ST. PAUL'S GREEK ORTHODOX COMMUNITY OF REGINA

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March 2021
Submission deadline: March 15th
Secretary: Marina Sellis
Marina_sellis@hotmail.com

COMMUNITY NEWS

Greek School Announcement:

Due to the COVID-19 restrictions the Greek School PTA has not been able to hold their typical fundraising activities. Please consider giving a donation to the Greek School this month.
Payments can be made by Visa, MasterCard, Cheque, Cash, or Debit
Pay online through the website www.gocregina.com/donate and indicate that your donation is for our Greek School.

Greek War of Independence Bicentennial Celebrations: 1821 – 2021

March 25th, 2021 marks the 200th Anniversary of the Greek War of Independence against the Ottoman Empire. To commemorate this significant event, our community is rolling out some events for Bicentennial Week.

Bicentennial Week: March 21st to March 28th

March 22nd to March 29th: Be on the watch for 21 Greek flags and 21 Canadian flags flying along the Albert Street Bridge!
Thursday March 25th at 8am: Flag raising ceremony at the City Hall. Mayor Sandra Masters to attend and speak on the Bicentennial. The Greek flag will remain on the City Hall flagpole for the duration of the day.
Saturday March 27th at 2pm: Flag raising ceremony at the Legislative Building. The Greek School will be participating in their traditional Greek costumes and there will be dignitaries giving speeches.

Sunday March 28th at 9am: Orthros and Divine Liturgy followed by the Doxology and Wreath laying at St. Paul's Greek Orthodox Church. Reverend Father Spyridon will be officiating, and we will have students from the Greek School attend, dressed in traditional Greek costumes and holding icons at the front of the church.

The Church Council is ordering 1821 Merchandise from Greece to commemorate this event and will be selling to our community members. More information will be provided once the merchandise arrives. Please follow the **Regina Greek Events** Facebook page, our Church website and Facebook page and the Met Youth Facebook page for posts and information about the Bicentennial. This event will also be promoted on several digital billboards throughout the city during the month of March.
We are hoping for good weather for our Bicentennial week and we will keep you posted on the guidelines for the number of attendees allowed due to Covid restrictions for all events planned.
Send us your photos from March 25th celebrations of the past! We are going to post the photos on our Facebook page during the week of March 21st. Please send your photos to Costa Maragos at costamaragos@gmail.com or call him at 306-539-0846. We ask that you also provide the names of those in the photos (if you know them) and the approximate year that the photo was taken. **Deadlline to submit is March 8th!**

Ζήτω το '21! Ζήτω η Ελλάς! – Long live Greece!

DAY	PROGRAM	SERVICES	TIME
Friday - March 5th	**Εσπερινός και Τρισάγιον** - Vesper and Trisagion **6:30 to 7:45 p.m.**		
Saturday March 6th	**Ά Ψυχοσσάβατον** 1st Soul Saturday	**Όρθρος, Θεία Λειτουργία & Τρισάγιον** Orthros, Divine Liturgy & Trisagion	9:00 to 10:45 a.m.
Sunday March 7th	**Κυριακή της Αποκρεώ** Meat Fare Sunday	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:00 a.m.
Friday March 12th	**Ο Πάτερ θα παραλάβει τα πρόσφορα για το Ψυχοσσάβατο** Father Spyridon will be accepting prosfora for Saturday of the Soul		5:00 to 6:00 p.m.
Saturday March 13th	**΄Β Ψυχοσσάβατον** 2nd Soul Saturday	**Όρθρος, Θεία Λειτουργία & Τρισάγιον** Orthros, Divine Liturgy & Trisagion	9:00 to 10:45 a.m.
Sunday March 14th	**Κυριακή της Τυροφάγου** Cheese Fare Sunday	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:00 a.m.
Wednesday March 17th	Service will be held: **Lifegiving Font Church,** **SWIFT CURRENT**	**Προηγιασμένη Θεία Λειτουργία** Presanctified Liturgy	7:00 p.m.
Friday March 19th	**Ά Χαιρετισμοί**	1st Stanza of Salutations	7:00 to 8:00 p.m.
Saturday March 20th	**΄Γ Ψυχοσσάβατον** 3rd Soul Saturday	**Όρθρος, Θεία Λειτουργία & Τρισάγιον** Orthros, Divine Liturgy & Trisagion	9:00 to 10:45 a.m.
Sunday March 21st	**Κυριακή της Ορθοδοξίας** Orthodoxy Sunday	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:00 a.m.
Monday March 22nd	Service will be held: **St. Anargyroi Church,** **Yorkton**	**Προηγιασμένη Θεία Λειτουργία** Presanctified Liturgy	7:00 p.m.
Wednesday March 24th	**Για τον Ευαγγελισμό της Θεοτόκου** For the Annunciation of Theotokos	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	7:00 to 9:00 p.m.
Friday March 26th	**΄Β Χαιρετισμοί**	2nd Stanza of Salutations	7:00 to 8:00 p.m.
Sunday March 28th	**Β΄Κυριακή Νηστειών** Second Sunday of Lent **Εορτασμός της 25ης Μαρτίου** 25th of March Celebration	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Wednesday March 31st	**Προηγιασμένη Θεία Λειτουργία**	Presanctified Liturgy	7:00 to 8:30 p.m.

Ποιήμα από την πατριώτισσα ‘Ολγα Αγγελοπούλου

Εδώ....Ελλάδα... του ‘21

Σουλτάνε δε σου δίδαξε ποτέ η ιστορία,
πώς πολεμούν οι Έλληνες για την ελευθερία;
Χρυσές σελίδες γράφτηκαν για το εικοσιένα,
όπου μια χούφτα ήρωες
σας πέταξαν από την Ελλάδα πέρα.

Ήταν μια χούφτα Έλληνες με πίστη και ανδρεία,
που έσπασαν και διέλυσαν μια αυτοκρατορία.
Μην προκαλείς την τύχη σου,
μη δοκιμάζεις την υπομονή μας,
είμαστε Έλληνες γενναίοι εμείς,
για την πατρίδα μας δίνουμε τη ζωή μας.

Έκανες την Αγιά Σοφιά τζαμί,
βεβήλωσες το ιερό το σύμβολό μας,
όμως η πίστη μας δεν ήταν εκεί
στέκει ακλόνητη στην ψυχή μας και στο μυαλό μας.
Ηρέμησε, σκέψου λογικά και μη μας ξαναενοχλήσεις.
Πάλι εικοσιένα έχουμε, θες να το ξαναζήσεις?

Εμείς στις δύσκολες στιγμές γινόμαστε όλοι ένα,
έλα να δεις πως γράφουμε με αίμα «ΕΙΚΟΣΙΕΝΑ».
Ελα, σε περιμένουμε,
δεν άλλαξαν στιγμή τα ιδανικά μας
και πάλι «ΕΛΕΥΘΕΡΙΑ Ή ΘΑΝΑΤΟΣ» θα ΄ναι το συνθημά μας!!!!

Wedding

February 20th: George Tsiklis and Bibiana Del Castillo Medina.

Koumbaroi: Athena and Spiro Kangels

Ladies of Phyloptochos:

Due to the Covid pandemic, we would like to inform our Phyloptochos members that the membership fees can be paid through e-transfer to phyloptochos@sasktel.net or dropped off at the church mailbox with your name on the envelope. You may also contact Margarita Parisone at 306-535-3133.

Greek War of Independence Bicentennial Celebrations: 1821 – 2021 (continued)

GREEK WEEK:

to all Greek owned businesses, in conjunction with the celebration of Greece's 200th year anniversary of Independence, our community wants to showcase all of our Greek Owned and operated businesses in the city and surrounding area. During the week of March 22 – 28 we will be highlighting all the businesses through social media and in-house promotions. If you are interested in getting involved, or would like more information please contact. Tino Makris at 306-581-4111, George Yannitsos at 306-533-3730 or Spiro Bonis at 306-537-6991.

An Evening in Greece:

In lieu of not being able to host our traditional event, the committee has decided to host an online 50/50 with the proceeds once again going to the Hospitals of Regina Foundation. We are in the process of setting it up with SLGA and will be running it in conjunction with the 200th Anniversary celebrations. More details to follow soon.

Cliffs of Freedom movie:

Your community council is in the process of finalizing the details to bring the movie “Cliffs of Freedom“ for a special viewing to Regina. Stay tuned for more details.

*Father Stavros N. Akrotirianakis (*And When You Fast - Triodion - Greek Orthodox Archdiocese of America (goarch.org)

Jesus said, 'and when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your father who sees in secret will reward you:' Matthew 6: 16-18 (Gospel of Cheesefare Sunday)

When people think of the word "Lent," the word "fasting" is one of the first things that comes to mind. The cornerstone of Lent is not fasting, but repentance and growing in our faith. Fasting is a tool that is used to assist in spiritual growth. Fasting is also mischaracterized as a form of deprivation, rather than a spiritual discipline. Because fasting is so misunderstood, it is many times done incorrectly.

In the Orthodox world, we use the word “passions" to describe tendencies that each person has that lead us to sin. Each of us has a "passion" for anger, lust, power, greed, ego, etc. We do not get through life without wrestling with each of these, sometimes on a daily basis. The most basic "passion" is hunger. While we can go a day without a lustful thought or an angry thought, we can't go more than a few hours without a hungry thought. So, if we can tame our passion for eating, we can hopefully tame our other passions. If we can discipline ourselves to go without certain kinds of food, we can hopefully discipline ourselves so that we can go without certain kinds of behavior that are spiritually destructive. Thus, fasting is not about giving up something only to get it back. Fasting is about getting control of our passions, maintaining control over them, and ultimately giving control of ourselves to God.

It is the Orthodox Tradition to fast from food products that contain blood. So, we fast from meat, fish, dairy products, oil, and wine. (Oil and wine, up until the last couple of centuries, were stored in skins of animals. This is why we can eat grapes and olives, we cannot have wine or olive oil.) We can eat shellfish because they do not contain blood. Christ shed His blood for us, so we do not consume any "blood" or "animal" products. It is the tradition of the church to fast for the entirety of Great Lent and Holy Week. The week after the Publican and the Pharisee is fast free, as is the week after Pascha and Pentecost (and Christmas). The week before Great Lent, we are only required to fast from meat, not dairy products. Outside of Lent, it is Tradition to fast every Wednesday (in honor of the betrayal of Christ) and Friday (in honor of His Crucifixion). There is a forty day fast that precedes the Feast of the Nativity (November 15-December 24), a fourteen day fast that precedes the Feast of the Dormition (August 1-14), and the Holy Apostles Fast (which begins the day after All Saints Day and lasts through June 28).

Μην περιορίζεις το καλό της νηστείας μόνο στην αποχή από το φαγητό. Γιατί πραγματική νηστείεα είναι να μην κάνεις τίποτε άδικο. Να λύνεις κάθε δεσμό αδικίας. Συγχώρησε τον πλησιόν σου για το κακό που σου έκανε και ξέχασε αύτα που σου χρωστάει. Η νηστεία σας να είναι καθαρή από δικαστικές πράξεις και προστριβές.»

Μέγα Βασίλειος

SAINT PAUL'S GREEK ORTHODOX CHURCH • PROGRAM FOR MARCH 2021
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ Ο ΑΓΙΟΣ ΠΑΥΛΟΣ • ΜΑΡΤΙΟΣ 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 6:30 p.m. Vesper & Trisagion	6 9:00 a.m. 1st Soul Saturday
7 **9:00 a.m.** Meat Fare Sunday	8	9	10	11	12 5:00 p.m. Please drop off your prosforo	13 9:00 a.m. 2nd Soul Saturday
14 **9:00 a.m.** Cheese Fare Sunday	15	16	17 7:00 p.m. Service will be held: **Lifegiving Font Church, SWIFT CURRENT**	18	19 7:00 p.m. 1st Stanza of Salutations	20 9:00 a.m. 3rd Soul Saturday
21 9:00 a.m. Orthodoxy Sunday	22 7:00 p.m. Service will be held: **St. Anargyroi Church, YORKTON**	23	24 7:00 p.m. Annunciation of Theotokos	25	26 7:00 p.m. 2nd Stanza of Salutations	27
28 9:00 a.m. Second Sunday of Lent	29	30	31 7:00 p.m. Presanctified Liturgy			

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Keep dreaming, but start planning

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