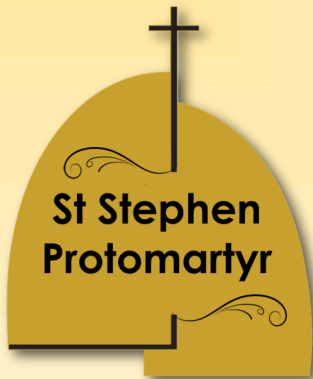


ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

FEBRUARY 4, 2024



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](mailto:Anastasia.Gyrshanovych@protomartyr.ca)
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 9:00am

Sunday school, Sundays at 10:15 am



Sunday of the Fearful Judgement (Meatfare).

Post-feast of the Encounter. Our Venerable Father Isidore of Pelusium (408-50).

Anthology ribbons : Green= 337 Yellow= 610 Red= 809

Troparia and Kontakia

Troparion, Tone 3 (pg. 337): Let the heavens be glad, let the earth rejoice,* for the Lord has done a mighty deed with His arm.* He trampled death by death. He became the first-born of the dead;* He saved us from the abyss of Hades* and granted great mercy to the world.

Troparion, Tone 1 (pg. 809): Rejoice, full of grace, Virgin Mother of God!* From you there dawned the Sun of Righteousness, Christ our God,* who enlightens those who dwell in darkness.* And you, O righteous Elder, be glad!* You received in your embrace* the Liberator of our souls,* who grants us resurrection.

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

Kontakion, Tone 1 (pg. 610): When You come on earth, O God, in glory,* and the universe trembles,* while the river of fire flows before the seat of judgement,* and the books are opened and all secrets disclosed,* then deliver me from the unquenchable fire,* and count me worthy to stand at Your right hand,* O Judge who are most just.

Now and for ever and ever. Amen.

Kontakion, Tone 1 (pg. 810): By Your birth, You sanctified a virgin womb* and fittingly blessed the hands of Simeon.* You have come also now and saved us, O Christ our God,* give peace to Your community in time of war,* and strengthen its rulers, whom You love,* for You alone,* are the Lover of mankind.

Prokeimenon, Tone 3 (pg. 611)

Great is our Lord and great is His strength;* and of His knowledge there is no end.

verse: Praise the Lord, for a psalm is good; may praise be sweet to Him. (*Psalms 146:5,1*)

Epistle—1 Corinthians 8:8-9:2

A reading from the First Epistle of the Holy Apostle Paul to the Corinthians.

Brothers and sisters, food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse.

But beware lest somehow this liberty of yours become a stumbling block to those who are weak. For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols? And because of your knowledge shall the weak brother perish, for whom Christ died? But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ. Therefore, if food makes my brother stumble, I will never again eat meat, lest I make my brother stumble.



HOLY MYSTERIES

CONFESSION:

Saturdays 3:00 pm

Sundays 10:00 am

OR by appointment

403-249-4818, ext. 1

MARRIAGE, BAPTISM-CHRISMATION-

EUCCHARIST, FUNERALS :

Contact the Sacramental Coordinator, Kim Bombak:

Sacraments@Protomartyr.ca

ANOIDING OF THE SICK:

For emergencies call

403-249-4818, ext. 9

DIVINE LITURGY INTENTIONS :

Arrangements with the office

CLERGY & RELIGIOUS

Pastor :

Fr. Michael Bombak

FatherMichael@Protomartyr.ca

Office:403-249-4818, ext. 1

Pastor, St. Basil's Melkite Greek Catholic Church

Fr. Samer Naaman

stbasilmelkitecalgary@gmail.com

Facebook: St Basils Melkite Greek

Catholic Church Calgary

PARISH OFFICE

Office Administrator:

Linda Buck 403-249-4818, ext. 0

office@Protomartyr.ca

Sacramental Coordinator:

Kim Bombak

403-249-4818 ext 2

Sacraments@Protomartyr.ca

Communications Coordinator:

Mirna Farahat

coordinator@Protomartyr.ca

Ukrainian Newcomer Coordinator:

Anastasia Gyrshanovych

newcomers@protomartyr.ca

403-249-4818 ext 3

HALL RENTAL INQUIRIES

Maria Dwulit,

403-249-4818 ext 5

email: Hall@Protomartyr.ca

Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are you not my work in the Lord? If I am not an apostle to others, yet doubtless I am to you. For you are the seal of my apostleship in the Lord.

Alleluia, Tone 8

verse: Come, let us rejoice in the Lord; let us acclaim God our Saviour.

verse: Let us come before His face with praise, and acclaim Him in psalms. (Psalm 94:1,2)

Gospel—Matthew 25:31-46

The Lord said, "When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides *his* sheep from the goats. And He will set the sheep on His right hand, but the goats on the left. Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.'

"Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? When did we see You a stranger and take You in, or naked and clothe You? Or when did we see You sick, or in prison, and come to You?' And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did *it* to one of the least of these My brethren, you did *it* to Me.'

"Then He will also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.'

"Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' Then He will answer them, saying, 'Assuredly, I say to you, inasmuch as you did not do *it* to one of the least of these, you did not do *it* to Me.' And these will go away into everlasting punishment, but the righteous into eternal life."

Hymn to the Mother of God

O God-bearing Virgin, hope of Christians, protect and guard and save all those who put their trust in you.

and the Irmos, Tone 3: In the law, the shadow, and the scriptures, we the faithful see a figure: every male child that opens the womb shall be sanctified to God. Therefore do we magnify the first-born Word and Son of the Father who is without beginning, the first-born Child of a Mother who had not known man.

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest. (Psalm 148:1)* Rejoice in the Lord, O you just;* praise befits the righteous.* Alleluia, alleluia,* alleluia. (Psalm 32:1)

Неділя м'ясопусна, про Страшний суд.

Прп. Ісидора Пилусіотського; 3 лютого

Тропарі і Кондаки

Тропар (г. 3): Нехай веселяться небесні, нехай радуються земні,* бо сотворив владу рукою своєю Господь,* подолав смертю смерть, первенцем мертвих став,* з безодні аду ізбавив нас і подав світові велику милість.

Тропар свята (г. 1): Радуйся, благодатна Богородице Діво,* бо з Тебе засяло Сонце правди – Христос Бог наш,* що просвічує тих, що в темряві.* Веселися й Ти, старче праведний,* Ти прийняв в обійми визволителя душ наших, що дарує нам воскресіння.

Слава: Кондак Тріоди (г. 1): Коли прийдеш, Боже, на землю зо славою і затріпоче все,* а ріка вогненна потече перед судищем,* і книги розгортаються,* і таємне з'являється,* – тоді ізбав мене від вогню негасимого* і сподоби мене праворуч Тебе стати,* Судде найправедніший.

І нині: Кондак свята (г. 1): Утробу дівичу освятив Ти Різдом Твоїм* і руки Симеонові благословив Ти, як годилось,* Ти випередив і нині спас нас, Христос Боже,* але утихомир у брані люд Твій і укріпи народ, що його возлюбив Ти,* єдиний Чоловіколюбче.

Прокімен (глас 3):

Великий Господь наш і велика сила Його, і розумові Його немає міри (Пс. 146,5).
Стих: Хваліте Господа, бо благий псалом, Богові нашому нехай солодке буде хваління (Пс. 146,1).

Апостол: (Корінтян 8, 8 – 9, 2.):

Браття і Сестри, страва не зближує нас до Бога: ні як не їмо, не тратимо нічого, ні як їмо, не користуємо нічого. 9. Але глядіть, щоб ця ваша свобода не стала причиною падіння для слабких. 10. Бо коли хто бачить тебе, що маєш знання, як ти у капищі сидиш за столом, чи його совість, тому що слабка, не буде заохочена їсти ідоложертовне? 11. І так через твоє знання може погинути немичний брат, за якого помер Христос. 12. Грішивши так проти братів і ранивши їх слабку совість, грішите проти Христа. 13. Тому, як страва призводить брата мого до гріха, повик не буду їсти м'яса, щоб не бланжирити мого брата. 1. Хіба я не вільний? Хіба я не апостол? Хіба я Ісуса, Господа нашого, не бачив? Хіба ви не моє діло у Господі? 2. Коли іншим я не апостол, то – вам, бо ви достовірний доказ у Господі мого апостольства.

Алилуя (глас 8):

Стих: Прийдіте, возрадуємося Господеві, воскликнім Богу, Спасителеві нашому (Пс. 94,1).
Стих: Ідім перед лицем Його з ісповіданням і псалмами воскликнім Йому (Пс. 94,2).

Євангеліє: (Матей 25, 31-46):

Сказав Господь: 31. Коли Син чоловічий прийде у славі своїй, і всі ангели з ним, він сяде на престолі своєї слави. 32. І зберуться перед ним усі народи, і він відлучить їх одних від одних, як пастух відлучує овець від козлів; 33. і поставить овець праворуч себе, а козлів ліворуч. 34. Тоді цар скаже тим, що праворуч нього: Ходіте, благословенні Отця мого, візьміть у спадщину царство, що було приготоване вам від створення світу. 35. Бо я голодував, і ви дали мені їсти; мав спрагу, і ви мене напоїли; чужинцем був, і ви мене прийняли; 36. нагий, і ви мене одягли; хворий, і ви навідалися до мене; у тюрмі був, і ви прийшли до мене. 37. Тоді озвуться праведні до нього: Господи, коли ми бачили тебе голодним і нагодували, спрагненим і напоїли? 38. Коли ми бачили тебе чужинцем і прийняли, або нагим і одягнули? 39. Коли ми бачили тебе недужим чи в тюрмі і прийшли до тебе? 40. А цар, відповідаючи їм, скаже: Істинно кажу вам: усе, що ви зробили одному з моїх найменших братів, ви мені зробили. 41. Тоді скаже й тим, що ліворуч: Ідіть від мене геть, прокляті, у вогонь вічний, приготований дияволу й ангелам його; 42. бо я голодував, і ви не дали мені їсти; мав спрагу, і ви мене не напоїли; 43. був чужинцем, і ви мене не прийняли; нагим, і ви мене не одягнули; недужим і в тюрмі, і ви не навідалися до мене. 44. Тоді озвуться і ті, кажучи: Господи, коли ми бачили тебе голодним або спраглим, чужинцем або нагим, недужим або в тюрмі, і тобі не послужили? 45. Він відповість їм: Істинно кажу вам: те, чого ви не зробили одному з моїх найменших братів, і мені не зробили. 46. І підуть ті на вічну муку, а праведники – на життя вічне.

Замість Достойно, приспів:

Богородице Діво, уповання християн, покрій, захорони і спаси тих, що на Тебе уповають.

І ірмос (г. 3): В законі тіні і писання образ бачимо, вірні: кожний младенець мужеського полу, що отварає утробу – святий Богу. Тому первороджене Слово безначального Отця – Сина, що первородиться з матері, яка мужа не знає, – величаємо.

Причасний:

Хваліте Господа з небес, * хваліте Його на висотах (Пс 148,1). * Радуйтеся, праведні, у Господі, правим належить похвала (Пс 32,1). * Алилуя (х3).

ANNOUNCEMENTS & UPCOMING EVENTS

- **2024 LENTEN AND EASTER LITURGICAL SCHEDULE:** Great and Holy Lent begins early this year, starting on Monday, Feb 12th. St Stephen's Lenten and Easter Liturgical Schedule is now available for you to include in your personal calendars.
- **On the First Sunday of Lent, the Sunday of Orthodoxy,** we bless icons and process with icons around the Church. Please bring your unblessed icons for blessing, as well as your already-blessed icons for our icon procession on Sunday, February 18th.
- **BIBLE STUDY:** Sessions resume Thursdays at 10am, beginning this Thursday, Feb 8th. For more information please contact Peter Russell.
- **JESUS PRAYER 100:** JP100 will continue the next stage of the JP 33 prayer challenge pilgrimage. Over the 40 days of Lent, participants will commit to practicing the Jesus Prayer 100 times per day as well read the spiritual classic "The Way of the Pilgrim." **The Challenge will be offered Friday evenings 7:30 p.m. MT in person at St. Stephen Protomartyr Ukrainian Catholic Church in Calgary.** The option to participate in the challenge with Zoom will also be available. To participate you must have completed JP 33, have permission from your Spiritual Director or be in the process of asking for direction and have the blessing of your pastor (parish priest). Parish participation, including participation in liturgy and reception of the sacraments (as one is able) is presumed for this program. Participants are also encouraged to attend Pre-Sanctified Liturgy Friday evening. **To register and to find the recommended version of the "The Way of a Pilgrim" go to <http://tinyurl.com/e8r5huh9>**
- **CHOIR REHEARSALS FOR LENT AND EASTER:** Will be held Wednesdays (beginning Lent) at 7:00 pm in the loft. We welcome everyone to join us in the weeks ahead. For more information please contact our choir director Linda Dudar.



DIVINE LITURGY INTENTIONS

Saturday, February 3:

- ❖ 10:00am – BAPTISM: Dominik Kononov – Mnohaya Lita!
- ❖ 1:30pm – BAPTISM: Lucas Prynta Buchak – Mnohaya Lita!
- ❖ 3:00pm – Confessions
- ❖ 4:00pm – Great Vespers

Sunday, February 4:

- ❖ 8:30am – for the repose of the soul of +Phil Dowhaniuk. Eternal Memory!
- ❖ 10:30am – in memory of the repose of the soul of +Mary Josephs

Wednesday, January 7:

- ❖ 9:00am – for blessings of good health and strength for Mariia

Thursday, February 8:

- ❖ 9:00am – for the repose of the soul of +Morris Proskow. Eternal Memory!

Saturday, February 10:

- ❖ 3:00pm – Confessions
- ❖ 4:00pm – Great Vespers

Sunday, February 11:

- ❖ 8:30am – for the repose of the soul of +Phil Dowhaniuk. Eternal Memory!
- ❖ 8:30am – for the wellbeing of staff, students and parents of John Costello Catholic School during this most difficult time
- ❖ 10:30am – for the intentions and needs of all parishioners

- **ASK FR MIKE:** In this video interview with journalist Mario Toneguzzi, Father Michael Bombak of St. Stephen Protomartyr Ukrainian Catholic Church in Calgary discusses the importance of prayer. He talks about the different expressions of prayer, the Jesus Prayer, and where to pray. Watch the video here: <https://youtu.be/cfQ9cxJORjc>. This is the fourth episode in the Ask Father Mike series on Faith Spotlight.
- **2023 DONATION TAX RECEIPTS:** Now available for pick up in the Atrium. If you know of somebody that is unable to make it to the church for pick up, please consider dropping theirs off to them as well.
- **UCWLC MEETING:** Thursday, Feb 8th at 7:00 pm. It will be very important that we have quorum – we would love to see you all! God Bless.
- **UCWLC SANDWICH SUNDAY:** Sunday, Feb 11th, 2024 – Please consider supporting the "Street Sisters" who are in need of 65 lunches. **WHAT IS NEEDED?** A loaf of sandwiches, ONLY peanut butter and jam/jelly, Cheeze Whiz or Nutella. Pack each sandwich in individual sandwich bags. **ALSO:** granola bars, juice boxes, bottled water, bags of apples or oranges and fruit cups. Please contact Aleksandra Wyman at Aleksandrawyman@gmail.com or 403-861-2627.
- **PRE-LENTEN RELIGIOUS ART / ICON TOUR 2024:** Saturdays, Feb 3rd and Feb 10th – Prepare for Lent in a unique way. Tour the world of religious art right here in Calgary! We will visit Eastern churches from Greece, Romania, Ethiopia, Egypt and Ukraine. The word icon comes from the Greek word eikon. So that is where we will start, in Greece. From here we will "travel" to Ukraine, Romania, the Middle East and Africa to see, experience and learn about the different styles of icons by visiting numerous Eastern Orthodox and Eastern Catholic churches here in Calgary. You will be able to feast your eyes on the traditional as well as the contemporary. A great way to lead into your Lenten journey.
The tour will take place over 2 weekends. Those being Saturdays the 3rd and 10th of February 2024. Each weekend we will visit three churches. The first will commence at 8:45am the second at 10am and finally the third at 11:15am. Join in where you can as each person is responsible to provide their own transportation between parishes. At each location the parish will provide a tour and a Q&A session.
THERE IS NO COST INVOLVED.
On Feb 3rd the first tour will begin at St Demetrios Greek Orthodox Church, 1 Tamarac Cres SW, Calgary.
On Feb 10th we will begin the tour at the Assumption of the Blessed Virgin Mary Ukrainian Catholic Church, 704-6th St NE, Calgary. People of all ages are welcome.
For further information please email to kc4life@telus.net or call / text 403-850-5859.
- **CALGARY CATHOLIC EDUCATION FOUNDATION:** The CCEF Ultimate Cash Raffle & 50/50 Add-On. Please support the Calgary Catholic Education Foundation in its annual raffles in support of the 118 schools in the Calgary Catholic School District. These funds support enhanced learning opportunities in our publicly funded Catholic schools such as playgrounds, technology, social justice projects and faith inspired programmes. Tickets start as low as \$10 and are on sale until February 29, 2024. Please visit www.cceffraffle.com
- **AXIOS MEN'S ENSEMBLE:** The Axios Men's Ensemble is presenting the premiere of two-time Grammy nominee, Benedict Sheehan's "Ukrainian War Requiem" on Saturday, April 13th at 7:00 pm at the Assumption of the Blessed Virgin Mary. The concert will feature a choir of 50 performers including members from Pro Coro Canada and select soloists from North America and Ukraine. Tickets are available at www.axioschoir.com or by contacting Adrian at 403-818-1900.
- **DONATION CENTRE:** Newcomers in need of household items are invited to our donation centre. **Volunteers needed for sorting at the Centre on MONDAYS.** Please contact Doris Watson at watson.dw@hotmail.com. Запрошуємо усіх новоприбулих, які потребують побутові речі, до Донеїшен Центру. Зв'яжіться з Доріс Ватсон watson.dw@hotmail.com

