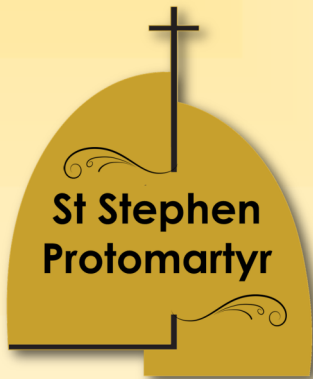


ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

FEBRUARY 11, 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
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 Forgiveness (Cheesefare)

Octoechos Tone 4. Martyr Blaise, Bishop of Sebastia (313-24).

Anthology ribbons : Green= 341, Yellow= 614 Red= N/A

Troparia and Kontakia

Troparion, Tone 4: When the disciples of the Lord learned from the angel* the glorious news of the resurrection* and cast off the ancestral condemnation,* they proudly told the apostles:* “Death has been plundered!* Christ our God is risen,* granting to the world great mercy.”

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Kontakion, Tone 6: O Master, Guide to Wisdom*, Bestower of prudent counsel,* Instructor of the foolish and Defender of the poor ones;* make firm my heart and give it understanding.* Give me a word, O Word of the Father:* Behold, I shall not stop my lips from crying out to You:* In Your mercy, have mercy on me who am fallen.

Prokeimenon, Tone 8

Pray and give praise to the Lord our God.* Pray and give praise to the Lord our God.

verse: In Judea God is known; His name is great in Israel. (*Psalm 75:12,2*)

Epistle

Romans 13:11-14:4

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

Brothers and sisters, *do* this, knowing the time, that now *it is* high time to awake out of sleep; for now our salvation *is* nearer than when we *first* believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to *fulfill its* lusts.

Receive one who is weak in the faith, *but* not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats *only* vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.



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

Alleluia, Tone 6

verse: It is good to give praise to the Lord, and to sing to Your name, O Most High.

verse: To announce Your mercy in the morning and Your truth every night. (*Psalm 91:2,3*)

Gospel

Matthew 6:14-21

The Lord said to His disciples, "If you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.

"Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest.* Alleluia, alleluia,* alleluia. (*Psalm 148:1*)

Неділя сиропусна, прощення.

Св. щмч. Власія, єп. Севастійського.

Тропарі і Кондаки

Тропар (глас 4): Світлу про воскресіння розповідь від ангела почувши* і від прадідного засуду звільнившись,* Господні учениці, радіючи, казали апостолам:* Здолано смерть, воскрес Христос Бог,* що дає світові велику милість.

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

Кондак Тріоді, (глас 6): Премудрости наставнику, розуму подателю,* немудрих учителю і нищих захиснику,* утверди, врозуми серце моє, Владико.* Ти дай мені слово, Отче Слово,* бо оце устам моїм не забороню, щоб звали Тобі:* Милостивий, помилуй мене, падшого.

Прокімен (глас 8):

Помоліться і воздайте Господеві, Богу нашому (Пс. 75, 12).

Стих: Відомий у Юдеї Бог, в Ізраїлі велике ім'я його (Пс. 75, 2).

Апостол: Римлян 13, 11 – 14, 4.

Браття і Сестри, тепер ближче нас спасіння, ніж тоді, як ми увірували. Ніч проминула, день наблизився. Відкиньмо, отже, вчиники темряви й одягнімось у зброю світла. Як день, поведьмося чесно: не в ненажерстві та пияцтві, не в перелюбі та розпусті, не у сварні та заздрощах; але вдягніть у Господа Ісуса Христа і не дбайте про тіло в похотях. Слабкого у вірі приймайте, не вступаючи з ним у суперечки. Один вірить, що можна все їсти, а слабкий їсть городину. Хто їсть, хай тим, що не їсть, не гордує; а хто не їсть, хай того, що їсть, не судить, бо Бог його прийняв. Ти хто, що чужого слугу судиш? Своему господареві стоїть він або падає; але він стоятиме, бо Господь може підтримати його

Алилуя (глас 6)

Стих: Благо є сповідуватися Господеві і співати імені Твоєму, Всевишній (Пс. 91,2).

Стих: Сповідати зарання милість Твою і істину Твою на всяку ніч (Пс. 91,3).

Євангеліє: Матя 6, 14-21.

Сказав Господь: Коли ви прощатимете людям їхні провини, і Отець ваш небесний простить вам. А коли ви не будете прощати людям, і Отець ваш небесний не простить вам провин ваших. Коли постите, не будьте сумні, як лицеміри: бо вони виснажують своє лице, щоб було видно людям, що вони постять. Істинно кажу вам: вони вже мають свою нагороду. Ти ж, коли постиш, намасти свою голову й умий своє лице, щоб не показати людям, що ти постиш, але Отцеві твоему, що в тайні; і Отець твій, що бачить у тайні, воздасть тобі. Не збирайте собі скарбів на землі, де міль і хробаки нищать і де злодії підкопують і крадуть. Збирайте собі скарби на небі, де ні міль, ні хробаки не точать і де злодії не проломлюють стін і не крадуть. Бо де твій скарб, там і твоє серце буде.

Причасний

Хваліте Господа з небес,* хваліте Його на висотах (Пс 148,1).* 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.
- **LENTEN FASTING DAYS:** During **Clean Week**, the first week of the Great Fast, the Church asks us to fast from meat and meat products from **Mon-Fri**. On the weekdays of Lent we are asked to fast from meat and meat products **Mon, Wed and Fri**. During **Holy Week** we fast from meat once again **Mon-Fri**. Let us enter the fast with joy!
- **LENTEN MISSION:** Fr. Peter Galadza, founder of the Metropolitan Andrey Sheptytsky Institute and eminent Liturgical Theologian will be providing our Lenten Mission with the theme of conversion and repentance in the life of Venerable Metropolitan Andrey Sheptytsky. Friday, March 8th – Sunday March 10th
- **THE SUNDAY OF ORTHODOXY, FEBRUARY 18th:** On the First Sunday of Lent we bless icons and process with icons around the Church. **Please bring your unblessed icons for blessing, as well as your already-blessed icons to both Sunday Divine Liturgies for our icon procession.**
- **BIBLE STUDY:** Sessions resume Thursdays at 10am. 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.
- **ASK FR MIKE:** In this video interview with journalist Mario Toneguzzi, Father Michael Bombak discusses Lent. He talks about fasting, prayer and almsgiving, some of the Ukrainian Catholic traditions, and offers advice for those on the Lenten journey. The video can be seen here: https://youtu.be/n9TL_wAS-WU.
- **2023 DONATION TAX RECEIPTS:** LAST WEEKEND 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 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. **THIS WEEK WE ARE ALSO ACCEPTING USED CASUAL COATS ONLY.** Please contact Aleksandra Wyman at Aleksandrawyman@gmail.com or 403-861-2627.
- **ST STEPHEN'S UCWLC SCHOLARSHIP for \$1000:** Apply TODAY! If you are a 16-24 year old daughter or granddaughter of a St Stephen's UCWLC Member who will be attending an undergraduate Post Secondary program. (E.g.) University, College, Apprenticeship, Technical School or Specialized program (Cosmetology, Hairdresser, Secretarial, etc....) YOU ARE ELIGIBLE!



DIVINE LITURGY INTENTIONS

Saturday, February 10:

- ❖ 11:00am – Parastas for +Don Cherepuschak. Eternal Memory!
- ❖ 3:00pm – Confessions
- ❖ 4:00pm – Great Vespers

Sunday, February 11: CHEESEFARE SUNDAY

- ❖ 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

Monday, February 12: BEGINNING OF GREAT AND HOLY LENT

- ❖ 6:00pm – Great Compline w/ Prostrations

Wednesday, February 14:

- ❖ 9:00am – Lenten 6th Hour Typica w/ Eucharist

Thursday, February 15:

- ❖ 9:00am – Lenten 6th Hour Typica w/ Eucharist

Friday, February 16:

- ❖ 6:00pm – Great Compline w/ Prostrations

Saturday, February 17:

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

Sunday, February 18: SUNDAY OF ORTHODOXY (bring icons from home for blessing / procession)

- ❖ 8:30am – for the repose of the soul of +Morris Proskow. Eternal Memory!
- ❖ 10:30am – for God's ongoing blessings for the Bombak family

- Include a resume and a reference letter
- Reasons for the choice and location of the Post Secondary School.
- Include a description of your Parish, Community and School Involvement .
- Explain your Financial Need to receive this scholarship.
- Submit to Scholarship Committee c/o nettiekost@gmail.com
- **Deadline is May 14, 2023**

- **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

How will I Make this Lent (Great Fast) Really Great?

We use the terms Lent, Great Lent, and Great Fast interchangeably. This year it begins on Feb 15 (Mar 15 Julian Calendar). During this time we are encouraged to take forty days to prepare ourselves, and our families, so as to be spiritually ready, and worthy to celebrate and worship the Resurrection—April 4 (May 2 Julian Calendar). We are encouraged to fast, pray more, and to practice intentional charity(almsgiving). Here are some resources and suggestions which can help guide us in our journey.

Increase Prayer, Fasting, and Almsgiving:

- Almsgiving, along with prayer and fasting make up the three-legged stool, which holds us up in our Lenten journey. These three when practiced together help to open our hearts to the Lord, so we may be touched by divine grace.
- If you have a family, speak with your spouse, and children about your expectations for Great Lent and decide as a family what you will do to increase your prayer, fasting, and almsgiving.
- It is a beautiful and encouraged practice to set aside the money we save from fasting during Great Lent. The money saved by not going out for lunch or supper, eating simpler and less each day can be donated to those in need.
- Consider sacrificing by increasing your donations at your parish, either in general or for a special project.
- Be purposeful about making the extra time to pray and to listen to God. Give yourself a few minutes to read the Holy Scriptures and contemplate the coming day before setting off to work and school. You can sign up to get short daily readings and reflections from Royal doors at <https://royaldoors.net/>
- Read the lives of the saints, the Psalter (psalms), or a book on prayer.
- Start your Lenten journey on the right foot with forgiveness. Take time to thoroughly examine your heart and soul. Here is a helpful guide as we face our conscience:
 - [PDF – Examination of Conscience – Adults](http://tinyurl.com/mvv62jsb)—<http://tinyurl.com/mvv62jsb>
 - [PDF – Examination of Conscience – Youth and Young Adults](http://tinyurl.com/mr2pds28)—<http://tinyurl.com/mr2pds28>
 - [PDF – Examination of Conscience – Children](http://tinyurl.com/3hjbdrn2) - <http://tinyurl.com/3hjbdrn2>

Resources for the Domestic Church:

- [PDF – Great Lent at Home \(Family Activity Book\)](http://tinyurl.com/y9ss4663): <http://tinyurl.com/y9ss4663> This activity book has beautiful short daily Lenten reflections and activities for individuals and families alike.
- 2024 Countdown to Pascha for children —<http://tinyurl.com/3x7djywp>