St. Paul' s Greek Orthodox Community of Regina

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Μάρτιος 2025
March 2025

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Respect for Our Neighbours – A Reminder Regarding PARKING

As members of St. Paul's Greek Orthodox Community, we are called to live our faith not just in church but in our daily actions. We have once again received concerns from our neighbours regarding parking. We kindly and respectfully ask all members to follow city parking bylaws, avoid blocking driveways, and be mindful of private property. Be aware that vehicles may be ticketed and/or towed if in violation.

Let's ensure that our presence in the community reflects the values of respect, kindness, and consideration. Thank you for your cooperation!

First Sunday of Great Lent: Sunday of Orthodoxy (March 9th)

Gospel: John 1:43-51
"Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see."

Three powerful words that, if leveraged appropriately, could transform our lives. We know this because it is exactly what happened when Philip, who met the Lord Jesus in Galilee, told Nathanael to "Come and see." Following this interaction, Nathanael boldly confessed to Christ: "Rabbi, You are the Son of God! You are the King of Israel!" (John 1:49). Do we do what Philip did? Do we invite others, including oftentimes our immediate family members, to come and see Christ? To meet the Lord? If not, why not? And, do we do what Nathanael did? Accept the invitation and start a relationship with Our Lord and Savior Jesus Christ? These are not simply theoretical questions, but practical steps that we can implement in our day-to-day lives. Let us invite others to attend the Divine Liturgy and church services with us, so they may see the richness of Orthodoxy that fosters communion with Christ. Let us also seek the Lord and confess Him like Nathanael did.

The Sunday Gospels – Greek Orthodox Archdiocese of Canada

COMMUNITY NEWS

Meet the Consul General of Greece

We invite all members of our community to join us in welcoming Mr. Dimitrios Skoutas, Consul General of Greece in Vancouver, for a special information and Q&A session.

🗓️ Date: Friday, March 7, 2025
🕔 Time: 5:00 PM – 6:45 PM

📍 Location: St. Paul's Greek Orthodox Community Hall

This is a wonderful opportunity to engage with the Consul General, ask questions, and learn about matters relevant to the Greek community in Saskatchewan. We encourage all members to attend and take advantage of this visit. We look forward to seeing you there!

We are proud to announce that the Government of Saskatchewan has issued the following two proclamations:

- **March 2025** has been designated **"Hellenic Heritage Month"** in Saskatchewan
- **March 25, 2025** has been designated **"Greek Independence Day"** in Saskatchewan

To all Greeks/Hellenes in Saskatchewan, this is an incredible honour! **Ζήτω!!!**

GOVERNMENT OF SASKATCHEWAN

Certificate of Recognition

I, Alana 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 2025 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 5th day of February 2025.

MINISTER

GOVERNMENT OF SASKATCHEWAN

Certificate of Recognition

I, Alana Ross, Minister of Parks, Culture and Sport
in the Province of Saskatchewan
in exercise of the powers conferred upon me,
do hereby designate the day of
March 25, 2025 to be:

"Greek Independence Day" in Saskatchewan

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

Dated at the City of Regina this 5th day of February 2025.

MINISTER

St. Paul's Greek Orthodox Church Evacuation Plan

Your safety is our top priority! To ensure that everyone knows how to exit safely in case of an emergency, **Evacuation Plans are posted throughout the church**.

- ☑ Take a moment to locate the nearest plan and familiarize yourself with the designated exit routes.
- ☑ If you have a regular seat, be sure to identify the closest exit and the safest way to reach it.
- ☑ In the event of an evacuation, stay calm and follow the instructions of Community Council members and volunteers.

🛑 Preparedness saves lives! Let's all do our part to keep our church family safe. Thank you for your attention and cooperation.

St. John Ambulance Presentation

Please join us for an important information session on the *signs and symptoms of stroke, heart attacks, and diabetic emergencies*. You will have a chance to use an *AED* in practice.

When: **Sunday, March 2nd**, after the church service during coffee fellowship (approx. 45 minutes).

St. John Ambulance

An Evening in Greece 2025

Thank you for your tremendous support! Our event is sold out, but there's still a great opportunity to get involved! If you or your business would like to contribute to our silent auction or wine wall, we'd love to hear from you. Contact us eigyqr@gmail.com.

Philanthropy is at the heart of Greek culture, and *An Evening in Greece* has proudly carried on this tradition, making a meaningful impact in Regina for over three decades. Since 1993, this extraordinary event has raised more than **$2.86 million** to benefit local charities like the Hospitals of Regina Foundation, Regina Palliative Care Inc., the Friends of Renal Dialysis, the Adult Learning Centre, and the Therapeutic Riding Association. In 2024 alone, thanks to our sponsors and a generous contribution from Knight Cares, we raised **$214,000** in support of health care in our community through the Hospitals of Regina Foundation. Thanks again!!

The Daughters of Penelope

We would like to extend our heartfelt thanks to everyone who attended and contributed door prizes for the 19th Charity Luncheon, held on Monday, February 3rd at the Atlas Hotel.

Thanks to your generosity, we were able to donate $5,000 to the Health Arts Society of Regina.

Your support is deeply appreciated, and we look forward to continuing this meaningful work together in the future. Thank you once again!

Sons of Pericles

It's tavli time!

Join the Sons of Pericles in their inaugural tavli tournament in the community hall on **Sunday, March 16th at 1:30pm**.

Buy in will be $20 with a guarantee of 6 games of πόρτες, lunch, and prizes for the winner. All are welcome and encouraged to come spend the afternoon full of tavli fun.

*This event is "bring your own board"!

If you wish to participate call or text **(306) 501-8095**

DID YOU KNOW? Angels in Orthodox Worship and Tradition

- Angels are commemorated in the Divine Liturgy, where we chant: *"Holy, Holy, Holy, Lord of Hosts…"* (from Isaiah 6:3).
- The **Synaxis of the Archangels (November 8th)** is a major feast in the Orthodox Church, honouring all angelic beings.
- Icons of angels, especially Archangel Michael and Archangel Gabriel, are commonly venerated in Orthodox churches and homes.

In Greek Orthodox theology, angels are spiritual beings created by God to serve Him and assist in His divine plan. The Church follows the traditional hierarchy of **nine orders of angels**, as taught by St. Dionysios the Areopagite in his work *The Celestial Hierarchy*. These angels are divided into three groups, each with three ranks.

First (Highest) Order – Closest to God

These angels are in constant worship of God and serve in His direct presence.

1. **Seraphim (Σεραφείμ)** – The highest rank of angels, the Seraphim stand before God's throne, continuously singing *"Holy, Holy, Holy"* (Isaiah 6:3). Their name means "burning ones," symbolizing their fiery love for God.
2. **Cherubim (Χερουβείμ)** – Known for their profound knowledge and wisdom, the Cherubim are described in Scripture as having many eyes (Ezekiel 10). They guard the way to the Tree of Life in Paradise (Genesis 3:24) and are associated with divine mysteries.
3. **Thrones (Θρόνοι)** – These angels are the foundation of God's justice and authority. They are often depicted as fiery wheels (Ezekiel 1:15-21) and are considered bearers of divine peace and humility.

Second Order – Heavenly Governors

These angels help govern the universe and execute God's will throughout creation.

4. **Dominions (Κυριότητες)** – They oversee the lower ranks of angels and ensure that God's will is carried out throughout the universe. They are known for their divine wisdom and leadership.
5. **Virtues (Δυνάμεις)** – These angels are associated with miracles and divine power. They assist in strengthening the faithful and guide those who strive for holiness.
6. **Powers (Εξουσίες)** – They are warriors against evil, fighting demonic forces and ensuring order in creation. They protect humanity from harm and assist in spiritual warfare.

Third (Lowest) Order – Closest to Humanity

These angels interact more directly with humans, delivering messages, guiding souls, and protecting the faithful.

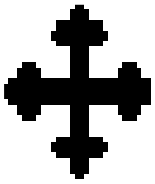
7. **Principalities (Αρχές)** – These angels oversee nations and peoples, guiding them according to God's will. They are responsible for the protection and spiritual well-being of entire communities.
8. **Archangels (Αρχάγγελοι)** – Archangels are messengers of great importance in the divine plan. The most well-known are:
    - **Archangel Michael** – The leader of the heavenly hosts and protector of the faithful. He is the warrior against Satan.
    - **Archangel Gabriel** – The messenger of God, best known for announcing the birth of Christ to the Theotokos.
    - **Archangel Raphael** – The healer, mentioned in the Book of Tobit as one who brings healing and guidance.
    - **Archangels Uriel, Selaphiel, Jegudiel, and Barachiel** – Recognized in Orthodox tradition for their roles in guiding, interceding, and protecting.
9. **Angels (Ἄγγελοι)** – These are the closest to humanity and serve as our personal guardians. Every Orthodox Christian is believed to have a **guardian angel** assigned at baptism, who protects and guides them throughout life.

SAINT PAUL'S GREEK ORTHODOX CHURCH • *March 2025*
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ Ο ΑΓΙΟΣ ΠΑΥΛΟΣ • *Μάρτιος 2025*

DAY	PROGRAM	SERVICES	TIME
March 1st Saturday	**Β' Ψυχοσάβατον** 2nd Soul Saturday	**Ὄρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy **Τρισάγιον** - Trisagion	9:00 to 10:45 a.m.
March 2nd Sunday	**Κυριακή της Τυροφάγου** Cheesefare Sunday	**Ὄρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
Monday March 3rd – Great Lent begins			
March 5th Wednesday	Presanctified Liturgy	**Προηγιασμένη Λειτουργία**	7:00 to 8:30 p.m.
March 7th Friday	Please drop off your prosforo any time after 5:00 p.m.		
	1st Stanza of Salutations	**Α΄Χαιρετισμοί**	7:00 to 8:00 p.m.
March 8th Saturday	**Γ' Ψυχοσσάβατον** 3rd Soul Saturday	**Ὄρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy **Τρισάγιον** - Trisagion	9:00 to 10:45 a.m.
March 9th Sunday	**Κυριακή της Ορθοδοξίας** Orthodoxy Sunday	**Ὄρθρος & 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 will be in attendance. Vesper at 5:00 p.m.		
Monday March 10th	**Προηγιασμένη Λειτουργία** Presanctified Liturgy Services will be held: SS. Anargyroi Church, **YORKTON**	**Θεία Λειτουργία** Divine Liturgy	7:00 p.m.
March 12th Wednesday	Presanctified Liturgy	**Προηγιασμένη Λειτουργία**	7:00 to 8:30 p.m.
March 14th Friday	**2nd Stanza of Salutations**	**Β΄Χαιρετισμοί**	7:00 to 8:00 p.m.
Sunday March 16th	**Β΄Κυριακή Νηστειών** Second Sunday of Lent **Γρηγορίου Παλαμά -** Gregory Palamas	**Ὄρθρος και Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
	Great Lent Vesper Service to be held at **SS. Anargyroi Greek Orthodox Church in Yorkton**. All the Orthodox priests will be in attendance. Vesper at 5:00 p.m.		
Wednesday March 19th	Presanctified Liturgy Service will be held: Life Giving Font Church - **Swift Current**	**Προηγιασμένη Λειτουργία**	7:00 p.m.
Friday March 21st	**3rd Stanza of Salutations**	**Γ΄Χαιρετισμοί**	7:00 to 8:00 p.m.

DAY	PROGRAM	SERVICES	TIME
Sunday March 23rd	**Της Σταυροπροσκύνησεως -** Cross Veneration **Γ' Κυριακή Νηστειών** - Third Sunday of Lent	**Ὄρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
	Greek Independence Day Celebration to follow after Church service		
	Great Lent Vesper Service to be held at **Descent of the Holy Spirit Ukrainian Orthodox Church**, **Regina**. All the Orthodox priests will be in attendance. Vesper at 5:00 p.m.		
Monday March 24th	**Ο Ευαγγελισμός της Θεοτόκου** Annunciation of Theotokos	**Εσπερινός** Vesper	7:00 to 8:00 p.m.
Tuesday March 25th	**Ο Ευαγγελισμός της Θεοτόκου** Annunciation of Theotokos	**Ὄρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 10:30 a.m.
Friday March 28th	**4th Stanza Salutations**	**Δ΄ Χαιρετισμοί**	7:00 to 8:00 p.m.
Sunday March 30th	**Δ΄ Κυριακή Νηστειών** Fourth Sunday of Lent **Ιωάννου Κλίμακος** John Climacus	**Ὄρθρος & Θεία Λειτουργία** Orthros & Divine Liturgy	9:00 to 11:30 a.m.
	Great Lent Vesper Service to be held at **Holy Trinity Church, Moose Jaw**. All the Orthodox priests will be in attendance. Vesper at 5:00 p.m.		

MEMORIAL SERVICES:



March 2nd: six-month memorial service for **John Perentes**

SAINT PAUL'S GREEK ORTHODOX CHURCH • March 2025
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ Ο ΑΓΙΟΣ ΠΑΥΛΟΣ • Μάρτιος 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 **9:00 a.m.** **2nd Soul Saturday**
2 **9:00 a.m.** **Cheesefare Sunday**	**3** **GREAT LENT BEGINS** **Greek Dance Classes**	**4**	**5** **7:00 p.m.** **Presanctified Liturgy**	**6**	**7** Drop off prosforo after 5:00 p.m. **7:00 p.m.** **1st Stanza of Salutations**	**8** **9:00 a.m.** **3rd Soul Saturday**
9 **9:00 a.m.** **Orthodoxy Sunday** *5:00 p.m.* *Great Lent Vesper Service at St. Paul's Greek Orthodox Church*	**10** **Greek Dance Classes** 7:00 p.m. Service will be held at SS. Anargyroi Church, Yorkton	**11** *7:00 p.m.* *Daughter of Penelope meeting*	**12** **7:00 p.m.** **Presanctified Liturgy**	**13** *6:30 p.m.* *Community Council meeting*	**14** **7:00 p.m.** **2nd Stanza of Salutations**	**15**
16 **9:00 a.m.** **Second Sunday of Lent** **5:00 p.m.** Great Lent Vesper Service at SS. Anargyroi Church in Yorkton	**17** **Greek Dance Classes** *7:00 p.m.* *Ladies of Philoptochos meeting*	**18**	**19** 7:00 p.m. Service to be held at Lifegiving Font Church, Swift Current	**20**	**21** **7:00 p.m.** **3rd Stanza of Salutations**	**22**
23 **9:00 a.m.** **Cross Veneration** Greek Independence Day Celebration to follow *5:00 p.m.* *Great Lent Vesper Service at Descent of the Holy Spirit Ukrainian Orthodox Church - Regina*	**24** **7:00 p.m.** **Annunciation of Theotokos** **Greek Dance Classes**	**25** **9:00 a.m.** **Annunciation of Theotokos**	**26**	**27**	**28** **7:00 p.m.** **4th Stanza of Salutations**	**29**
30 **9:00 a.m.** **Fourth Sunday of Lent** *5:00 p.m.* *Great Lent Vesper Service at Holy Trinity Church - Moose Jaw*	**31** **Greek Dance Classes**					

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This is the QR code for our Church's app if you would like to download it.

Looking to promote your business while supporting our community? Advertising spots are now available for the next period (April 1 – March 31).

For details, please contact **Maria Perentes** at **mariap@sasktel.net**.

Thank you for your support!