

ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

SEPTEMBER 17, 2023



St Stephen Protomartyr



Sunday after the Exaltation of the Cross.

Holy Martyr Sophia, and Her Three Daughters Faith, Hope and Love

Address:

4903 – 45th Street S.W.
Calgary, Alberta T3E 3W5 Canada

Office Hours

Mon-Thurs 9:00am -2:00pm

Telephone:

403-249-4818, press 0

Pastoral Emergencies:

403-249-4818, press 9

Email:

Office@Protomartyr.ca
Coordinator@Protomartyr.ca

Ukrainian Newcomers support

Anastasia Gyrshanovych
newcomers@protomartyr.ca

Parish Website:

www.saintstephencalgary.ca

Parish Calendar:

[www.saintstephencalgary.ca/
calendar1.html](http://www.saintstephencalgary.ca/calendar1.html)

Facebook:

[https://www.facebook.com/
protomartyr.ca](https://www.facebook.com/protomartyr.ca)

Eparchy Website:

www.edmontoneparchy.com

DIVINE LITURGIES:

Sunday Services:

8:30 am—Bilingual

10:05—Rosary

10:30 am – English

Saturday

4:00 pm—Great Vespers

Weekday Services:

Wednesdays and Thursdays at 9:00am

Antiphon 1

O God, my God, hear me; why have You forsaken me? The words of my transgressions put salvation far from me.

Through the prayers of the Mother of God, O Saviour, save us.

O God, I will call to You by day but You will not listen; and by night, yet it will not be foolish of me.

Through the prayers of the Mother of God, O Saviour, save us.

But You, the praise of Israel, dwell in the holy place.

Through the prayers of the Mother of God, O Saviour, save us.

Glory... Now... Only-begotten Son...

Antiphon 3

Come, let us sing joyfully to the Lord, let us acclaim God, our Saviour.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Let us come before His face with praise, and acclaim Him in psalms.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

For God is the great Lord, and the great king over all the earth.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Entrance

Come, let us worship and fall down before Christ.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Troparia and Kontakia

Troparion, Tone 7: By Your cross You destroyed death;* You opened Paradise to the thief;* You changed the lamentation of the myrrh-bearers to

Антифон

1

Стих 1: Боже мій, Боже мій, зваж на мене, чому ти оставив мене? Далеко від спасення мого слова гріхопадінь моїх (Пс 21,2).
Приспів: Молитвами Богородиці,* Спасе, спаси нас.

Стих 2: Боже мій, закличу вдень і не вислухаєш, і вночі, і не в безумство мені (Пс 21,3).
Приспів: Молитвами Богородиці,* Спасе, спаси нас.

Стих 3: А ти у святому живеш, хвало ізраїлева (Пс 21,4).
Приспів: Молитвами Богородиці,* Спасе, спаси нас.

+Слава Отцю, і Сину, і Святому Духові. І нині, і повсякчас, і на віки вічні. Амінь..Єдинородний Сину

Антифон 3: Приспів празника (15-20 вересня)

Приспів: Спаси нас, Сину Божий, що плоттю розп'явся, співаємо Тобі: Аллилуя. Вхідне: Прийдіте поклонімося і припадім до Христа. Спаси нас, Сину Божий, що плоттю розп'явся, співаємо Тобі: Аллилуя.

Тропарі

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Кондаки

Тропар (глас 7): Розрушив Ти хрестом твоїм смерть,* отворив Ти розбійникові рай,* мироносицям плач перемінив еси,* і апостолам проповідати повелів еси,* що воскрес Ти,



HOLY MYSTERIES

CONFESSION:

Saturdays 3:00 pm

Sundays before the 8 am and 10 am

Liturgies OR by appointment

403-249-4818, ext. 2

MARRIAGE, BAPTISM-CHRISMATION-

EUCHARIST, FUNERALS :

Contact the Sacramental Coordinator,

Kim Bombak:

Sacraments@Protomartyr.ca

ANOINTING OF THE SICK:

For emergencies call

403-249-4818, ext. 9

DIVINE LITURGY INTENTIONS :

Arrangements with the office

CLERGY & RELIGIOUS

Pastor :

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FatherMichael@Protomartyr.ca

Office:403-249-4818, ext. 1

Pastor, St. Basil's Melkite Greek

Catholic Church

Fr. Samer Naaman

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PARISH OFFICE

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HALL RENTAL INQUIRIES

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joy,* and charged the apostles to proclaim* that You are risen, O Christ our God,* offering great mercy to the world.

Troparion, Tone 1: Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross.

Glory be to the Father and to the Son and to the Holy Spirit.

Kontakion, Tone 7: No longer shall the dominion of death be able to hold humanity,* for Christ went down shattering and destroying its powers.* Hades is bound.* The prophets exult with one voice.* The Saviour has come for those with faith, saying:* "Come forth, O faithful, to the resurrection!"

Now and for ever and ever. Amen.

Kontakion, Tone 4: By Your own choice, O Christ our God,* You were lifted on the cross.* Grant Your mercies to Your new community* that bears Your Name.* By Your power gladden the faithful people,* and grant them victory against enemies.* May they have the help of Your instrument of peace,* the invincible sign of victory.

Prokeimenon, Tone 7

Exalt the Lord our God,* and bow in worship at the footstool of his feet, for it is holy.

verse: The Lord reigns, let the people tremble. (Psalm 98:5,1)

Epistle

Galatians 2:16-20

A reading from the Epistle of the Holy Apostle Paul to the Galatians.

Brothers and sisters, knowing that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified.

"But if, while we seek to be justified by Christ, we ourselves also are found sinners, is Christ therefore a minister of sin? Certainly not! For if I build again those things which I destroyed, I make myself a transgressor. For I through the law died to the law that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

Alleluia, Tone 1

verse: Remember Your congregation which You acquired from the beginning.

verse: But God is our king before the ages; He has wrought salvation in the midst of the earth. (Psalm 73:2,12)

Gospel

Mark 8:34-9:1

The Lord said, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels." And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."

Христе Боже,* даючи світові велику милість.

Тропар (глас 1): Спаси, Господи, людей Твоїх і благослови насліддя Твоє, перемогою благовірному народові на супротивників даруй і хрестом Твоїм охорони люд Твій.

+Слава Отцю, і Сину, і Святому Духові.

Кондак (глас 7): Вже більше влада смертна не зможе людей держати,* Христос бо зійшов, сокрушаючи й розоряючи сили її.* Зв'язується ад,* пророки согласно радуються,* представ Спас, мовлячи тим, що в вірі:* Вийдіть, вірні, у воскресіння.

І нині, і повсякчас, і на віки вічні. Амін.

Кондак (глас 4): Вознісся Ти на хрест волею Своєю. Новому людові Твоєму, що Твоє ім'я носить, даруй щедроти Твої, Христе Боже. Возвесели силою Твоюю благовірний народ, перемоги на супротивників дай йому, що за посібник має Твоє оружжя миру, непоборну перемогу.

Прокімен (глас 7):

Возносьте Господа Бога нашого і поклоняйтеся підніжжю ніг Його, бо свята воно (Пс 98,5).

Стих: Господь возцарився, нехай гніваються люди (Пс 98,1).

Апостол: (Гл 2,16-20):

Браття і Сестри, довідавшись, що людина оправдується не ділами закону, а через віру в Ісуса Христа, ми й увірували в Христа Ісуса, щоб оправдатися нам вірою в Христа, а не ділами закону; бо ніхто не оправдається ділами закону. Коли ж, шукаючи оправдання у Христі, виявилось, що й ми самі грішники, – то неже Христос – служитель гріха? Жадним робом! Бо коли я знову відбудовую те, що зруйнував був, то я себе самого оголошую переступником. Я бо через закон для закону вмер, щоб для Бога жити: я –розп'ятий з Христом. Живу вже не я, а живе Христос у мені. А що живу тепер у тілі, то живу вірою в Божого Сина, який полюбив мене й видав себе за мене.

Алилуя (глас 1):

Стих: Пом'яни соньм Твій, що його придбав Ти издавна (Пс 73,2).

Стих: Бог же – цар наш перше віку, вчинив спасіння посеред землі (Пс 73,12).

Євангеліє: (Мр 8,34-9,1):

Сказав Господь: "Коли хтось хоче йти за мною, хай зречеться себе самого, візьме на себе хрест свій і йде слідом за мною. Бо хто хоче спасти свою душу, той її погубить; а хто погубить свою душу мене ради та Євангелії, той її спасе. Бо яка користь людині здобути світ увесь, а занепастити свою душу? Що бо людина може дати взамін за власну душу? Хто, отже, буде соромитися мене й моїх слів перед цим родом перелюбним та грішним, того посоромиться і Син Чоловічий, коли прийде у славі Отця свого з святими ангелами." І сказав їм: "Істинно кажу вам: Є деякі з отут присутніх, що не знають смерті, аж поки не вздріють Царства Божого, що прийде у могутності."

Hymn to the Mother of God

O my soul, magnify the most precious cross of the Lord.

And the *Irmos*, *Tone 8*: You are a mystical Paradise, O Mother of God, who though untitled, have brought forth Christ. He has planted upon earth the life-giving Tree of the Cross. Therefore today as we raise it on high we bow low and we magnify you.

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest. (Psalm 148:1)* Let the light of Your countenance, O Lord,* shine upon us.* Alleluia, alleluia,* alleluia. (Psalm 4:7)

At the end of Liturgy we sing:

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. (3)

Замість Достойно:

Величай, душе моя, Господа, пречесний хрест Господень.
Ірмос (глас 8): Таїнственный рай Ти, Богородице, що неводільно виростила Христа. Він на землі насадив хресне життєносне древо. Йому, що Його нині возносять, поклоняючись, Тебе величаємо.

Причасний:

Хваліте Господа з небес, хваліте Його на висотах (Пс 148,1). Знаманувалося на нас світло лица Твого, Господи (Пс 4,7). Алілуя (х3).

Після Літургії співаємо: Хресту Твоєму поклоняємось, Владико, і святее воскресіння Твоє славімо (х3).



DIVINE LITURGY INTENTIONS

Saturday, September 16:

- ❖ 11:30am – BAPTISM: Dymetro Oneschuk – Mnohaya Lita!
- ❖ 3:00pm – Confessions
- ❖ 4:00pm – Great Vespers

Sunday, September 17:

- ❖ 8:30am – in memory of the repose of the souls of +David and +Jerry Jumaga
- ❖ 8:30am – for the intentions and needs of all parishioners
- ❖ 10:30am – in memory of the repose of the souls of +John and +Josephine Kozak

Wednesday, September 20:

- ❖ 9:00am – DLiturgы CANCELED – Clergy Study Days

Thursday, September 21:

- ❖ 9:00am – DLiturgы CANCELED – Clergy Study Days

Saturday, September 23:

- ❖ 1:00pm – WEDDING: Leighton Fenske and Breanna Wirachowsky – Oh Lord, Crown them with Glory and Honor!
- ❖ 3:00pm – Confessions
- ❖ 4:00pm – Great Vespers

Sunday, September 24:

- ❖ 8:30am – in memory of the repose of the souls of +Ben, +Susan and +Adrian Sakundiak
- ❖ 8:30am – in memory of the repose of the soul (1 yr) of Ann Kostiuk
- ❖ 10:30am – for good health and thanksgiving for Joseph and Erin Sakundiak & family
- ❖ 10:30am – for the intentions and needs of all parishioners

ANNOUNCEMENTS & UPCOMING EVENTS

- ◆ **Sunday School** runs on **Sundays at 10:15am** for children 3-6 years of age. Please join us!
- ◆ **Bible study** : begins **September 21st** and continues Thursdays at 10:00 am
- ◆ **Fr. Mike will be away on the Annual Clergy Study days** from September 19 to 21. Divine Liturgies on September 20 and 21 are canceled
- ◆ **UCWLC Workbees**: Perogies are DONE - THANK YOU to those that volunteered last week! We appreciate your warm hearts and loving hands! Please consider joining for the upcoming workbees. Contact Nettie Kost : nettielkost@gmail.com Cell: 403-826-3235. **Monday, Sept 25 and Tuesday, Sept 26 at 9am** – processing Cabbage (Core, Blanch, Cut, Freeze).
- ◆ **Ukrainian language classes** for adults and youth (at least 12 years of age, preferably with a parent) are being offered for the fall, 2023 at St. Stephen's. FEE / CLASS / STUDENT: Adults \$140.00; Youth (preferably accompanied by a parent) \$80.00. For more information and to register: <https://tinyurl.com/Ukrainian-2023F>
- ◆ **Youth Invitation Night** for those 18-33ish and recently married couples (within the last 7 years) on **Friday, Sept 29 from 6:30-8:30pm**. The evening will include prayer, fellowship, snacks and information for future evenings of fellowship and formation.
- ◆ **Coats for Kids**—Attention Winter is around the corner! We have felt a chill in the air the last few days. Once again we are preparing to provide good quality winter coats, hats and mitts to the children of Ukrainian evacuees. This distribution will take place in our hall on Sunday 1st October. One coat is \$29.00, a case is \$345.00 and \$1000.00 will purchase 35 coats. No donation is too large or too small. For anyone wishing to personally purchase one or more coats through this "Pass it On" and "Knights of Columbus initiative for the 2023 campaign, you can make a monetary donation to St Stephen Parish and ear mark it for the Coats for Kids program. The donation will generate a tax receipt. For any additional information you can contact Bill at 403-850-5859.
- ◆ **Welcome back Plus 50 Seniors!** We are starting this fall with our first meeting on **September 26, 2023** in the church hall. We'll meet at 11 AM for cards and conversation after which a lunch of Lasagna and Caesar Salad will be provided. All seniors are welcome
- ◆ **Marriage Prep Workshop** is being considered for those hoping to be married in fall 2023 or winter 2024. The workshop would consist of four sessions running in the evenings of **Oct 13/14th and Nov 17/18**. If you are able to commit to these dates, please contact KIM at sacraments@protomartyr.ca for registration.
- ◆ **Iconography Open Studio** runs **every second Tuesday from 9am – noon**. These sessions are free and open to anyone interested in icon painting, from beginners to more advanced. Information regarding supplies will be distributed at the first meeting. Please check the church calendar for the full fall schedule.
- ◆ **Knights of Columbus 13th Annual FALL SUPPER: Saturday, Oct 14th**. 2 seatings - 5pm and 7pm. For tickets or more information please contact Ambrose at 403-862-3269; Ivan at 403-816-5105; Linda in the office at 403-249-4818 ext 0
- ◆ **Calgary Friends of UCU 15th Annual Gala: Thursday, October 19, 2023** in support of UCU scholarships and exchange program with St. Mary's University. Registration: <https://tinyurl.com/Calgary-Friends-of-UCU>
- ◆ **All newcomers in need of household items are invited to our donation centre.** Contact Doris Watson at watson.dw@hotmail.com. Запрошуємо усіх новоприбулих, які потребують побутові речі, до Донейшен Центру. Зв'яжіться з Доріс Ватсон watson.dw@hotmail.com
- ◆ **DONATED:** Rolling walker with seat and backrest. Easy fold for convenient transportation. Excellent condition. If you are in need of this item please contact Linda at 403-249-4818 ext 0.



Registration



Volunteering



Reflection

The Gospel passage for this Sunday challenges us again to commit our whole lives to Christ. As Christ was crucified for our salvation, we are called to take up our meager cross and follow Christ by crucifying our sinful desires and surrendering our will to His.

Jesus extends His invitation to us once again to “deny ourselves, take up our cross and follow Him.” According to accepted English dictionaries, “deny” means to refuse, reject, repudiate and/or to declare something untrue. If we limit ourselves to these definitions, we do an injustice to the deeper meaning of Christian self-denial. For a clearer picture of what Jesus means, we must return to the original Greek text. The Greek is “aparnisastho” and it has the meaning of renunciation and absolute rejection of whatever is incongruous with Jesus’ planned salvation for us.

There are those of us who have a narrow and limited understanding of self-denial. We pick and choose at random what we will give up and what we will do in the name of Christianity. We proceed to label them “Our little crosses we must bear.” “I’ll give up movies and/or TV during lent.” Thus we end up with a list of trivialities that have no bearing on the “self-denial” Jesus speaks about in our gospel lesson for today. Christ-like self-denial goes much deeper. It penetrates the facade which hides our hidden sins, our shortcomings and our faults.

Utter denial does not mean depriving ourselves of the necessities of life, nor does it mean we must become paupers and live in rags. Neither does it mean we must lose our individuality, personality and identity. When Jesus speaks of total and utter denial of self, He means we must subordinate our clamoring ego that prohibits us from being the Children of God we were intended to be. Good intentions are not enough. This is why Jesus says, “If anyone would come after me, let him deny himself and take up his cross and follow me.

“Take up your cross and follow me” means to get started on our journey to salvation. If the road we are on does not have God’s Eternal Kingdom as its destination, then we had better make a U-turn and find the right one!

“Taking up our cross and following Jesus” means trying harder when those moments of calamity, tragedy, sorrow and loss and grief beset us. It means bringing under control our uncontrollable anger, our undue insensitivity, our impatience and impetuosity. It means subduing our temperament and disposition so that we can master them rather than their mastering us.

“Shine, Cross of the Lord, shine with the light of your grace upon the hearts of those who honor you. With love inspired by God, we embrace you, O desire of all the world. Through you our tears of sorrow have been wiped away; we have been delivered from the snares of death and have passed over to unending joy. Show us the glory of your beauty and grant to us, your servants, the reward of our abstinence, for we entreat with faith your rich protection and great mercy.” from the Vespers of the Exaltation of the Holy Cross

Adapted from: <https://sspp.ca/our-faith/liturgical-year/movable-feasts/the-third-sunday-veneration-of-the-holy-cross/>

Help Helen find her way to the Holy Land:

