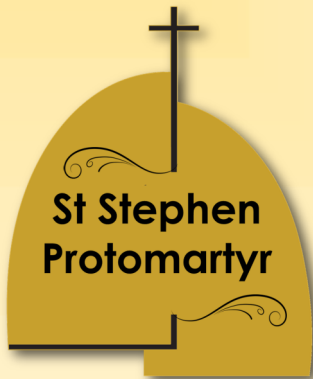


# ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

MARCH 3, 2024



**Address:**  
4903 – 45<sup>th</sup> 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](mailto:newcomers@protomartyr.ca)

**Parish Website:**  
[www.saintstephencalgary.ca](http://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](http://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



## **Third Sunday of the Great Fast: Veneration of the Holy Cross.**

Holy Martyrs Eutropius and His Companions Cleonicus and Basiliscus (286-305).  
Great Fast Day 21. The Divine Liturgy of St. Basil the Great is celebrated today.

**Anthology ribbons :** Green 353 (Troparion), Yellow 625 (Kontakion), Red N/A

### ***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 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, now and for ever and ever. Amen.

**Kontakion, Tone 7:** No longer does the flaming sword guard the gate of Eden;\* the tree of the Cross has quenched its flames gloriously.\* The sting of death and the victory of Hades are banished,\* and You O my Saviour came and called to those in Hades: "Return again to Paradise!"

### ***Instead of Holy God, we sing:***

To Your Cross, O Master,\* we bow in veneration,\* and we glorify Your holy Resurrection!

### ***Prokeimenon, Tone 6***

Save Your people, O Lord, and bless Your inheritance.

**verse:** Unto You I will cry, O Lord my God, lest You turn from me in silence. (*Psalm 27:9,1*)

### ***Epistle***

**Hebrews 4:14-5:6**

*A reading from the Epistle of the Holy Apostle Paul to the Hebrews.*

Brothers and sisters, seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast *our* confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are*, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.



## **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

For every high priest taken from among men is appointed for men in things *pertaining* to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer *sacrifices* for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was.

So also Christ did not glorify Himself to become High Priest, but *it was* He who said to Him:

"You are My Son,  
Today I have begotten You."

As *He* also says in another *place*:

"You *are* a priest forever, According to the order of Melchizedek."

### **Alleluia, Tone 8**

*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. (*Psalms* 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."

### **Hymn to the Mother of God**

In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

### **Communion Hymn**

Let the light of Your countenance, O Lord\* shine upon us.\* Alleluia, alleluia,\* alleluia. (*Psalms* 4:7)

## **Неділя 3-тя Великого посту, Хрестопоклонна.**

Свв. мчч. Євтропія, Клеоніка й Василиска Гл. 7. Єв. 7. 3 березня

### **Тропарі і Кондаки**

Тропар (глас 7): Знищив Ти хрестом Твоїм смерть, відчинив розбійникові рай, мирноносцям плач на радість перемінив і апостолам звелів проповідувати, що воскрес Ти, Христе Боже, даючи світові велику милість.

Тропар (г. 1): Спаси, Господи, людей твоїх\* і благослови насліддя Твоє!\* Перемоги благовірному народові на супротивників даруй\* і хрестом твоїм\* охорони люд твій

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

Кондак (глас 7): Вже більше влада смерті не зможе людей держати, зійшов бо Христос, знищивши і знівечивши сили її, зв'язується ад, пророки ж однодушно радіють. З'явився Спас тим, що вірують, промовляючи: Виходьте, вірні, до воскресіння.

### **Замість Трисвятого:**

Хресту Твоєму поклоняємось, Владико, і святее воскресіння Твоє славимо.

### **Прокімен (глас 6):**

Спаси, Господи, людей Твоїх\* і благослови спадкоємство Твоє (Пс 27,9).

Стих: До Тебе, Господи, взиватиму; Боже мій, не відвертайся мовчки від мене (Пс 27,1).

Апостол: (Євр 4,14-5,6):

*Браття і Сестри*, мавши великого архиєрея, що вже пройшов небо, Ісуса, Божого Сина, тримаймося твердо віровизнання. Бо ми не маємо такого архиєрея, який не міг би співчувати нашим недугам: він же ж зазнав усього, подібно як ми, крім гріха. Приступім, отже, з довір'ям до престолу благодаті, щоб отримати милість і знайти благодать на своєчасну поміч. Кожен бо архиєрей, узятий з-поміж людей, настановляється для людей у справах Божих, щоб приносив дари та жертви за гріхи; що може співчувати нетямущим та введеним в оману, бо й сам він неміччю охоплений, і тому повинен так за людей, як і за себе самого приносити жертви за гріхи. Чести ж цієї ніхто не бере сам собі, лише той, хто покликаний Богом, як Арон. Так і Христос не сам собі присвоїв славу стати архиєреем, вона бо від того, який до нього мовив: «Син мій еси, я сьогодні породив тебе.» Як і на іншому місці каже: «Ти – священик навіки за чином Мелхиседека.»

Алилуя (глас 8):

Стих: Пом'яни соньм твій, що його придбав ти із давна (Пс 73,2).

Стих: Бог же – цар наш перше віку. вчинив спасення 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 занепасти 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 тут присутніх, що не зазнають смерті, аж поки не вздріють Царства Божого, що прийде у могутності.”

*Замість Достойно:* Тобою радується, Благодатная, всяка твар, ангельський собор і чоловічеський рід, освящений храм і раю словесний, дівственна похвало, що із неї Бог воплотився і младенцем став – перед віками сущий Бог наш. Лоно бо твоє престолом сотворив і утробу твою просторишою небес учинив. Тобою радується, Благодатная, всяка твар, слава тобі.

## ANNOUNCEMENTS & UPCOMING EVENTS

- **LENTEN FASTING DAYS:** 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 **Monday through Friday.** Let us enter the fast with joy!
- **NEXT SOROKOUSTY SERVICE:** Saturday, Mar 9<sup>th</sup> at 10am
- **ST STEPHEN'S LENTEN MISSION:** Friday, Mar 8<sup>th</sup> – Sunday, Mar 10<sup>th</sup> : 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. Fr. Peter will be delivering this talks at Friday Presanctified Liturgy 6:00 pm, Saturday Great Vespers 4:00 pm and at both Liturgies on Sunday morning.
- **EPARCHIAL LENTEN SERIES - THREE TEMPTATIONS OF CHRIST:** Thursdays 7:00 - 8:30 pm. In Scripture we read the account of Jesus retreating to the desert to pray and to fast. There he is tempted by Satan three times and three times he refuses to accept what Satan has to offer. In our sessions, we will examine each of these three temptations to discover their meaning and how we may see ourselves in moments of temptation throughout our lives. We will also explore what spiritual strength we may gain from the example of Jesus. Sessions will consist of a presentation and will conclude with prayer.
  - **March 7 – Physical Temptations - Presenter: Fr. Mark Bayrock (Exaltation of the Holy Cross parish hall, 9003 – 153 Ave, Edmonton)**
  - **March 14 – Testing God - Presenter: Fr. Jim Nakonechny (Exaltation of the Holy Cross parish hall, 9003 – 153 Ave, Edmonton)**
  - **March 21 – Pride and Power - Presenter: Fr. Mike Bombak (St Stephen Protomartyr parish hall, 4903 – 45<sup>th</sup> St SW, Calgary)**

You are encouraged to attend in person and are welcome to attend any or all of the sessions. No registration is necessary.



## DIVINE LITURGY INTENTIONS

**Friday, March 1:**

- ❖ 6:00pm – for the repose of the soul of +Bill Jacula. Eternal Memory!

**Saturday, March 2:**

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

**Sunday, March 3:**

- ❖ 8:30am – in memory of the repose of the souls of +Patricia and +Nestor Ficzyz
- ❖ 10:30am – for the repose of the soul of +Maria Vasko. Eternal Memory!
- ❖ 10:30am – in memory of the repose of the soul of +Steve Cherewyk

**Wednesday, March 6:**

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

**Thursday, March 7:**

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

**Friday, March 8:  
LENTEN MISSION #1**

- ❖ 6:00pm – in memory of the repose of the soul of +Carolyn Tailon

**Saturday, March 9:  
LENTEN MISSION #2**

- ❖ 10:00am - Sorokousty
- ❖ 3:00pm – Confessions
- ❖ 4:00pm – Great Vespers

**Sunday, March 10:  
LENTEN MISSION #3**

- ❖ 8:30am – in memory of the repose of the soul of +Cynthia Misko
- ❖ 10:30am – for the repose of the soul of +Tetyana Shevago. Eternal Memory!



If you cannot be there in person you may attend on Zoom: <https://us02web.zoom.us/j/86407190277?pwd=czc4c2w4ZWdlVEU0RkNSZTY2Vi9VZz09> You can also find the Zoom link on the Eparchy of Edmonton website: [www.eeparchy.com](http://www.eeparchy.com)

- **CHOIR REHEARSALS FOR LENT AND EASTER: Wednesdays at 7pm 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](https://youtu.be/n9TL_wAS-WU).
- **ANNUAL GENERAL MEETING:** Please join us for this year's AGM on Sunday, March 17<sup>th</sup>, 2024 in the hall after 10:30am Divine Liturgy. A quorum of 36 is required.
- **FINANCIAL STATEMENTS 2023:** Now ready for pickup in the Narthex.
- **K OF C WINE RAFFLE:** Signature wines of Europe - ten bottles - over \$400 value. Only 600 tickets. \$5 per ticket or \$10 for 3 tickets. Draw on April 4, 2024. Proceeds to support our activities in the Parish. Tickets available from any K of C member.
- **K OF C MEETING:** Thursday March 7. 4<sup>th</sup> Degree at 7 pm. 3<sup>rd</sup> Degree at 7:30 pm in St. Stephen's K of C room.
- **FILM SCREENING – "UPROOTED": Saturday, Mar 9<sup>th</sup> at St. Vlad's Cultural Centre, 2-3pm. FREE.** Produced by the War Crimes Investigation Unit of The Kyiv Independent team, this 50-minute film investigates the forced deportation of a group of 31 children from the occupied city of Mariupol. This happened in May 2022, and none of the children from this group have returned to Ukraine yet. This group of 31 children is part of nearly 20,000 Ukrainian children illegally deported by Russia since the start of the full-scale invasion. On December 7, 2023 the movie Uprooted had won the first prize in a national competition of journalists' investigations. "This is an honest and important documentary. It reveals the actual schemes of forced deportation of Ukrainian children by Russians from the occupied Ukrainian territories. The international community must see this film to fully understand the horrors committed by Russia against our children", - says Mykola Kuleba, Former Children's Rights Commissioner, head of the charity fund Save Ukraine. Facebook event: <https://fb.me/e/56MgCd0Lh>
- **ST STEPHEN'S PUB NIGHT: Back by popular demand on FRIDAY, APRIL 19<sup>th</sup>! Featuring the award winning entertainment of the Dueling Piano Kings,** plus Ukrainian food, games, and more. 18 years and older. Early Bird Tickets: \$50 until March 17. Regular price tickets: \$60. Bring your friends, bring your Baba, just don't wait too long as this was a sold out event last year! Proceeds go to Calgary Ukrainian newcomers. **For tickets:** Call St Stephen's office at 403-249-4818 ext 0 or send e-transfer to [office@protomartyr.ca](mailto:office@protomartyr.ca) Question: April fundraiser, Answer: PubNight2024
- **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!
  - 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**
- **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 13<sup>th</sup> 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](http://www.axioschoir.com) or by contacting Adrian at 403-818-1900.
- **SHEVCHENKO FOUNDATION BOOKMARK CONTEST: To all aspiring young artists...** Embark on a creative adventure with the Shevchenko Foundation's 4th Annual Children's Bookmark Contest! This year we celebrate the enchanting imagery of Taras Shevchenko's "Knyazhna," inviting participants to craft bookmarks that capture the essence of a picturesque Ukrainian village, as vividly portrayed in the poem. The 2024 contest also marks the 60th anniversary of the Shevchenko Foundation and with the help of Nicola Institutional, participating young artists become philanthropists. **The contest is open to creatives up to 14 years old. Submission deadline is April 15, 2024. The winning entry from each province will be celebrated with a \$25 prize.** For complete contest details see attached flyer, scan the QR code provided or visit <https://shevchenkofoundation.com/creative-opportunities/young-creatives/>.
- **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](mailto:watson.dw@hotmail.com). Запрошуємо усіх новоприбулих, які потребують побутові речі, до Донеїшен Центру. Зв'яжіться з Доріс Ватсон [watson.dw@hotmail.com](mailto:watson.dw@hotmail.com)