ST. PAUL'S GREEK ORTHODOX COMMUNITY OF REGINA

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COMMUNITY NEWS

We are proud to announce that the Provincial Government is recognizing March 2024 be designated **"Hellenic Heritage Month"**

In October 2023, on behalf of Canadian Order of AHEPA (COA), President of AHEPA Regina Chapter CJ13 Spiro Bonis, and with the guidance of John Athanasopoulos, Thomas Siarkos, and St. Paul's Grek Orthodox Community of Regina President Tom Liagridonis, letters were written to the Honorable Laura Ross Minister of Parks, Culture and Sport, requesting this designation.

To the Greeks/Hellenes in Saskatchewan this is an incredible hounour! Ζήτω!!!

GOVERNMENT OF SASKATCHEWAN

Certificate of Recognition

I, Laura Ross, Minister of Parks, Culture and Sport
in the Province of Saskatchewan
in exercise of the powers conferred upon me,
do hereby designate the month of
March 2024 to be:

"Hellenic Heritage Month" in Saskatchewan

And I request the citizens of the Province of Saskatchewan to recognize this month.

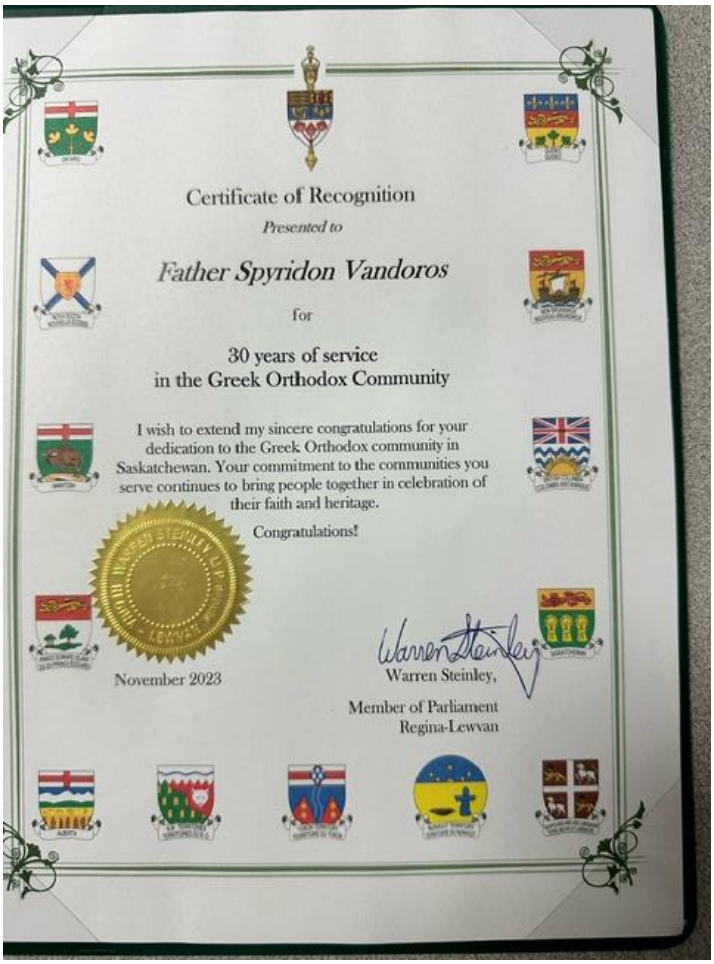
Dated at the City of Regina this 21st day of February 2024.

GOVERNMENT OF SASKATCHEWAN

MINISTER

On Sunday, February 25th Warren Steinley, MP for Regina-Lewvan awarded a certificate of recognition to Father Spyridon Vandoros **for 30 years of service in our Greek Orthodox Community**.

Congratulations Father!



Friendly reminders:

The Community Council wishes to remind all to follow City of Regina parking bylaws at all times. This includes:

- Vehicles must be parked two (2) meters away from a driveway;
- Vehicles must be parked ten (10) meters from an intersection; and
- Vehicles must be parked two (2) meters away from a fire hydrant.

We will not take any responsibility if any vehicle is ticketed and/or towed. Your understanding and cooperation would be greatly appreciated.

Baptisms:

January 28th: Millie Anne, daughter of Brenden Bennett and Afroditi Papageorgiu
Godparent: Dragana Dzelajlija

February 17th: Vasilis Stavros, son of Layne Rieger and Georgia Laloudakis.
Godparents: Katerina and Sean MacGillivray

February 18th: James Cody son of Dakota Wagman and Deanna Hamilton.
Godparent: Nicole Wiebe

Welcome precious children to our church!

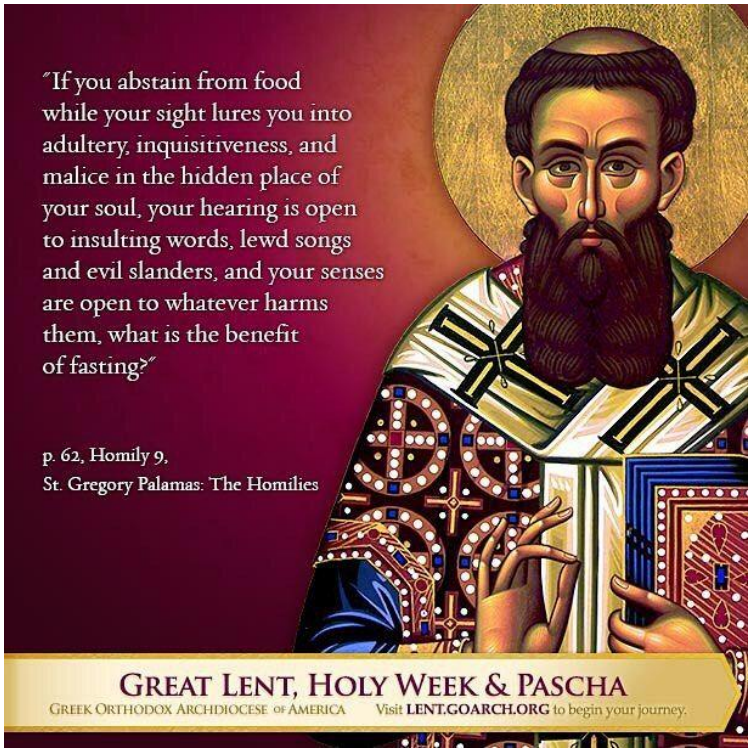
SAINT PAUL'S GREEK ORTHODOX CHURCH • PROGRAM FOR MARCH 2024
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ Ο ΑΓΙΟΣ ΠΑΥΛΟΣ • ΜΑΡΤΙΟΣ 2024

DAY	PROGRAM	SERVICES	TIME
Sunday March 3rd	**Κυριακή του Ασώτου** Sunday of the Prodigal Son	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Friday March 8th	**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 9th	**Ά Ψυχοσσάβατον** 1st Soul Saturday	**Όρθρος, Θεία Λειτουργία & Τρισάγιον** Orthros, Divine Liturgy & Trisagion	9:00 to 10:45 a.m.
Monday March 11th	Service will be held: St. Anargyroi Church, **YORKTON**	**Θεία Λειτουργία** Divine Liturgy	7:00 p.m.
Sunday March 10th	**Κυριακή της Αποκρεώ** Meat Fare Sunday	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Friday March 15th	**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 16th	**Ά Ψυχοσσάβατον** 2nd Soul Saturday	**Όρθρος, Θεία Λειτουργία & Τρισάγιον** Orthros, Divine Liturgy & Trisagion	9:00 to 10:45 a.m.
Sunday March 17th	**Κυριακή της Τυροφάγου** Cheese Fare Sunday	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Wednesday March 20th	**Προηγιασμένη Θεία Λειτουργία** Divine Liturgy of Presanctified Gift		7:00 to 8:30 p.m.
Friday March 22nd	**Ά Χαιρετισμοί**	1st Stanza of Salutations	7:00 to 8:00 p.m.
Saturday March 23rd	**Ά Ψυχοσσάβατον** 3rd Soul Saturday	**Όρθρος, Θεία Λειτουργία & Τρισάγιον** Orthros, Divine Liturgy & Trisagion	9:00 to 10:45 a.m.
Sunday March 24th	**Κυριακή της Ορθοδοξίας** Orthodoxy Sunday	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 12:00 noon
	Greek Independence Day celebration by our Greek school students following Divine Liturgy in the Community Hall.		
	Great Lent Vesper Services to be held at St. George Cathedral Regina, All the Orthodox Priests will be in attendance. Vespers at 5:00 p.m.		
Monday March 25th	**Ο Ευαγγελισμός της Θεοτόκου** Annunciation of Theotokos	**Όρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 10:30 a.m.
Wednesday March 27th	Service will be held: Lifegiving Font Church, **SWIFT CURRENT**	**Θεία Λειτουργία** Divine Liturgy	7:00 p.m.

Friday March 29th	**Ά Χαιρετισμοί**	2nd Stanza of Salutations	7:00 p.m.
Sunday March 31st	**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 Services to be held at SS. Anargyroi, Yorkton. All the Orthodox Priests will be in attendance. Vespers at 5:00 p.m.		

Greek Independence Day Celebration

On Sunday, March 24th the students of St. Paul's Greek Heritage Language School will perform for the community in celebration of Greek Independence Day. Our children have been working hard on their poems and they would appreciate your support on this special day.
Celebrations commence in the Community Hall, following Sunday morning service.



Clean Monday – Καθαρά Δευτέρα
Monday March 18th, Lent begins for all Orthodox Christians.

Great Lent, Megali Sarakosti, is the **period of our spiritual and physical preparation preceding Pascha**, the glorious Resurrection of our Lord. It is a period of **deep reflection** into our inner self, **repentance, confession and prayer**, in view of our co-suffering the Passion of our Lord, but also of the joyous anticipation of His Resurrection. Orthodox Lent is not only about fasting but about being closer to God.

Fasting makes us realize that we are dependent on God. We are reminded that without God, we can do nothing. It also has the potential to increase our spiritual strength, true obedience to God and total patience with our fellow man. It helps us to take control of our appetites that involve the physical senses. We fast from food to help us build our self-control "muscles" so to speak – so that ultimately we can resist the temptation to sin and live according to God's will. As with all fasting, we should keep in mind that abstaining from food during this period of preparation does us no good if we do not also, as St. John Chrysostom teaches us, fast with:

… the eye and the ear 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 ear fast, 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

Scholarship information:

The AHEPA family has many scholarships available both Nationally and within our local District.
We offer - Scholarships in Education, Business studies, Medicine, Law, Engineering and the performing arts. As long as a parent or grandparent is an AHEPA member you are eligible for all of the scholarships. The Medical and Performing Arts scholarship is available to anyone from Hellenic descent. Scholarships – AHEPA CANADA

Also we have a District Scholarship available District #24 Scholarship Program (ahepacanada.org)

If you have any questions regarding the AHEPA Family scholarships contact Spiro Bonis 306-537-6991

SAINT PAUL'S GREEK ORTHODOX CHURCH • PROGRAM FOR MARCH 2024
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ Ο ΑΓΙΟΣ ΠΑΥΛΟΣ • ΜΑΡΤΙΟΣ 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 **9:00 a.m.** **Sunday of the Prodigal Son**	4	5	6	7	8 5:00 – 6:00 p.m. Please drop off your prosforo	9 9:00 a.m. 1st Soul Saturday
10 **9:00 a.m.** **Meat Fare Sunday**	11 7:00 p.m. Service will be held at SS. Anargyroi Church in Yorkton	12	13	14	15 5:00 – 6:00 p.m. Please drop off your prosforo	16 9:00 a.m. 2nd Soul Saturday
17 **9:00 a.m.** **Cheese Fare Sunday**	18 Lent begins	19 7:00 p.m. Ladies of Philoptochos meeting	20 7:00 p.m. Divine Liturgy of Presanctified Gift	21	22 7:00 p.m. 1st Stanza of Salutations	23 9:00 a.m. 3rd Soul Saturday
24 **9:00 a.m.** **Orthodoxy Sunday** Greek Independence Day Celebration by the Greek School students **5:00 p.m.** Great Lent Vesper Service at St. George Cathedral, Regina	25 9:00 a.m. Annunciation of Theotokos	26 7:00 p.m. Daughters of Penelope meeting	27 Service will be held at Life Giving Font Church in Swift Current	28	29 7:00 p.m. 2nd Stanza of Salutations	30
31 **9:00 a.m.** Second Sunday of Lent **5:00 p.m.** Great Lent Service at SS. Anargyroi, Yorkton						

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