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:
Konstantine Giannoutsos
Phone: 306-737-0473

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Μάρτιος 2022
Submission deadline: March 15th
Secretary: Marina Sellis
Marina_sellis@hotmail.com

COMMUNITY NEWS

Parent Teacher Association (PTA) of Greek School

The PTA is very excited to announce a lampathes and tsourekia fundraiser for Easter.
1- Godparents: starting mid-March we will be selling lampathes after each Sunday service. With many different designs you will find the perfect one for your Godchildren. You may also place an order on our FB page or by email at PTAgreekscregina@gmail.com
2- On Sunday April 17th after the Palm Sunday service we will be selling tsourekia; a great addition to your Godchilds Easter basket.
For more information please follow our Facebook page "Parents Association – Regina Greek School".

We would love to see you at the event on **March 5th**. This is a great way to support your community and raise money for The Hospitals of Regina Foundation.

In conjunction with An Evening In Greece Gala we are hosting an online 50/50 raffle as well as an online Silent Auction that is live at: https://trellis.org/an-evening-in-greece/auction Please take a look and consider bidding on all the amazing items.

Save the date: After the Palm Sunday service on **April 17th** the ladies of Philoptochos will prepare lunch. Once again we are looking forward to your support. More information will follow soon. Pre-orders only for pick-ups.

SAINT PAUL'S GREEK ORTHODOX CHURCH • PROGRAM FOR MARCH 2022
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ Ο ΑΓΙΟΣ ΠΑΥΛΟΣ • ΜΑΡΤΙΟΣ 2022

DAY	PROGRAM	SERVICES	TIME
Friday March 4th	**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 5th	**Β Ψυχοσσάβατον** 2nd Soul Saturday	**Όρθρος, Θεία Λειτουργία & Τρισάγιον** Orthros, Divine Liturgy & Trisagion	9:00 to 10:45 a.m.
Sunday March 6th	**Κυριακή της Τυροφάγου** Cheese Fare Sunday	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30a.m.
Wednesday March 9th	**Προηγιασμένη Θεία Λειτουργία**	Presanctified Liturgy	7:00 to 8:30 p.m.
Friday March 11th	**Ά Χαιρετισμοί**	**1st Stanza of Salutations**	7:00 to 8:00 p.m.
Saturday March 12th	**Ϛ Ψυχοσσάβατον** 3rd Soul Saturday	**Όρθρος, Θεία Λειτουργία & Τρισάγιον** Orthros, Divine Liturgy & Trisagion	9:00 to 10:45 a.m.
Sunday March 13th	**Κυριακή της Ορθοδοξίας** Orthodoxy Sunday	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30a.m.
Friday March 18th	**Β Χαιρετισμοί**	**2nd Stanza of Salutations**	7:00 to 8:00 p.m.
Sunday March 20th	**Β΄Κυριακή Νηστειών** Second Sunday of Lent **Γρηγορίου Παλαμά** Gregory Palamas	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Monday March 21st	Service will be held: St. Anargyroi Church, **Yorkton**	**Προηγιασμένη Θεία Λειτουργία** Presanctified Liturgy	7:00 p.m.
Wednesday March 23rd	Service will be held: Lifegiving Font Church, **Swift Current**	**Προηγιασμένη Θεία Λειτουργία** Presanctified Liturgy	7:00 p.m.
Thursday March 24th	**Ο Ευαγγελισμός της Θεοτόκου** Annunciation of Theotokos	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	6:30 to 8:30 p.m.
Friday March 25th	**Γ΄Χαιρετισμοί**	**3rd Stanza of Salutations**	7:00 to 8:00 p.m.
Sunday March 27th	**Της Σταυροπροσκύνησεως** Cross Veneration **Γ' Κυριακή Νηστειών -** Third Sunday of Lent	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Sunday March 27th	**Greek School Independence Day Celebration**		**4:00 p.m.**

Baptisms:

February 12th: Alexander, son of Konstadinos Doulias and Barbara Field.
Godparent: Aristea Christidis

February 20th: Ioannis Vlassios, son of Dimitrios Makris and Zacharoula Kangles.
Godparent: Helen Kangles

Funerals:

Demetra Pappas fell asleep in the Lord on January 17th
Elpis Syrgiannis fell asleep in the Lord on February 11th
John Pappas fell asleep in the Lord on February 12th

Memorial Services:

March 6th: 40 day memorial service for Afroditi Iatridis
March 20th: 40 day memorial services for Elpis Syrgiannis & John Pappas

Great Lent starts on March 7th:

The Greek Orthodox Paschal (Easter) season starts with The Great Lent, beginning on a Monday (Clean Monday) seven weeks before Easter Sunday. Through the Lenten season, there are things we can do to prepare ourselves for the Resurrection. The first place we should start is with our priest. He can help to point us in the right direction. But here are some things we should begin considering in the meantime:

Prayer - All good things begin with prayer. Think about it this way; when we meet someone we like, we spend time talking with them. The more we talk with them the more we know them and the more we want to know. Prayer is a conversation with God. We should tell him our fears, ask him to guide us and thank Him for our blessings. If you do not already have one, order an Orthodox prayer book to help you.

Go to Church - We know some of us may think that church only occurs on Sunday. Wrong! The Orthodox Church offers an entire cycle of worship throughout the year. No time is that more evident than during Lent. We should go to the Divine Liturgy on Sunday but we should also go to the other liturgical services (Vespers, Compline, Salutations and Akathist Hymn, Pre-Sanctified Liturgy). But here is the really important part, we should not just "go" to the services…we need to be active participants in the services.

Repentance/Confession - We know it is hard, but confession is necessary for spiritual growth. Do not look at it as going in with your shopping lists of sins and trying to rattle them off as quickly as possible. Instead look at it as an opportunity to fix your relationship with God through repentance. Repentance is accepting that we have done something wrong and (here's the hard part) committing to try very, very hard not fall into those sins again.

Read the Bible - If you don't have one, get one immediately! Ask your priest for the list of daily bible readings for the church calendar. This will help you in your journey through lent and throughout the year.

Fast - We know what you are all thinking… beans, greens and rice how does that make me a better Christian? Fasting is really about discipline. We discipline ourselves in other areas of our life (athletics, academic). We should be disciplining ourselves spiritually in what we do as well as in what we eat.

Give - Take time during lent to give to those in need. You do not need money to do this. Ask yourself how can I give of my time, talents and treasure to give Glory to God?

Καλή Σαρακοστή!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 **5:00 p.m.** Drop off of prosfora	5 **9:00 a.m.** 2nd Soul Satruday
6 **9:00 a.m.** Cheese Fare Sunday	7 Lent begins	8	9 **7:00 p.m.** Presanctified Liturgy	10	11 **7:00 p.m.** 1st Stanza of Salutations	12 **9:00 a.m.** 3rd Soul Saturday
13 **9:00 a.m.** Orthodoxy Sunday	14 7:00 p.m. Ladies of Philoptochos meeting	15	16	17	18 **7:00 p.m.** 2nd Stanza of Salutations	19
20 **9:00 a.m.** Second Sunday of Lent	21 **7:00 p.m.** Service will be held at St. Anargyroi Church **Yorkton**	22	23 **7:00 p.m.** Service will be held at Lifegiving Font Church **Swift Current**	24 **6:30 p.m.** Annunciation of Theotokos	25 **7:00 p.m.** 3rd Stanza of Salutations	26
27 **9:00 a.m.** Cross Veneration – Third Sunday of Lent **4:00 p.m.** Greek School Independence Day Celebration	28	29	30	31		

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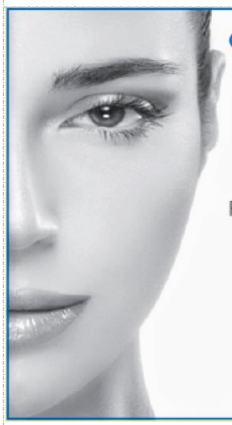

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