th	**Η Μεταμόρφωσις του Κυρίου** Trasfiguration of our Lord	**Εσπερινός** Vesper	6:30 to 7:30 p.m.
Thursday August 6th	**Η Μεταμόρφωσις του Κυρίου** Trasfiguration of our Lord	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	6:30 to 8:00 p.m.
Sunday August 9th	**9η Κυριακή του Ματθαίου** 9th Sunday of Matthew	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:00 a.m.
Monday August 10th	Service will be held: SS. Anargyroi in **Yorkton**	**Θεία Λειτουργία** Divine Liturgy	7:00 p.m.
Wednesday August 12th	Service will be held: Lifegiving Font Church in **SWIFT CURRENT**	**Θεία Λειτουργία** Divine Liturgy	7:00 p.m.
Friday August 14th	**Κοίμησις της Θεοτόκου** Forefeast of the Dormition of The Most Holy Theotokos	**Εσπερινός & Ακολουθία Επιταφίου** Vespers & Office of Lamentations	6:30 to 7:30 p.m.
Saturday August 15th	**Κοίμησις της Θεοτόκου** Dormition of The Most Holy Theotokos	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 10:45 a.m.
Sunday August 16th	**10η Κυριακή του Ματθαίου** 10th Sunday of Matthew	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:00 a.m.
Sunday August 23rd	**11η Κυριακή του Ματθαίου** 11th Sunday of Matthew	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:00 a.m.
Saturday August 29th	**Αποτομή Τίμιας Κεφαλής Ιωάννου Προδρόμου** Beheading of St. John the Baptist	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 10:30 a.m.
Sunday August 30th	**12η Κυριακή του Ματθαίου - Αγίου Αλεξάνδρου, Πατριάρχου Κων/λεως** 12th Sunday of Matthew Alexander, Patriarch	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:00 a.m.

SAINT PAUL'S GREEK ORTHODOX CHURCH • PROGRAM FOR JULY &AUGUST 2020
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ Ο ΑΓΙΟΣ ΠΑΥΛΟΣ • ΙΟΥΛΙΟΣ &ΑΥΓΟΥΣΤΟΣ2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rev. Fr. Spyridon Vandoros will be on **holidays July 2nd to July 25th**. In case of an emergency, please contact Christ Perentes 306-537-9447 (cell) or Spiro Kangles 306-591-2914 (cell)						
July 26 9:00 a.m. Righteous Paraskevi	27 6:30 p.m. Great Martyr Panteleimon	28	29	30	31	**August** 1
2 9:00 a.m. 8th Sunday of Matthew	3 6:30 p.m. Paraklesis	4 6:30 p.m. Paraklesis	5 6:30 p.m. Vesper Transfiguration of our Lord	6 6:30 p.m. Trasfiguration of our Lord	7 6:30 p.m. Paraklesis	8
9 9:00 a.m. 9th Sunday of Matthew	10 7:00 p.m. Service will be held in **Yorkton**	11 6:30 p.m. Paraklesis	12 7:00 p.m. Service will be held in **Swift Current**	13 6:30 p.m. Paraklesis	14 6:30 p.m. Vesper Forefeast of the Dormition of the Most Holy Theotokos	15 9:00 a.m. Dormition of the Most Holy Theotokos
16 9:00 a.m. 10th Sunday of Matthew	17	18	19	20	21	22
23 9:00 a.m. 11th Sunday of Matthew	24	25	26	27	28	29 9:00 a.m. Beheading of St. John the Baptist
30 9:00 a.m. 12th Sunday of Matthew Alexander, Patriarch	31					

Leonidas Kyriakis
carpenter
contractor
cell: 306-737-9687
Email: Leonidakiriaki@gmail.com
leonidask.constructions@facebook.com

Leonidas K
Cabinets & Vanities
Custom Kitchen Design
Finish Carpentry
Countertops
Renovations
Hardwood & Laminate Flooring
House Maintenance
and emergency calls

No job is too small or too big

ΣΑΣ ΕΥΧΑΡΙΣΤΟΥΜΕ ΓΙΑ ΤΗΝ ΥΠΟΣΤΗΡΙΞΗ ΣΑΣ

Italian Deli
Imported Specialties

1611 Victoria Ave. Regina, SK. 306.757.6733

COMPLETE SERVICE FOR MEN & WOMEN

PATTY GOURGARIS
LASER SKIN STUDIO

21 Years Experience
306.586.4003
2332 Scarth Street
www.laserskinstudio.com

- Laser Hair Removal
- Skin Rejuvenation
- IPL
- Micro-needling
- Rosacea Treatments
- Facial Veins
- Photorejuvenation
- Sun Damage/Pigmentation
- Acne Therapy
- Electrolysis
- Chemical Peels
- Make Up
- Skin Care

Peter Fourlas
REALTOR®

- Peter@PFourlas.ca
- P: 306.529.0009
- PeterFourlas.ca

3889 Arcola Avenue East
Regina, Saskatchewan, S4V 1P5

MLS MULTIPLE LISTING SERVICE
ROYAL LEPAGE Regina Realty

MARGARITA PARISONE
Buying or Selling? "Helping you is what I do."
306.535.3133
margaritap@sasktel.net
✓Free Home Evaluation
Top Producer
Condos - Homes & More
REALTY REGINA

Rx PharmaChoice

Chris Perentes
B.S.P.
Pharmacist/
Owner

- Compliance Bubble Packing
- Medication Assessments
- Seniors' Discount
- Flu vaccine shots and other injections

Don't want to wait 2 hours to have your prescriptions filled? Come see us at:

LORNE DRUGS
757-9667
2255 - 14th Avenue
Monday – Saturday 9 – 6 p.m.
Sundays & Holiday 12 – 4 p.m.

FREE Prescription Delivery

Advice for Life

@lornedrugspharmachoice
@LorneDrugsPCH

Your personal pharmacist is there with you through it all.

The Medicine Shoppe PHARMACY

Spiro Kangles, BSP
Pharmacist Owner

6380 Rochdale Blvd. • (306) 775-1343
email: medshoppe.rochdale@outlook.com
website: www.medicineshopperochdale.ca
Twitter: @MShoppeRochdale
Facebook: @medicineshopperochdale

CIBC

Marcina (Mersina) Kiosses
Mobile Investment Consultant

CIBC Securities Inc.
2227 Victoria Avenue East
Regina SK S4N 1K5

Tel: 306 535-9115
marcina.kiosses@cibc.com

CIBC provides banking services; CIBC Securities Inc. provides investment services.

Dusyk & Barlow
INSURANCE BROKERS LTD

4615 Albert Street
306.789.8384

302 University Park Drive
306.791.3474

www.saskinsurance.com

Protection For What's Important Since 1936

SGI CANADA

REMCO MEMORIALS LTD.
"Remembering Now & Forever"

Brian G. Byrne
Branch Manager
611 - 6th Avenue E. Regina SK S4N 5A3
(306) 789-2342
(306) 539-5835
b.byrne@remco-memorials.ca
(306) 789-1255
www.remco-memorials.ca

Keep dreaming, but start planning

Steven Bakouris, BA Econ., CFP, CHS
Financial Security Advisor

200-1901 Scarth St.
Regina, SK S4P 4L4
306-993-1828
Steven.Bakouris@f55f.com
bakourisfinancial.com

Bakouris
FINANCIAL GROUP INC.

Representing Freedom 55 Financial, a division of the Canada Life Assurance Company.