ST. PAUL'S GREEK ORTHODOX COMMUNITY OF REGINA

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Vol. 26, No. 6
Ιούλιος-Αύγουστος 2019 / July- August 2019
Submission deadline: July 15th
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COMMUNITY NEWS

Let the children come to Me and do not hinder them for such belongs the Kingdom of Heaven" (St. Matthew 19:14).

Our Most Loving Lord Jesus Christ had a special way with children. He loved and will always love all the children of the world. He was happy to receive them and to bless them. He presented them as examples of "child-like" qualities that He wanted to see in all His followers--simplicity, purity, goodness, innocence, kindness, compassion, faith, trust, for their humble openness, unconditional love, joy and enthusiasm. One of the most real and effective ways that Our Lord calls children to Him today is through the Church, through the Sacraments, through prayer, through worship, through the Holy Scriptures, through our Christian parish. When the faithful assemble for worship and the Divine Liturgy is celebrated, the Chief Celebrant and Host is Jesus Christ Himself, Who calls out to all: "Come to Me." By receiving His Precious Body and Blood with the fear of God, with faith and love, we are united with Him and with one another. Through Holy Communion the Orthodox Christian believer receives forgiveness of sins and eternal life. In other words, salvation!

Will the parish children be in Church this coming Sunday and every Sunday, to hear the word of God and be blessed by Him? You are doing something really, *really* important. I know it's not easy. I see you with your arms overflowing, and I know you came to church already tired. Parenting is tiring. Really tiring. I know you're wondering is this worth it? Why do I bother? I know you often leave church more exhausted than fulfilled. But what you are doing is *so* important. When you are here, the church is filled with a joyful noise. When you are here, I have hope that these pews won't be empty in 10 years when your kids are old enough to *sit quietly and behave in worship.* I know that they are learning how and why we worship now, before it's too late. They are learning that worship is important.

Children depend on the good will of their parents to bring them to divine worship. It is the primary responsibility of the parents to encourage and guide them to attend the Divine Liturgy and to attend the religious instruction offered by their parish. God's word to parents is laid down in Holy Scripture: "Bring them up in the discipline and instruction of the Lord." It is the responsibility of parents to raise their children in a Christ centered home and teach them in the ways of the Lord Christ, including discipline and correction.

Every Sunday families face the monumental challenge of getting out the door and to the service on time. It is easy to find excuses to stay home, but even on the most stressful mornings it is important that Christian parents haul their families to church, even if we just feel like we are going through the motions. Will the parish children be in Church this coming Sunday and every Sunday, to hear the word of God and be blessed by Him?

So dear parent, rest easy. While Sunday morning might feel more like a wrestling match, a battle of wills, or a circus, your time, efforts, and distracted worship are worth it. Even the messiest and most frustrating days are not wasted. Thank God for his grace—and keep it up.

DAY	PROGRAM	SERVICES	TIME
Sunday July 1st	**Κοσμά και Δαμιανού των Αναργύρων** The Holy Unmercenaries Cosmas & Damian. Feast Day of St. Anargyroi Church, **160 Betts Ave., Yorkton**	**Ὀρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
July 5th to August 2nd	**Holidays**		
Every evening on the following dates: August 8, 9, 12, 13 we have Paraklesis Service 7:00 to 8:00 p.m.			
Sunday August 4th	**7η Κυριακή του Ματθαίου** **Seventh Sunday of Matthew**	**Ὀρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Monday August 5th	**Η Εορτή της Μεταμορφώσεως** Commemoration of Our Lord's Transfiguration	**Εσπερινός** **Vesper**	7:00 to 8:00 p.m.
Tuesday August 6th	**Η Εορτή της Μεταμορφώσεως** Commemoration of Our Lord's Transfiguration	**Ὀρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 10:30 a.m.
Wednesday August 7th	Service will be held in **Swift Current**	**Θεία Λειτουργία & Παράκλησης** **Divine Liturgy & Paraklesis**	7:00 p.m.
Sunday August 11th	**8η Κυριακή του Ματθαίου** Eighth Sunday of Matthew	**Ὀρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Wednesday August 14th	**Κοίμησης της Θεοτόκου** Forefeast of the Dormition of the Most Holy Theotokos	**Εσπερινός** **Vesper & Office of the Lamentations**	7:00 to 9:00 p.m.
Thursday August 15th	**Κοίμησης της Θεοτόκου** Forefeast of the Dormition of the Most Holy Theotokos	**Ὀρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 10:45 a.m.
Sunday August 18th	**9η Κυριακή του Ματθαίου** Ninth Sunday of Matthew	**Ὀρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Sunday August 25th	**10η Κυριακή του Ματθαίου** Tenth Sunday of Matthew	**Ὀρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Thursday August 29th	**Αποτομή Τίμιας Κεφαλής Ιωάννου Προδρόμου** Beheading of St. John the Baptist	**Ὀρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 10:30 a.m.

Baptism:

June 9th: *Matthew Phillip* son of Scott Doughty and Melina Vlahos

Mnimosina:

August 18th: 6 month mnimosino service for Nick Lygouriatis

Funeral: The servant of God Louie Kangles fell asleep in the Lord on May 22nd.

IMMIGREC - Stories of Greek Immigration to Canada

Last year, Panayiotis Pappas, Associate Professor, Linguistics SFU came to Regina and interviewed several members of our community. He also interviewed many other Greeks from around the country that immigrated from Greece to Canada. The purpose of this project is to explore the history and language of Greek immigrants in Canada and elucidate their connection to the social and cultural history of the country. It contributes to the study of Greek transatlantic immigration and to the understanding of ethnic diversity in Canadian society.

The webpage and museum is now online. It's not yet complete, as they will gradually upload more excerpts and other materials, but the main infrastructure is done.

The webpage can be accessed at: **https://immigrec.com** and you can follow the links to hear and read the stories.

Stewardship Obligation to Change for the Year 2020

At the General Assembly Meeting of December 2, 2018 a motion was passed to change the Stewardship Obligation (Dues) beginning with the 2020 calendar year. The changes are as follows:

- **Adults and couples aged 65 and older, the fee remains the same – $150 for a single adult and $300 for a couple and will rely on the honour system**
- **Adults between the ages of 18 and 65 years will have an increase – $200 for a single adult and $400 for a couple**

These amounts are a minimum donation. Many of our parishioners already donate more than this for which we are sincerely grateful. There are several ways to make your contribution including: cash, cheque, credit card or debit at church, or via our website at www.gocregina.com/donate

If anyone is unable to make their annual stewardship contribution for the year, please contact the Treasurer or President to discuss further. All conversations with parishioners are kept in *strict confidence*.

Αλλαγή της Ετήσιας Συνδρομής για το Έτος 2020

Κατά τη συνεδρίαση της Γενικής Συνέλευσης της 2ας Δεκεμβρίου 2018 ψηφίστηκε και πέρασε πρόταση για την αλλαγή της συνδρομής από το ημερολογιακό έτος 2020. Οι αλλαγές έχουν ως εξής:

- **Ενήλικους ηλικίας 65 ετών και άνω, η συνδρομή παραμένει το ίδιο - $150 για έναν ενήλικο και $300 για ένα ζευγάρι.**
- **Ενήλικους μεταξύ 18 και 65 ετών, η συνδρομή θα αυξηθεί και θα έχει ως εξής - $200 για έναν ενήλικο και $400 για ένα ζευγάρι.**

Αυτά τα ποσά είναι μια προτινόμενη ελάχιστη δωρεά. Πολλοί από τους ενορίτες μας ήδη δωρίζουν περισσότερο από αυτό για το οποίο είμαστε πραγματικά ευγνώμονες. Υπάρχουν πολλοί τρόποι για να κάνετε τη συνεισφορά σας, όπως: μετρητά, επιταγές, πιστωτικές κάρτες, χρεωστική κάρτα ή μέσω της ιστοσελίδας μας στη διεύθυνση www.gocregina.com/donate

Αν κάποιος δεν είναι σε θέση να κάνει την ετήσια δωρεά, παρακαλούμε επικοινωνήστε με τον Ταμία ή τον Πρόεδρο για να συζητήσετε περαιτέρω. Όλες οι συνομιλίες με τους ενορίτες διατηρούνται με αυστηρή εμπιστοσύνη.

SAINT PAUL'S GREEK ORTHODOX CHURCH • PROGRAM FOR JULY & AUGUST 2019
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ Ο ΑΓΙΟΣ ΠΑΥΛΟΣ • ΙΟΥΛΙΟΣ & ΑΥΓΟΥΣΤΟΣ 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 1st **9:00 a.m.** The Holy Unmercenaries Cosmas & Damian **Yorkton**	Rev. Ft. Spyridon Vandoros will be away on holildays during **July 5th to August 2nd**. In case of an emergency, please contact **Chris Perentes** at 306-537-9447 (cell) or **Spiro Kangles** 306-591-2914 (cell)					
August 4th **9:00 a.m.** 7th Sunday of Matthew	5 **7:00 p.m.** Commemoration of Our Lord's Transfiguration	6 **9:00 a.m.** Commemoration of Our Lord's Transfiguration	7 **7:00 p.m.** Divine Liturgy & Paraklesis **Swift Current**	8 **7:00 p.m.** Paraklesis	9 **7:00 p.m.** Paraklesis	10
11 **9:00 a.m.** 8th Sunday of Matthew	12 **7:00 p.m.** Paraklesis	13 **7:00 p.m.** Paraklesis	14 **7:00 p.m.** Forefeast of the Dormition of the Most Holy Theotokos	15 **9:00 a.m.** Dormition of the Most Holy Theotokos	16	17
18 **9:00 a.m.** 9th Sunday of Matthew	19	20	21	22	23	24
25 **9:00 a.m.** 10th Sunday of Matthew	26	27	28	29 **9:00 a.m.** Beheading of St. John the Baptist	30	31

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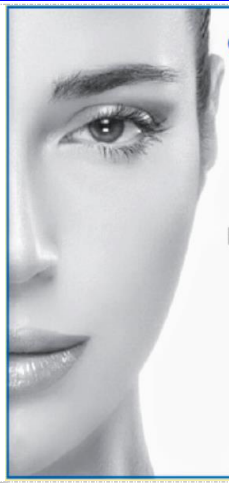

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