ST. PAUL'S GREEK ORTHODOX COMMUNITY OF REGINA

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COMMUNITY NEWS

The **St. Paul's Community Council for 2023-2024** took the Oath of Office on Sunday, January 8th. The Council members are:

Front Row (L-R): Margarita Parisone (Secretary), Nick Kourles (Vice President), Fr. Spiridon Vandoros, Tom Liagridonis (President), Georgina Barlas (Treasurer)
Back Row (L-R): Vasilis Vandoros, Chris Hamilton, Maria Perentes, Maria Lygouriatis, Aristea Christidis
Missing: Fay Bobetsis, Fotini Gargatzidis

On the same day **the St. Paul's Philoptochos Board** took the Oath of Office as well.

Front Row (L-R): Margarita Parisone (Treasurer), Sia Gourgaris (Greek Secretary), Fr. Spiridon Vandoros, Toula Perdicaris (President)
Back Row (L-R): Patra Barlas, Litsa Doulias, Vasmarie Agelopoulos, Voula Makris

Congratulations to all of you and all the best as you serve our community over the next two years.

DAY	PROGRAM	SERVICES	TIME
Thursday February 2nd	**Η Υπαπαντή του Κυρίου** Lord's Presentation in the Temple	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 10:30 a.m.
Sunday February 5th	**Τελώνου & Φαρισαίου** Publican & Pharisee	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Thursday February 9th	**Του Αγίου Χαραλάμπους** Holy Martyr Haralambos	**Θεία Λειτουργία** Divine Liturgy	6:30 to 8:00 p.m.
Sunday February 12th	**Κυριακή του Ασώτου** Sunday of the Prodigal Son	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Monday February 13th	Service will be held: SS. Anargyroi Church - **Yorkton**	**Θεία Λειτουργία** Divine Liturgy	7:00 p.m.
Wednesday February 15th	Service will be held: Life Giving Font **Swift Current**	**Θεία Λειτουργία** Divine Liturgy	7:00 p.m.
Friday February 17th	**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 February 18th	**Ά Ψυχοσσάβατον** 1st Soul Saturday	**Όρθρος, Θεία Λειτουργία & Τρισάγιον** Orthros, Divine Liturgy & Trisagion	9:00 to 10:30 a.m.
Sunday February 19th	**Κυριακή της Αποκρεώ** Meat Fare Sunday	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Friday February 25th	**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 February 25th	**Β Ψυχοσσάβατον** 2nd Soul Saturday	**Όρθρος, Θεία Λειτουργία & Τρισάγιον** Orthros, Divine Liturgy & Trisagion	9:00 to 10:30 a.m.
Sunday February 26th	**Κυριακή της Τυροφάγου** Cheese Fare Sunday	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.

Funerals:

The servant of God Chris Vlahos fell asleep in the Lord on January 3, 2023
The servant of God Albert Flengeris fell asleep in the Lord on January 4, 2023
May their memory be eternal.

Memorial Services – Μνημόσυνα:

February 5th: One year memorial services for Elpis Syrgiannis
February 12th: 40-day memorial services for Chris Vlahos and Albert Flengeris. One year memorial service for John Pappas.
February 19th: 6 month memorial service for Georgia Selimos and George Selimos

St. Paul's Leadership Scholarship

Our community congratulates this year's Leadership Scholarship recipients **Stella Rapi** and **Kasiani Parisone**. Congratulations to both on their academic achievements and the work they do in the community. Καλή πρόοδο!

Kasiani has been accepted into the Masters of Educational Psychology program at the University of Regina. Stella is working on her postgraduate degree Master of Counseling in Applied Psychology at Athabasca University.

Ladies of Philoptochos Society

The Ladies of Philoptochos Society invites you to lunch, on Sunday February 19th following Church Services at the Community Hall.

Lunch features: Beef in tomato sauce (κοκκινιστό) with spaghetti, salad and dessert.
The same day we will celebrate St. Philothei's feast day, the patron saint of Philoptochos, with artoklasia.
There will be no tickets sold, however a collection tray will be passed around.
Please join us for a lovely lunch and at the same time help the work of the Philoptochos!

Knight Cares
WIN A $5000 TRAVEL VOUCHER TOWARDS TRIP FOR TWO TO GREECE
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AUTHENTIC GREEK CUISINE ENTERTAINMENT TRADITIONAL PLATE BREAKING SILENT AUCTION

Greek School Parents Association Announcements:

- In December, Greek school asked for your support on Loukoumades day. Thanks to all of you we were able to raise about $2000 toward our school.
  We would like to thank once again Mr. George Doulias and his crew for all their help every time we ask them to make Loukoumades for our school. We also had a few anonymous donors who donated ingredients and supplies.

- Reminder: Sunday, January 29th our school will have an artoklasia in honour of the Three Hierarchs. We ask that all students and parents please attend.

- Evening in Greece will be held this year on Saturday March 4th. The Parents Association is asking for your help with coat check. Proceeds from the coat check go to our Greek School. We will have two shifts: 5:15 p.m. to 7:30 p.m. and 7:30 to 10:00 p.m. We will need four volunteers for each shift. Parents and friends of our school please email ptagreekscregina@gmail.com if you would like to help us out.

Mosaic Meeting Announcement

The first meeting for Mosaid 2023 will be held on **Tuesday, February 7th at 7:00 p.m**. in the Church hall.
Anyone who is interested in taking on a committee head position PLEASE ATTEND!
Any questions please contact Vasilis Vandoros at vasili_vandoros@hotmail.com
or (306)539-2352

2023 Stewardship Obligation

Family: $400 (including children under 18 yrs.)
Family (65yrs & over): $300 (including children under 18 yrs.)

Individual: $200 (18 - 65 years of age)
Individual: $150 (65 years of age and older)
Please contact the Treasurer or a member of the Community Council if you have any questions.

All Church Sacrament fees (marriage, baptism, chrismation and funeral) are included in your membership. All parties involved in the Church Sacraments must be members in good standing (annual stewardship obligation) for the last three years and must be paid in full prior to the performance of the service).

Your donation can be made by Cash, Cheque, Visa, MasterCard or Debit or *online through the website:* www.gocregina.com/donate

* * * * * *

As each has received a gift, use it to serve one another, as good stewards of God's manifold grace. - 1 Peter 4:10

Triodion 2023

We often hear our parents and grandparents saying that the Triodion starts, άνοιξε το Τριώδιο. What does it mean though? The Triodion Period, is the period of time in our Orthodox Liturgical year than encompasses 3 segments of time, that of the Pre-Lenten cycle, of Great Lent and of Holy Week. The word Triodion literally means "three odes", a series of hymns that are sung.

During this period:

- A book called "The Triodion" is used in the church services. There are special hymns and reading assigned to the service. This book is used throughout the Pre-Lenten period, through all of Lent and through Holy Week, up to Hold Saturday night.

- There is also a special service known as "The Saturday of the Souls", Ψυχοσσάβατο, that is observed in which we commemorate and remember our departed relatives.

- Each of the four Sundays of the Pre-Lenten period has special themes and Bible readings:

    - For 2023, on February 5th it's the **Sunday of The Publican and Pharisee**. It marks the beginning of a time of preparation for the spiritual journey of Lent, a time for Orthodox Christians to draw closer to God through worship, prayer, fasting and acts of charity. The theme here is humility and the correct observance of the teachings of God, observing without pride, and without looking down upon others. No fasting this week (not even on Wednesday or Friday) in preparation for the stricter 40-day period.

    - February 12th, Sunday of **The Prodigal Son.** The theme here is return, repentance, forgiveness to someone who has done wrong. We should not "rub it in" to someone who is trying to correct their mistakes. We are called to come to ourselves as did the prodigal to see if we also may be far from the Father's house and if so, make movement to "come home."

    - February 19th, **Meat Fare Sunday** known as "Apokreas" meaning from meat. Here we eat meat for the last time until Easter. On this day, focus is placed on the future judgment of all persons who will stand before the throne of God when Christ returns in His glory.
      On the past two Sundays of this pre-Lenten period, the focus was placed on God's patience and limitless compassion, of His readiness to accept every sinner who returns to Him. On this third Sunday, we are powerfully reminded of a complementary truth: no one is so patient and so merciful as God, but even He does not forgive those who do not repent. The message of Lent to each of us: turn back while there is still time, repent before the End comes.

    - February 26th, **Cheesefare Sunday** is the last Sunday prior to the commencement of Great Lent and the last day that dairy products can be eaten before the Lenten fast. On this Sunday, focus is place on the exile of Adam and Even from the Garden of Eden, an event that shows us how far we have fallen in sin and separated ourselves from God. At the onset of Great Lent and a period of intense fasting, this Sunday reminds us of our need for God's forgiveness and guides our hearts, minds, and spiritual efforts on returning to him in repentance.

- There are three Saturday of the Souls before Easter, two in February and one in March. During Soul Saturday, we remember those who have fallen asleep in the hope of resurrection and eternal life. Parishioners bring small dishes of lollyva to the church and submit a list of first name of deceased relatives to the priest. We comment to God all those who have departed before us, who are now waiting last Judgment. This is an expression of the Church's love. We remember them because we love them.

- Monday, Feburary 27th is when the Great Lent starts.

SAINT PAUL'S GREEK ORTHODOX CHURCH • PROGRAM FOR FEBRUARY 2023
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ Ο ΑΓΙΟΣ ΠΑΥΛΟΣ • ΦΕΒΡΟΥΑΡΙΟΣ 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 9:00 a.m. Lord's Presentation in the Temple	3	4 Greek School 9:30a.m. – 12:00 noon
5 9:00 a.m. Publican & Pharisee Triodion starts	6 Greek dancing 5:45 p.m. – 8:45 p.m.	7 7:00 p.m. Mosaic Meeting in the Church hall	8	9 6:30 p.m. Holy Martyr Haralambos	10	11 Greek School 9:30a.m. – 12:00 noon
12 9:00 a.m. Sunday of the Prodigal Son	13 7:00 p.m. Service will be held at SS. Anargyroi Church in **Yorkton** Greek dancing 5:45 p.m. – 8:45 p.m.	14	15 7:00 p.m. Service will be held at Life Giving Font church in **Swift Current**	16	17 Please drop off prosfora between 5:00 to 6:00 p.m	18 9:00 a.m. 1st Soul Saturday
19 9:00 a.m. Meat Fare Sunday Ladies of Philoptochos lunch following service	20 7:00 p.m. Ladies of Philopthochos meeting	21	22	23	24 Please drop off prosfora between 5:00 to 6:00 p.m	25 9:00 a.m. 2nd Soul Saturday
26 9:00 a.m. Cheese Fare Sunday	27 Lent begins Clean Monday – Καθαρά Δευτέρα Greek dancing 5:45 p.m. – 8:45 p.m.	28				

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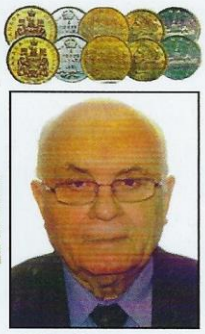

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