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COMMUNITY NEWS

The Ladies of Philoptochos society does amazing work in and around Regina.

This last Christmas season, the Philoptochos society collected money before Christmas and at their last meeting, the Philoptochos Chapter decided that they would donate $1000.00 (gift cards in the amounts of $100 and $50) to be given to families of Kitchener School who are struggling and need a bit of extra help.

The photo is of Helen Hofer, Margarita Parisone and Lorena Hainstock (the Principle of Kitchener School) where Philoptochos stopped by to give the donation!

Thank-you to all for contributed to this!

Parent Teacher Association (PTA) of Greek School

The PTA is very excited to announce a lampathes and tsourekia fundraiser for Easter once again this year.

On **Saturday April 8th** immediately following the Divine Liturgy the PTA will be selling tsourekia (for $15 each) and lampathes. . With many different designs you will find the perfect lampatha for your Godchildren.
For tsourekia we are offering these choices for the topping: plain, almonds, sesame seeds and sprinkles.
Please place your order by email at PTAgreekscregina@gmail.com

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

DAY	PROGRAM	SERVICES	TIME
Wednesday March 1st	**Προηγιασμένη Θεία Λειτουργία** Divine Liturgy of Presanctified Gifts		7:00 to 8:30 p.m.
Friday March 3rd	**Ά Χαιρετισμοί**	**1st Stanza of Salutations**	7:00 to 8:00 p.m.
Saturday March 4th	**Ά Ψυχοσσάβατον** 3rd Soul Saturday	**Όρθρος, Θεία Λειτουργία & Τρισάγιον** Orthros, Divine Liturgy & Trisagion	9:00 to 10:30 a.m.
Sunday March 5th	**Κυριακή της Ορθοδοξίας** Orthodoxy Sunday	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
	Great Lent Vesper Service to be held at **St. Paul's Greek Orthodox Church.** All the orthodox priests in attendance.		5:00 p.m.
Wednesday March 8th	**Προηγιασμένη Θεία Λειτουργία** Divine Liturgy of Presanctified Gifts		7:00 to 8:30 p.m.
Friday March 10th	**Ά Χαιρετισμοί**	**2nd Stanza of Salutations**	7:00 to 8:00 p.m.
Sunday March 12th	**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.
	Great Lent Vesper Service to be held at **St. Nicholas Romanian Orthodox Church.** All the orthodox priests in attendance		5:00 p.m.
Monday March 13th	Services will be held: St. Anargyroi Church **Yorkton**	**Θεία Λειτουργία** Divine Liturgy	7:00 p.m.
Wednesday March 15th	Services will be held: Lifegiving Font Church **Swift Current**	**Θεία Λειτουργία** Divine Liturgy	7:00 p.m
Friday March 17th	**Γ΄Χαιρετισμοί**	**3rd Stanza of Salutations**	7:00 to 8:00 p.m.
Sunday March 19th	**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.

	Great Lent Vesper Service to be held at **SS. Anargyroi in Yorkton.** All the orthodox priests in attendance		5:00 p.m.
Wednesday March 22nd	**Προηγιασμένη Θεία Λειτουργία** Divine Liturgy of Presanctified Gifts		7:00 to 8:00 p.m.
Friday March 24th	**Ο Ευαγγελισμός της Θεοτόκου** Annunciation of Theotokos **΄Δ Χαιρετισμοί - 4th Stanza of Salutations**		7:00 to 8:00 p.m.
Saturday March 25th	**Ο Ευαγγελισμός της Θεοτόκου** Annunciation of Theotokos	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 10:30 a.m.
Sunday March 26th	**Δ' Κυριακή των Νηστείων** Fourth Sunday Of Lent **Ιωάννου Κλίμακος** John Climacus	**Όρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
	Greek Independence Day celebration by our Greek school students following Divine Liturgy in the Community Hall.		
	Great Lent Vesper Service to be held at **St. George Orthodox Cathedral, Regina.** All the orthodox priests in attendance.		5:00 p.m.
Wednesday March 29th	**Προηγιασμένη Θεία Λειτουργία** Divine Liturgy of Presanctified Gifts		7:00 to 8:30 p.m.
Friday March 31st	**Ακάθιστος΄Υμνος**	Akathist Hymn	7:00 to 8:30 p.m.

Funeral:

The servant of God Spiridon Giannoutsos fell asleep in the Lord on January 22, 2023
May his memory be eternal.

Baptism:

February 18th: Lucille Lucia daughter of Tyler Cabylis and Kristen Metz. **Godparent:** Demetris Cabylis
Welcome to the church Lucille Lucia!

Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honored, do not envy him. Do not let only your mouth fast, but also the eye, and the feet, and the hands and all the members of our bodies. Let the hands fast, by being free of avarice. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ears by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, but bite and devour our brothers?
- St. John Chrysostom

Presanctified Liturgy of Presanctified Gifts

We see in the March schedule of services, there are some services that are called «Προηγιασμένη Θεία Λειτουργία» "Divine Liturgy of Presanctified Gifts", and not "Orthros and Divine Liturgy" like we usually see for services. So what do these services mean?

The Presanctified Liturgy, also called the Divine Liturgy of the Presanctified Gifts is a special service that is most often performed during Lent. In this service, the gifts are sanctified in advance. The point of the service is so that the people can partake of these gifts without creating the need for the priest to consecrate them during the service. Here's more information.

What does "sanctify" and "consecrate" mean in reference to Holy Communion?

During a special portion of the Divine Liturgy, the bread and wine are mystically changed into the Body and Blood of Christ. In other words, they are sanctified or consecrated. Both "sanctify" and "consecrate" can be used interchangeable. In fact, according to Webster's dictionary, sanctify means, "set apart as or declare holy; consecrate." The two words are synonyms.

When are the gifts consecrated for the Presanctified Liturgy?

The Sunday before the Presanctified Liturgy is to occur, the priest consecrates additional gifts so that the faithful can receive them during the special liturgical service during the week. He then sets them aside and stores them in a safe location for later use. Often, churches will have a special Pyx, or the communion chalice, that is only used for the reserved portion.

When this service is usually celebrated?

The Liturgy of the Presanctified Gifts is most often performed on Wednesdays and Fridays during Lent. However, it can be performed at other times, usually on feast days. Churches, however, aren't required to hold this service both days. It is perfectly okay to only do it once a week during Great Lent.

Why not celebrate the Divine Liturgy instead?

During Great Lent, Orthodox Christians are focused on preparing their bodies and minds for Christ's death and resurrection. It is a somber and reflective period of fasting and repentance with the ultimate goal of spiritual renewal. Since the Divine Liturgy is viewed as a celebration, the church restricts it to Sundays through the duration of Great Lent. Other times throughout the year, however, it is acceptable to have a Divine Liturgy service during the week. The Prasanctified Liturgy offers us a way to receive Holy Communion during the week without engaging in the celebratory Divine Liturgy service.

What is the service like?

The Presanctified Liturgy is a unique and beautiful service that makes full use of the church's cantors. The basic structure is that it contains the daily vespers, special prayers, and Holy Communion. There are also several Bible reads, most of which come from the Old Testament. The daily vespers usually include a reading from Psalms, as well as special hymns and prayers.

How do you prepare for Holy Communion?

The process for preparing for Holy Communion during a Presanctified Liturgy is exactly the same as when you receive Holy Communion during the Divine Liturgy on Sundays. However, since most of us engage in a period of fasting and prayer, we've already prepared our body to receive the gifts. Outside of Great Lent, we usually need to make a conscious effort to prepare for Holy Communion.

We hope to see our community members to all these services.

ICS
Integrated Consulting Services
A division of BM Group Corp.

St. Paul's
Greek Orthodox Community of Regina

ANNOUNCEMENT

Integrated Consulting Services to visit the St Paul's Greek Orthodox Community of Regina

From Saturday March 4, 2023, to Monday March 6, 2023, Mr. Anastasios Moussas, President of BM Group Corp. and Vice-President of the Canadian Order of AHEPA (COA), will be visiting St. Paul's Greek Orthodox Community of Regina, to address concerns regarding business and legal affairs in Greece and to talk about new tax law changes and how those affect property management and real estate transactions of all Greeks living abroad.

Integrated Consulting Services (ICS) is a full service one-stop-shop for all your affairs in Greece, from Acceptance of Inheritance, filing tax declarations, opening bank accounts, to purchasing/selling property and everything in between.

In particular, ICS specializes in the provision of the following services for Greece:

- Certified translations
- Taxation
- Estate administration
- Pension
- Banking
- Insurance
- Execution of Notarial documents (power of attorneys, affidavits, true copies etc)
- Real estate (Buying-Selling-Leasing)
- Legal representation
- Cadastral Surveying Declaration (Ktimatologio)
- Property management, including payment of utility bills, renovations and repairs

Mr. Moussas will speak at St Paul's Greek Orthodox Community Hall (3000 Argyle Road, Regina, SK S4S 2B2) **on Sunday, March 5, 2023**, after liturgy and following his presentation, he will be available to meet for private individual consultative sessions.

This presentation is sponsored by COA and they will be donating to the Ladies Philoptochos Society for the coffee/cake hour.
To book a consultation, please call ICS toll free at 1-866-496-4539 or visit www.icsgr.com

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:00 p.m. Divine Liturgy of Presanctified Gifts	2	3 7:00 p.m. 1st Stanza of Salutations	4 9:00 a.m. 3rd Soul Saturday Greek School 9:30a.m. – 12:00 noon Evening in Greece
5 9:00 a.m. Orthodoxy Sunday 5:00 p.m. Great Lent Vesper Service St. Paul's G.O. Church	6 Greek dancing 5:45 p.m. – 8:45 p.m.	7	8 7:00 p.m. Divine Liturgy of Presanctified Gifts	9	10 7:00 p.m. 2nd Stanza of Salutations	11 Greek School 9:30a.m. – 12:00 noon
12 9:00 a.m. 2nd Sunday of Lent 5:00 Great Lent Vesper Service St. Nicholas Romanian Orthodox Church	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 7:00 p.m. Daughters of Penelope meeting	15 7:00 p.m. Service will be held at Life Giving Font church in **Swift Current**	16	17 7:00 p.m. 3rd Stanza of Salutations	18 Greek School 9:30a.m. – 12:00 noon
19 9:00 a.m. Cross Veneration 5:00 Great Lent Vesper Service SS. Anargyroi, Yorkton	20 7:00 p.m. Ladies of Philopthochos meeting	21	22 7:00 p.m. Divine Liturgy of Presanctified Gifts	23	24 7:00 p.m. Annunciation of Theotokos & 4th Stanza of Salutations	25 9:00 a.m. Annunciation of Theotokos Greek School Rehearsal 10:30 to noon
26 9:00 a.m. 4th Sunday of Lent 5:00 Great Lent Vesper Service, St. George Orthodox Cathedral	27 Greek dancing 5:45 p.m. – 8:45 p.m.	28	29 7:00 p.m. Divine Liturgy of Presanctified Gifts	30	31 7:00 p.m. Akathist Hymn	

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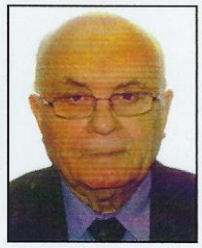

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