



ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

>>WE WELCOME ALL WHO JOIN US TODAY IN WORSHIP!<<

FEBRUARY 7 - 2016

SUNDAY OF CHEESE-FARE: FORGIVENESS SUNDAY

Our Venerable Father Parthenius, Bishop of Lampsacus (312-37); Luke the Hermit (946)

Troparia and Kontakia

Troparion: 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: 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.

At the 10:30am Divine Liturgy, the Book of Life ceremony begins here. The children proceed in while the choir sings instead of "Holy God, ...":
"All who have been baptised into Christ, have put on Christ. Alleluia!" (x3)
"Glory be to the Father, and to the Son, and to the Holy Spirit, now and forever. Amen. Have put on Christ. Alleluia!"
"All who have been baptised into Christ, have put on Christ. Alleluia!"

Prokeimenon

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.

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

Epistle

Romans 13:11-14:4

Brothers and Sisters, you know what time it is, how it is now the moment for you to

wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. Welcome those who are weak in faith, but not for the purpose of quarrelling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

At the end of the Epistle parents may send their children to the back of the church to get candles for the reading of the Holy Gospel.

Alleluia

Alleluia, alleluia, alleluia!

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

Alleluia, alleluia, alleluia!

verse: To announce Your mercy in the morning and Your truth every night.

Alleluia, alleluia, alleluia!

Gospel

Matthew 6:14-21

The Lord said, "If you forgive men their offenses, your heavenly Father will also forgive you. But if you do not forgive men their offenses, neither will your Father forgive you your offenses. And when you fast, do not look gloomy like the hypocrites, who disfigure

Address

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

Office Hours & Telephone:

M-F: 10:30am - 1:00pm
2:00pm - 6:00pm
Closed Statutory Holidays
403-249-4818, press 0

Facsimile:

403 685-9001

For Pastoral Emergencies:

403-249-4818, press 9

Email:

<stephens_office@shaw.ca>

Parish Website:

<protomartyr.eeparchy.com>

Eparchy Website:

<www.edmontoneparchy.com>

DIVINE LITURGIES

Sundays:

8:30am – Ukrainian [chanted]
10:30am – English [choir]
1:00pm – Arabic / English [Melkite]
5:00pm – English [recited]

Weekdays:

8:00am – English
[9:00am – on Statutory Holidays]

Saturdays:

9:00am – English

Feast Days: (subject to change)

9:00am – English
7:00pm – English

HOLY MYSTERIES

Confession:

Sundays and Feast days one-half hour before Divine Liturgies, and by appointment.

Marriage: Arrangements with Fr. Mark.

Baptism-Chrismation-Eucharist:
Arrangements with Fr. Bo.

Anointing of the Sick: For emergencies call 403-249-4818, press 9.

Funeral: Arrangements with either Pastor: Fr. Mark or Fr. Bo.

CLERGY and RELIGIOUS

Pastor:

Fr. Mark A. Bayrock
403-249-4818, ext. 201
<frmarkbayrock@mac.com>
<www.sviaschenik.com>

Assistant Pastor:

Fr. Bo (Bohdan) Nahachewsky
403-249-4818, ext. 202
<fr.bo.nahachewsky@gmail.com>

Pastor, St. Basil's Melkite Catholic Church
Fr. Ephrem Kardouh
1-514-223-1664
403-249-4818, ext. 302
<emkardouh@gmail.com>
<www.facebook.com/St-Basils-Melkite-Greek-Catholic-Church-Calgary-1567658193459037/>

Deacons:

Deacon John Doll (retired)
Deacon Richard Nibogie (retired)

Sisters Servants of Mary Immaculate:

Sr. Laura Prokop, SSMI
403-230-8171
<ssmicalgary@telus.net>

PARISH OFFICE

Parish Office Administrator
Teri deJonge
403-249-4818, ext. 0
<stephens_office@shaw.ca>

MAINTENANCE

John Kowal
403-249-4818, ext. 207
<stephens_maint@shaw.ca>

HALL RENTAL INQUIRIES

Brett Bernakevitch
Director, Parish Centre Management
403-615-9561
<blebernak@gmail.com>

HALL KITCHEN

403-249-4818, ext. 204

their faces in order to appear to men as fasting. Amen I say to you, they have had their reward. But you, when you fast, anoint your head and wash your face, so that you may not be seen by men to fast, but by your Father, Who is in secret; and your Father, Who sees in secret, will reward you. Do not lay up for yourselves treasures on earth, where worm and rodent consume, and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither worm nor rodent consumes, nor thieves break in and steal. For where your treasure is, there also will be your heart."

Communion Hymn

Praise the Lord from the heavens; praise Him in the highest. Alleluia, alleluia, alleluia.

Ceremony of Mutual Forgiveness

-to be done at the end of the Liturgy-

The clergy and faithful kneel:

Clergy: Bless me, Brothers and Sisters, and

forgive me a sinner all the sins which I have committed this day, and every day of my life, in thought word and deed.

All: May God forgive you, Reverend Father!

The faithful say in turn:

All: Bless us, Reverend Father, and forgive us sinners, all the sins we have committed this day and every day of our lives in thought, word and deed.

Clergy: May God forgive you and have mercy on you!

Now, all approach and exchange forgiveness with each other:

First Person: Forgive me and pray for me!

Response: God forgives! Forgive me and pray for me!

First Person: God forgives!

Lent is Time of 'Joy' for Eastern Catholics

by Laura Leraci; First Published in "The Catholic Telegraph", March 6, 2015

"Joy" is not a word people usually associate with strict fasting and penance — unless they are Eastern-rite Catholics.

In the Eastern church, the penitential period that prepares believers to celebrate Easter, is called "Great Lent," and its prayers invite the faithful to recognize their "need for forgiveness" and to "delight in the joy" of the fast.

Mother Theodora, the "hegumena" or abbess of the Byzantine Catholic Christ the Bridegroom Monastery in Burton, Ohio, describes the Lenten disposition as "bright sadness."

"We recognize our weakness and sinfulness, but rejoice in the mercy of God," she told Catholic News Service.

Unlike Lent for Latin-rite Catholics, Great Lent does not begin on Ash Wednesday, but after Forgiveness Vespers. For Eastern churches using the Gregorian calendar, the vespers are held on the Sunday before the Roman church's Ash Wednesday. During Forgiveness Vespers, the clergy and the congregation ask forgiveness of each other, one person at a time, for offenses they committed, knowingly or not, and exchange a kiss of peace.

While all Catholics, East and West, are called to fasting, prayer and almsgiving during Lent, fasting and prayer are accentuated and lived more intensely in the Eastern church.

Benedictine Father Michel Van Parys, abbot of the Byzantine-rite Abbey of St. Mary of Grottaferrata, outside of Rome, said the "dimension of spiritual warfare" and the belief in Jesus' words that "some demons can only be cast out by prayer and fasting" are fundamental to Great Lent.

"The Great Fast is meant to be a challenge which brings out the real struggles of the spiritual life, so that they can be confronted," said Mother Theodora.

In addition to "emptying ourselves in order to be filled with God," the purpose of fasting is also "to discipline ourselves and to gain control of our passions," she continued. "Fasting liberates us from worldly dependence and helps us to realize our dependence on God."

The fast has two aspects: spiritual and physical. The spiritual “involves abstaining from evil thoughts, words and deeds,” she said. The physical fast traditionally includes eating less (or nothing at all during set periods) and abstaining from meat, fish with backbones, all dairy products, eggs, oil and wine for all of Great Lent.

However, fasting varies by degrees, depending on one’s state of health and type of work, said Father Van Parys. In addition, Eastern Catholics determine their fasting with their spiritual director, who accompanies them on their Lenten journey, he said.

Unlike in the West, fasting is “a cultural fact” in the Near East and in predominantly Orthodox countries, he noted. “There is some fear to fast (in the West). But you have to take small steps because fasting is not the goal in itself. It is opening your heart to God and to neighbor,” he said.

Stefano Parenti, a liturgy professor at the Pontifical University of St. Anselm in Rome, said, “at one time, fasting was also common in western Christianity.” However, historical events, such as war, led church leaders to grant dispensations from fasting.

“Then the war would end, but the dispensation would remain, so that dietary abstinence became perceived in the West as no longer characteristic of Lent,” he explained. Eventually, fasting and abstinence diminished in the West as a church-wide practice and became personal. Today, Western Catholics can choose when to fast and from which foods to abstain, except for on Ash Wednesday and Good Friday, when fasting and abstinence are obligatory, and on the Fridays of Lent when they abstain from meat.

In the Byzantine church, fasting is not individual but ecclesial, Parenti said. The entire church fasts together and the food restrictions are set by the church, offering a context that encourages growing in obedience and humility for one’s own good and the good of others, he said.

The communal aspect is emphasized in the liturgies and prayers, found in a book called the Lenten Triodion, which accompany the faithful through Great Lent and explain the meaning of the fast, said Parenti. Prayer services and liturgies are longer and more frequent and the faithful are called to additional personal prayer at home.

The readings during Great Lent draw heavily from the Book of Genesis, highlighting the Lenten call to conversion, which requires a “going back to the beginning” and to a “state of harmony and peace with all creation,” said Parenti.

In the Byzantine church, the fast also extends to the Eucharist, so that the liturgical sacrifice of the Eucharist is reserved only for Sundays. To emphasize the fast, the Liturgy of the Pre-Sanctified Gifts (comparable to a Communion service in the West) is held every Wednesday and Friday and the faithful receive the Eucharist that was consecrated on the previous Sunday.

The Prayer of St. Ephrem, which asks God for mercy and for the spiritual gifts of integrity, humility, patience and love, is also characteristic of Great Lent. Using the prayer, people also ask for the grace not to judge others.

“In this prayer, we ask to become aware of our sins and ... to lose our illusions about ourselves,” said Father Van Parys.

The prayer is accompanied by three prostrations, which is “a physical expression of one’s openness to conversion,” explained Parenti. The entire congregation crouching on the floor and touching their heads to the ground “is an expression of our smallness before God,” he said.

All Catholics are urged to give alms during Lent. In the East, Father Van Parys said, the emphasis is perhaps less on material goods than on giving of one’s time: being more present to others, devoting oneself to the needy and visiting the sick.

Giving alms is “being Christ to others,” said Mother Theodora.

Drawing on the eastern theology of iconography, Parenti offered a metaphor: “Great Lent is about diving into reality, putting yourself in front of a mirror that gives you the honest image of what you are seeking to restore — this icon that time, sin, mistakes and fatigue have blurred. This is a time to restore the icon of the one who created us, that is, the icon we are called to be in the world. That is the meaning of Great Lent.”

Liturgy Intentions for this week:

*Sunday, February 7 – Sunday of
Cheese-Fare (Forgiveness Sunday):*

*8:30am – for healing and recovery
for Chuck Haarsma*

*10:30am – in memory for the repose
of the souls of the +Brykalo family*

*5:00pm – for the intentions and
needs of all parishioners*

*Monday, February 8 – First Day of
Lent:*

*6:00pm – for the good health and
well-being of Fr. Mark and Fr. Bo*

Tuesday, February 9:

*6:00pm – for the repose of the soul
of +Ellen Lukey*

Wednesday, February 10:

*6:00pm – for blessings and good
health for Mildred Yacyshen*

Thursday, February 11:

*6:00pm – for blessings and good
health for Tom and Deb Dutchak*

Friday, February 12:

*6:00pm – for the intentions and
needs of all parishioners*

Saturday, February 13:

*9:00am – for the repose of the soul
of +Ellen Lukey*

*Sunday, February 14 – First Sunday
of Lent:*

*8:30am – for the intentions and
needs of all parishioners*

*10:30am – in memory for the repose
of the soul of +Nestor Ficzytz*

*5:00pm – for the intentions and
needs of all parishioners*

**ST. STEPHEN CHARITABLE
COMMITTEES, ACTIVITIES &
ORGANIZATIONS**

Charity Subcommittee: Coordinate and market the efforts of all parish charitable activity.

Contact: Eugene Woychyshyn
587-891-9898;

<eugene.woychyshyn@gmail.com>

Inn From The Cold: Monthly provides food & shelter for Calgary's homeless.

Contact: Ambrose Comchi

403-220-9624; <awc@shaw.ca>

Pass It On: Donates clothing to needy families in Calgary.

Contact: Theresa Lewchuk

403-208-0850; <lewchukt@hotmail.com>

Men's Dinner: Annual major church fundraiser for capital expenses plus Inn From the Cold endeavours.

Contact: Greg Bobyn

403-271-0011; <greg.bobyn@mnpc.ca>

The Helping Others Network:

Distributes used furnishings and clothing to the needy.

Contact: Des Peplinski

403-238-0804; <dlp238@shaw.ca>

Art Committee: discusses religious artwork for parish.

Contact: Jim Ochitwa

<jim.ochitwa@maryngroup.com>

UCWLC: Responds to parish and community needs through volunteerism, pastoral works, Ukrainian culture & aid.

Contact: Stacey Bobyn

403-860-2185

<sbobyn1@telusplanet.net>

Knights of Columbus: Provide financial aid & support for members and their families, and help the sick, needy and disabled in our parish, city and abroad.

Contact: David McMillan



<s.david.mcmillan@gmail.com>









Plus 50 Club: Provides social interaction for parish seniors, promotes Ukrainian cultural events, and raises funds for the parish.

Contact: Ed Tysowski

403-547-3226; <tysow@shaw.ca>

FEBRUARY / MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Sunday of Cheese-fare - Forgiveness Sunday; Our Venerable Father Parthenius, Bishop of Lampsacus (312-37); Luke the Hermit (946); Passing into Eternal Life (1957) of Blessed Petro Verhun, apostolic Visitor of Forced Labourers in Germany and Martyr of Siberia</p>	<p>Clean Monday; The Holy Great-Martyr Theodore the General (286-305); the Holy Prophet Zechariah (c. 520 BC)</p>	<p>Clean Tuesday; the Holy Martyr Nicephorus</p>	<p>Clean Wednesday; the Holy Martyr Theodosius</p>
<p>07 SUNDAY OF CHEESE-FARE 8:30 am Divine Liturgy: Ukr. 9:00 am First Solemn Communion Class 10:00 am Elementary School Catechesis 10:30 am Divine Liturgy: Eng. with Book of Life ceremony 10:30 am Sunday School 1:00 pm Melkite Divine Liturgy 5:00 pm Divine Liturgy: Eng.</p>	<p>08 FIRST DAY OF THE GREAT FAST - LENT  6:00 pm Pre-Sanctified Liturgy 7:00 pm Bible Study 7:00 pm Finance Committee Meeting </p>	<p>09 6:00 pm Pre-Sanctified Liturgy 7:00 pm Adult Beginner Language Class 7:00 pm Parish Pastoral Council Meeting</p>	<p>10 6:00 pm Pre-Sanctified Liturgy 6:30 pm Adult Beginner Language Class 7:00 pm Parish Pastoral Council Meeting</p>
<p>14 FIRST SUNDAY OF LENT 8:30 am Divine Liturgy: Ukr. 10:00 am Elementary School Catechesis 10:30 am Divine Liturgy: Eng. (Children's Homily) 1:00 pm Melkite Divine Liturgy 5:00 pm Divine Liturgy: Eng.</p>	<p>15 FAMILY DAY 6:00 pm Pre-Sanctified Liturgy</p>	<p>16 6:00 pm Pre-Sanctified Liturgy 7:00 pm Adult Beginner Language Class Inn From The Cold</p>	<p>17 6:00 pm Pre-Sanctified Liturgy 6:30 pm Adult Beginner Language Class 7:00 pm Parish Pastoral Council Meeting</p>
<p>21 SECOND SUNDAY OF LENT 8:30 am Divine Liturgy: Ukr. 9:00 am First Solemn Communion Class 10:00 am Elementary School Catechesis 10:30 am Divine Liturgy: Eng. 10:30 am Sunday School 1:00 pm Melkite Divine Liturgy 5:00 pm Divine Liturgy: Eng. MARRIAGE PREPARATION WEEKEND 10:30AM - NOON</p>	<p>22 6:00 pm Pre-Sanctified Liturgy 7:00 pm Bible Study</p>	<p>23 11:00 AM Plus 50 Lunch and Meeting 6:00 pm Pre-Sanctified Liturgy 7:00 pm Adult Beginner Language Class</p>	<p>24 6:00 pm Pre-Sanctified Liturgy 6:30 pm Adult Beginner Language Class</p>
<p>28 THIRD SUNDAY OF LENT 8:30 am Divine Liturgy: Ukr. 9:00 am First Solemn Communion Class 10:00 am Elementary School Catechesis 10:30 am Divine Liturgy: Eng. 10:30 am Sunday School 1:00 pm Melkite Divine Liturgy 5:00 pm Divine Liturgy: Eng. LENTEN MISSION</p>	<p>29 6:00 pm Pre-Sanctified Liturgy LENTEN MISSION</p>	<p>01 11:00 AM Plus 50 Lunch and Meeting 6:00 pm Pre-Sanctified Liturgy LENTEN MISSION</p>	<p>02 6:00 pm Pre-Sanctified Liturgy 8:00 pm Adult Beginner Language Class LENTEN MISSION</p>

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wednesday; Holy Martyr Ambrosius (193-211)	Clean Thursday; The Holy Priest-Martyr Blaise, Bishop of Sebastia (313-24)	Clean Friday; Our Holy Father Meletius, Archbishop of Antioch (379-95)	First Saturday of the Great Fast: Great Martyr Theodore the Recruit; Our Venerable Father Martinian
 Pre-Sanctified Liturgy Adult Language Class Choir Practice w/ Open House	11 10:00 am M.A.F.I.A. Playdate 1:00 pm LightWeigh Program 6:00 pm Pre-Sanctified Liturgy	12  10:00 am Divine Liturgy at Westview 4:00 pm Prospora Preparation 6:00 pm Pre-Sanctified Liturgy 7:00 pm Youth Event	13 8:00 am Prospora Baking Group 9:00 am Divine Liturgy 10:00 am M.A.F.I.A. Meeting and Playdate 5:00 pm Vespers
 From The Cold Adult Language Class Property Management Committee Meeting	18 1:00 pm LightWeigh Program 6:00 pm Pre-Sanctified Liturgy	19  10:00 am Divine Liturgy at Westview 6:00 pm Pre-Sanctified Liturgy MARRIAGE PREPARATION WEEKEND 7pm - 9pm	20 9:00 am Divine Liturgy w/Sorokousty 5:00 pm Vespers MARRIAGE PREPARATION WEEKEND 9am DLiturgy - 4:30pm
 Pre-Sanctified Liturgy Adult Language Class	25 1:00 pm LightWeigh Program 6:00 pm Pre-Sanctified Liturgy	26  10:00 am Divine Liturgy at Westview 6:00 pm Pre-Sanctified Liturgy 7:00 pm Youth Event	27 9:00 am Divine Liturgy w/Sorokousty 5:00 pm Vespers BAPTISMAL PREPARATION COURSE 10am - 4pm
 Pre-Sanctified Liturgy Choir Practice	03 1:00 pm LightWeigh Program 6:00 pm Pre-Sanctified Liturgy 7:00 pm UCWLC General Meeting 7:00 pm KofC 3rd Degree	04  10:00 am Divine Liturgy at Westview 6:00 pm World Day of Prayer Service YOUTH LENTEN ICON RETREAT 5pm - 8pm	05 9:00 am Divine Liturgy w/Sorokousty 5:00 pm Vespers YOUTH LENTEN ICON RETREAT 9am - 8pm

Prayer & Support Group: Accepts prayer requests for the confidential needs and intentions of parishioners.
 Contact: Marilyn Comchi
 403-220-9624;
 <marilyncomchi@shaw.ca>

Support Network: Provides support, encouragement & help for parishioners facing various difficulties/situations with referrals to services or help they need.
 Contact: Marilyn Comchi
 403-220-9624
 <marilyncomchi@shaw.ca>

International Trust Fund: Solicits & invests donations and disburses earned income to international charities in 2nd and 3rd world countries.
 Contact: Steve Groch
 403-239-4699; <swgctc@aol.com>

Family Support Trust Fund: Solicits & invests donations and disburses earned income to parishioners in need.
 Contact: Eugene Woychyshyn
 587-891-9898;
 <eugene.woychyshyn@gmail.com>

Calgary Pro-Life Association: Raises funds for educational awareness programs.
 Contact: John Siroishka
 403-271-2128;
 <johnsiroishka@shaw.ca>

Snowflakes for Zambia: Raises funds to build schools for orphaned/at risk children in developing countries.
 Contact: Jeanette O'Reilly
 403-826-5481
 <jhendrickson689@gmail.com>

Parish Library: A great place to borrow great books about our faith.
 Contact: Olga Kizlyk-Scarpari
 <ststephens.library@gmail.com>

ARK Store: Looking for the perfect religious item? Check it out at the entrance to our hall. Open most Sunday mornings after Liturgy.
 Contact: Donna Chelack
 403-764-0811 <dchelack@shaw.ca>

Mothers and Fathers in Action

(M.A.F.I.A.): A group for parents and little ones from 'in utero' to Preschool.

Contact: Zenon Berg

<zenonberg@gmail.com>

Sunday School: A program run on most Sundays during the 10:30am Divine Liturgy for preschoolers age 4 through grade 2 children.

Contact: Lynsey Lowey

<lklowey@hotmail.com>

First Solemn Communion (FSC):

Sacramental Classes for children around GRADE 2 who are ready to approach for the Sacraments of Reconciliation and Eucharist on their own.

Contact: Kathrine Strashok

<kathrine@strashok.com>

Children of Mary & Altar Servers:

Elementary school children who have completed their FSC, are encouraged to get involved by serving at the Altar, learning, playing and growing together.

Contact: Dan Oryschak

<Daniel.Oryschak@gmail.com>

Junior Youth & Senior Youth: This is an active group of Jr. & Sr. High School students who work, play and grow together in Christ.

Contact: Dan Oryschak

<Daniel.Oryschak@gmail.com>

Young Adults: Those aged 18 - 35 are encouraged to gather as a community and learn, embrace and celebrate their faith.

Contact: Dan Oryschak

<Daniel.Oryschak@gmail.com>

Adult Catechism (RCIA): This program is open to Adults and Teens who want to receive the sacraments or just understand the faith.

Contact: Fr. Bo Nahachewsky

<fr.bo.nahachewsky@gmail.com>

Bible Study: On many Mondays we study our faith through Sacred Scripture. Join us.

Contact: Fr. Bo Nahachewsky

<fr.bo.nahachewsky@gmail.com>

LITURGICAL HELP

EPISTLE READERS

8:30am - Vince Letwin

10:30am - Craig Pichach

5:00pm - Pat Harasym

HOSTS/USHERS

8:30am - Vince Letwin & Family

10:30am - Craig Pichach

ROSARY (10:00am): Allan Oryschak

ARK STORE - OPEN: Siroishka Family

Please pick up and read Bishop David's letter (blue sheets) "Catholic Education - A Call To Action."

PRAYER & CATECHESIS

TODAY: BOOK OF LIFE CEREMONY: will take place at the 10:30am Divine Liturgy for our children who are preparing for their Solemn Confession and First Solemn Communion.

LITURGY OF THE PRE-SANCTIFIED GIFTS:

During the Great Fast (Lent), weekday morning Divine Liturgies will be replaced by evening Pre-Sanctified Liturgies at 6:00pm beginning **Monday, Feb. 8 - First Day of Lent.**

FIRST SOLEMN COMMUNION: classes **today**, at 9:00am. Please meet in the Knights room.

SUNDAY SCHOOL: classes at 10:30am in the classrooms.

ELEMENTARY SCHOOL CATECHESIS CLASS:

from 10:00am - 10:25am in the classroom, for all children grades 2 -6 who have completed their First Solemn Communion.

BIBLE STUDY: on Monday, Feb. 8 at 7:00pm in the hall. Everyone is welcome!

GREAT VESPERS: next on **Saturday, Feb. 13** at 5:00pm. We invite all to join in these beautiful evening prayers.

FAMILY SOROKOUSTY RECORDS: Parish families are encouraged to review their existing remembrance list of names. Please contact the parish office to update your family's list, or to create a new one. As Sorokousty is a special remembrance of your departed relatives and friends, every effort should be made to personally attend these services.

SOROKOUSTY SERVICE (Remembrance of the Deceased): will be held with the 9:00am Divine Liturgy on each of the following Saturdays: February 20 and 27 March 5 and May 21

MARRIAGE PREPARATION COURSE: for all couples who are planning to be married in 2016 or early 2017 (and hopefully have already spoken with Fr. Mark), the course will take place **Friday evening, Feb. 19, Saturday, Feb. 20 and culminating on Sunday, Feb. 21.** Please register by emailing the parish office at <stephens_office@shaw.ca>.

BAPTISMAL PREPARATION COURSE: for all parents who are wanting to have their child (ren) baptised in the coming months, the next course will be on Saturday, Feb. 27, 2016 from 10:00am - 4:00pm.

Please register through the parish office <stephens_office@shaw.ca>.

PARISH MEETINGS & PROGRAMS

FINANCE COMMITTEE MEETING: on Monday, Feb. 8 at 7:00pm in the boardroom.

PARISH PASTORAL COUNCIL MEETING: on Tuesday, Feb. 9 at 7:00pm.

ADULT UKRAINIAN LANGUAGE CLASSES: beginner level on Tuesday, Feb. 9 at 7:00pm in the boardroom, advanced level students on Wednesday, Feb. 3 at 6:30pm in the boardroom.

CHOIR "OPEN HOUSE" AND PRACTICE: on Wednesday, Feb. 10 following Pre-Sanctified Liturgy (just after 7:00pm).

LIGHT WEIGH PROGRAM: on Thursday, Feb. 11 at 1:00pm in the boardroom.

PROSPHORA (COMMUNION BREAD)

PREPARATION TEAM: on Friday, Feb. 12 (4:00pm - 8:00pm and Saturday, Feb. 13 (8:00am - noon) in the kitchen.

M.A.F.I.A. MEETING AND PLAYDATE: on Saturday, Feb. 13 at 10:00am in the classrooms.

PARISH EVENTS & NOTICES

MARRIED COUPLES EVENING RETREAT - DINNER AND MOVIE (Feb. 13): has been **CANCELLED** due to a lack of response.

2015 PARISHIONER DONATION TAX RECEIPTS: are available for pick-up in the atrium. Please help us save postage by not having to mail these to you. Thank you.

PYSANKY (EASTER EGG) WRITING WORK-SHOP: Save the date! PYSANKY Open House Sunday, Feb. 28 from 2pm - 4:30pm. Bring the family and make your own pysanka for your Easter Basket! Sponsored by the UCWLC.

BOOK OF LIFE / FIRST SOLEMN COMMUNION 2016

Glory to Jesus Christ!

Please keep in your prayers our children who are preparing for their Solemn Confession and First Solemn Communion:

<i>Jayleen Baradoy</i>	<i>Tyler Bomak</i>	<i>Emma Bowes</i>
<i>Ethan Bowes</i>	<i>Caitlyn Bulych</i>	<i>Elisha Carpay</i>
<i>Emily Ewanchyna</i>	<i>Azaria Groch</i>	<i>Samantha Hanas</i>
<i>Christopher Hanik</i>	<i>Alea Hnatick</i>	<i>Emily Katryych</i>
<i>Patrick Livesay</i>	<i>Philip Livesay</i>	<i>Weston Lonsberry</i>
<i>Michael Strashok</i>	<i>Evelyn Tysowski</i>	<i>Colton Zabinsky</i>

This is an important spiritual milestone in our children's lives and we walk with them in encouragement, love and support. We pray also for their parents and siblings, course instructor Kathrine Strashok, and for our pastors and spiritual leaders Fr. Mark and Fr. Bo.

What is the "Book of Life" ceremony?

Baptism is a commitment to life with God. It is much more than a ceremony to mark the beginning of one's life, but rather, a promise to live fully centred on God.

When we were baptised, the priest prayed this prayer over us (during the rite of the catechuminate):

...fill him (her) with faith in You, hope in You, and love for You, so that he (she) will come to know that You are the only true God, together with Your only-begotten Son, our Lord Jesus Christ, and with Your Holy Spirit. Enable him (her) to walk in all Your commandments and to observe all Your precepts; for those who do these things will find life in them. Inscribe him (her) into the Book of Life, and unite him (her) to the flock of Your inheritance. May Your holy Name be glorified in him (her), together with the Name of Your beloved Son, our Lord Jesus Christ, and of Your life-giving Spirit...

He asks God to inscribe us into the Book of Life, where all the names of those who are saved are recorded.

Today these children, who are preparing to receive the Mysteries (Sacraments) of Reconciliation and Eucharist, and who have been studying about their baptismal commitment, will re-dedicate themselves to God, just like they did via their God-parents at their baptism. They will publically promise to follow Christ; they will sign their names to a simple document stating that they wish to be united with Christ (which will be placed in our parish's "Book of Life"); they will receive an anointing with blessed oil.

Congratulations, Children! May you always be blessed!

Let us all follow the lead of our beloved children and re-dedicate ourselves completely to Christ our God. Let us shine forth with His beautiful brightness and bless the world with His peace and goodness.

*To the parents of our young children
may we suggest...*

*Relax! God put the wiggle in children;
don't feel you have to suppress it in
God's house. But do prevent them from
kicking people in the pews.*

*Sit towards the front where it is easier to
see and hear.*

*Quietly explain the parts of the Liturgy
to your children.*

*Sing the hymns, pray and voice the re-
sponses. Children learn liturgical
behaviours by copying you.*

*If you need to leave Liturgy with your
child, please feel free to do so, but
please come back. You can also take
advantage of the "cry room".*

*Remember that the way we welcome
children in church directly affects the
way they respond to Church, to God and
to Christ. Let them know that they are
at home in this sacred space.*

*We love pew art! Please use the blank
papers and colouring sheets provided in
the "cry room" (not pew envelopes) for
your child to draw us some
beautiful art. We can hang them on our
parish bulletin boards for all to enjoy.*

Do your best to attend Liturgy on time.

*In fact we'd love it if you would come up
to the priests before service and give
them a "high five". When kids know the
priest they feel more
comfortable.*

To the members of our parish...

*A smile of encouragement is always
welcome to parents with small, active
children.*



At St. Stephen Protomartyr we know that we are not perfect, but we strive to grow closer to God in all that we do.

Our faith is Christ-Centered, saturated with sacred scripture, holy Tradition, authentic, profound, and ancient - yet completely relevant.

As a community we understand that we must know, love and serve God and all people in order to become balanced and complete. This call to profound personal intimacy is beautiful and real; both solemn and joyful at the same time.

What's a Byzantine - Ukrainian Catholic Church?

Byzantine Christians are those whose traditions, theology and spirituality flow from the early Church in the Middle East and Eastern Europe. Most Eastern Christians are commonly called Orthodox.

Byzantine Catholics are those who proudly maintain their rich Eastern (Orthodox) liturgical, spiritual and theological ways, and yet are in full communion with the Roman Catholic Church. We recognize the leadership of the Pope of Rome, but are not ourselves Roman Catholic.

Our liturgical life is rich with meaning and actions, that speak to our whole beings. Much of our worship remains unchanged from that of our Fathers and Mothers of the early centuries of Christianity.

At St. Stephen Protomartyr, ALL PEOPLE ARE WELCOME who wish to live a Christian and Catholic way of life, regardless of their ethnic, economic, history or any other backgrounds. We are part of God's Holy Church, here to joyfully lead the life taught by the Risen Christ, reaching out with love and proclaiming His word to all people for the glory of God.

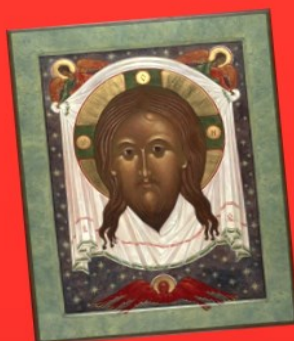
If you are spiritually hungry, and if you are looking for a vibrant community to grow with, we welcome you to check us out at <protomartyr.ca> or visit us in person. We look forward to getting to know you.

Sing For Joy

St. Stephen's choir invites parishioners to a choir "Open House" on Feb. 10th following the 6:00pm Pre-Sanctified Liturgy. This evening is dedicated to those who may be interested in joining the choir or are simply choir fans. The evening will consist of a little singing, sharing of a few ideas and lots of fun. An informal reception will be provided.



"He's here to hit the high notes."



THIS LENT: WRITE A REAL BYZANTINE ICON

all are welcome
but space is limited

ADULT ICON WRITING WORKSHOP

Fri. March 11 -
Sun. March 13, 2016

\$250 per person,
includes all materials



YOUTH ICON WRITING WORKSHOP

Fri. March 4 -
Sun. March 6, 2016

\$75 per person,
includes all materials

Register by calling or emailing the parish office.

CITY OF CALGARY RECYCLING - NEW REQUIREMENTS -



New City of Calgary Recycling Bylaw changes are coming into effect throughout 2016 and will affect all individuals and commercial residents. This impacts our Parish and Facilities.

The first immediate change effective February 1, 2016 requires all acceptable paper and cardboard products to be recycled i.e. these are no longer permitted to be thrown in the garbage. We are committed to meeting these requirements and have increased the number of recycling bins throughout our parish facilities, as well as having a separate bin for "Cardboard Recycling" installed next to the waste enclosure located in the north parking lot.

Through each of us making conscientious, diligent efforts to keep all recyclables out of the garbage and landfills this ensures that our Parish will not face the dreaded "fines" for non-compliance.

Thank you for your cooperation!

- Pierre Loczy, Property Management Director