



ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

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

FEBRUARY 21 - 2016

SECOND SUNDAY OF THE GREAT FAST

**ST. GREGORY OF PALAMAS; OUR VENERABLE FATHER TIMOTHY OF SYMBOLA (8TH C.);
OUR HOLY FATHER EUSTATHIUS, ARCHBISHOP OF GREAT ANTIOCH (338)**

Troparia and Kontakia

Troparion: Angelic powers were upon Your tomb and the guards became like dead men; Mary stood before Your tomb seeking Your most pure body. You captured Hades without being overcome by it. You met the Virgin and granted life. O Lord, risen from the dead, glory be to You!

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

Kontakion: The time for action is now revealed; the Judge is at the door. Let us rise and keep the fast, offering tears of contrition with alms and crying aloud: our sins are more numerous than the sands of the sea, but forgive us, O Maker of all, that we may receive incorruptible crowns.

Prokeimenon

You, O Lord, will guard us and will keep us from this generation and forever.

verse: Save me, O Lord, for there is no longer left a just man.

You, O Lord, will guard us and will keep us from this generation and forever.

Epistle

Hebrews 1:10-2:3

“In the beginning, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end.” But to which of the angels has He ever said, “Sit at my right hand until I make your enemies a footstool for your feet”? Are not all angels spirits in the divine service, sent to serve for the sake of those

who are to inherit salvation? Therefore we must pay greater attention to what we have heard, so that we do not drift away from it. For if the message declared through angels was valid, and every transgression or disobedience received a just penalty, how can we escape if we neglect so great a salvation? It was declared at first through the Lord, and it was attested to us by those who heard Him.

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: He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven.

Alleluia, alleluia, alleluia!

verse: He says to the Lord: You are my protector and my refuge, my God, in Whom I hope.

Alleluia, alleluia, alleluia!

Gospel

Mark 2:1-12

At that time, Jesus entered Capernaum, and it was reported that He was at home. And immediately many gathered together, so that there was no longer room, not even around the door. And He spoke the word to them. And they came, bringing to Him a paralytic, carried by four. And since they could not bring him to Jesus because of the crowd, they uncovered the roof where He was, and, having made an opening, they let down the pallet on which the paralytic was lying. And Jesus, seeing their faith, said to the paralytic, "Son, your sins are forgiven you." Now some of the Scribes were sitting there and reasoning in their hearts, "Why does this man blaspheme in this way? Who can forgive sins,

Address

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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

besides God?" And at once Jesus, knowing in His spirit that they so reasoned within themselves, said to them, 'Why are you arguing these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, and take up your pallet, and walk'? But that you may know the Son of Man has power on earth to forgive sins - He said to the paralytic: "I say to you, arise, take up your pallet, and go to your house." And immediately he arose and, taking up his pallet, went forth in the sight of all, so that they were all amazed, and glorified God, saying, "Never did we see anything like this!"

Hymn to the Mother of God

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 that all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

Communion Hymn

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

The Lenten Prayer of St Ephrem the Syrian

By Protopresbyter Alexander Schmemmann

Of all lenten hymns and prayers, one short prayer can be termed the *lenten prayer*. Tradition ascribes it to one of the great teachers of spiritual life - St. Ephrem the Syrian. Here is its text:

O Lord and Master of my life, dispel from me the spirit of indifference and discouragement [sloth], lust of power, and idle talk. +

Instead, grant to me, Your servant, the spirit of chastity, humility, patience and love. +

O Lord and King, grant me to see my own faults and not to judge my brother or sister; for blessed are You, now and for ever and ever. Amen. +

This prayer is read twice at the end of each lenten service Monday through Friday (not on Saturdays and Sundays for, as we shall see later, the services of these days do not follow the lenten pattern). At the first reading, a prostration follows each petition. Then we all bow twelve times saying: "O God, have mercy on me a sinner." The entire prayer is repeated with one final prostration at the end.

Why does this short and simple prayer occupy such an important position in the entire lenten worship? Because it enumerates in a unique way all the "negative" and "positive" elements of repentance and constitutes, so to speak, a "check list" for our individual lenten effort. This effort is aimed first at our liberation from some fundamental spiritual diseases which shape our life and make it virtually impossible for us even to start turning ourselves to God.

The basic disease is *sloth*. It is that strange laziness and passivity of our entire being which always pushes us "down" rather than "up" -- which constantly convinces us that no change is possible and therefore desirable. It is in fact a deeply rooted cynicism which to every spiritual challenge responds "what for?" and makes our life one tremendous spiritual waste. It is the root of all sin because it poisons the spiritual energy at its very source.

The result of sloth is *faint-heartedness*. It is the state of despondency which all spiritual Fathers considered the greatest danger for the soul. Despondency is the impossibility for man to see anything good or positive; it is the reduction of everything to negativism and pessimism. It is truly a demonic power in us because the Devil is fundamentally a liar. He lies to man about God and about the world; he fills life with darkness and negation. Despondency is the suicide of the soul because when man is possessed by it he is absolutely unable to see the light and to desire it.

Lust of power! Strange as it may seem, it is precisely sloth and despondency that fill our life with lust of power. By vitiating the entire attitude toward life and making it meaningless and empty, they force us to seek compensation in, a radically wrong attitude toward other persons. If my life is not oriented toward God, not aimed at eternal values, it will inevitably become selfish and self-centered and this means that all other beings will become means of my own self-satisfaction. If God is not the Lord and Master of my life, then I become my own lord and master -- the absolute center of my own world, and I begin to evaluate everything in terms of my needs, my ideas, my desires, and my judgments. The lust of power is thus a fundamental depravity in my relationship to other beings, a search for their subordination to me. It is not necessarily expressed in the actual urge to command and to dominate "others." It may result as well in indifference, contempt, lack of interest, consideration, and respect. It is indeed sloth and despondency directed this time at others; it completes spiritual suicide with spiritual murder.

Finally, *idle talk*. Of all created beings, man alone has been endowed with the gift of speech. All Fathers see in it the very "seal" of the Divine Image in man because God Himself is revealed as Word (John, 1:1). But being the supreme gift, it is by the same token the supreme danger. Being the very expression of man, the means of his self-fulfillment, it is for this very reason the means of his fall and self-destruction, of betrayal and sin. The word saves and the word kills; the word inspires and the word poisons. The word is the means of Truth and it is the means of demonic Lie. Having an ultimate positive power, it has therefore a tremendous negative power. It truly creates positively or negatively. When deviated from its divine origin and purpose, the word becomes idle. It "enforces" sloth, despondency, and lust of power, and transforms life into hell. It becomes the very power of sin.

These four are thus the negative "objects" of repentance. They are the obstacles to be removed. But God alone can remove them. Hence, the first part of the lenten prayer; this cry from the bottom of human helplessness. Then the prayer moves to the positive aims of repentance which also are four.

Chastity! If one does not reduce this term, as is so often and erroneously done, only to its sexual connotations, it is understood as the positive counterpart of sloth. The exact and full translation of the Greek *sofosini* and the Russian *tselomudryie* ought to be *whole-mindedness*. Sloth is, first of all, dissipation, the brokenness of our vision and energy, the inability to see the whole. Its opposite then is precisely *wholeness*. If we usually mean by chastity the virtue opposed to sexual depravity, it is because the broken character of our existence is nowhere better manifested than in sexual lust -- the alienation of the body from the life and control of the spirit. Christ restores wholeness in us and He does so by restoring in us the true scale of values by leading us back to God.

The first and wonderful fruit of this wholeness or chastity is *humility*. We already spoke of it. It is above everything else the victory of truth in us, the elimination of all lies in which we usually live. *Humility* alone is capable of truth, of seeing and accepting things as they are and therefore of seeing God's majesty and goodness and love in everything. This is why we are told that God gives grace to the humble and resists the proud.

Chastity and humility are naturally followed by *patience*. The "natural" or "fallen" man is impatient, for being blind to himself he is quick to judge and to condemn others. Having but a broken, incomplete, and distorted knowledge of everything, he measures all things by his tastes and his ideas. Being indifferent to everyone except himself, he wants life to be successful right here and now. Patience, however, is truly a divine virtue. God is patient not because He is "indulgent," but because He sees the depth of all that exists, because the inner reality of things, which in our blindness we do not see, is open to Him. The closer we come to God, the more patient we grow and the more we reflect that infinite respect for all beings which is the proper quality of God.

Finally, the crown and fruit of all virtues, of all growth and effort, is *love* -- that love which, as we have already said, can be given by God alone--the gift which is the goal of all spiritual preparation and practice.

All this is summarized and brought together in the concluding petition of the lenten prayer in which we ask "to see my own errors and not to judge my brother." For ultimately there is but one danger: *pride*. Pride is the source of evil, and all evil is pride. Yet it is not enough for me to see my own errors, for even this apparent virtue can be turned into pride. Spiritual writings are full of warnings against the subtle forms of pseudo-piety which, in reality, under the cover of humility and self-accusation can lead to a truly demonic pride. But when we "see our own errors" and "do not judge our brothers," when, in other terms, chastity, humility, patience, and love are but one in us, then and only then the ultimate enemy--pride--will be destroyed in us.

After each petition of the prayer we make a prostration. Prostrations are not limited to the Prayer of St. Ephrem but constitute one of the distinctive characteristics of the entire lenten worship. Here, however, their meaning is disclosed best of all. In the long and difficult effort of spiritual recovery, the Church does not separate the soul from the body. The whole man has fallen away from God; the whole man is to be restored, the whole man is to return. The catastrophe of sin lies precisely in the victory of the flesh -- the animal, the irrational, the lust in us -- over the spiritual and the divine. But the body is glorious; the body is holy, so holy that God Himself "became flesh." Salvation and repentance then are not contempt for the body or neglect of it, but restoration of the body to its real function as the expression and the life of spirit, as the temple of the priceless human soul. Christian asceticism is a fight, not against but for the body. For this reason, the whole man - soul and body - repents. The body participates in the prayer of the soul just as the soul prays through and in the body. Prostrations, the "psycho-somatic" sign of repentance and humility, of adoration and obedience, are thus the lenten rite *par excellence*.

Liturgy Intentions for this week:

Sunday, February 21 – Second
Sunday of Lent:

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

10:30am – for blessings, guidance
and well-being of the Marriage
Preparation couples

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

Monday, February 22:

7:00pm – Funeral Vigil Prayers

Tuesday, February 23:

6:00pm – for the repose of the soul
of +Peter Stuart

Wednesday, February 24:

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

Thursday, February 25:

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

Friday, February 26:

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

Saturday, February 27:

9:00am – SOROKOUSTY Panakhyda

Sunday, February 28 – Third Sunday
of Lent & Veneration of the Holy
Cross:

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

10:30am – for the repose of the soul
of +Olga Burdyk

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>Second Sunday of the Great Fast; St. Gregory of Palamas; Our Venerable Father Timothy of Symbola (8th c.); Our Holy Father Eustathius, Archbishop of Great Antioch (338)</p>	<p>The Discovery of the Relics of the Holy Martyrs at Eugenius (345-408)</p>	<p>The Holy Priest-Martyr Polycarp, Bishop of Smyrna (155-56)</p>	<p>The Finding of the Holy Body of the Prophet John the Baptist</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.</p> <p>MARRIAGE PREPARATION WEEKEND 10:30AM - NOON</p>	<p>22 7:00 pm Funeral Vigil Prayers 7:00 pm Bible Study</p>	<p>23 10:00 am Funeral Liturgy 11:00 am Plus 50 Lunch and Meeting 6:00 pm Pre-Sanctified Liturgy</p>	<p>24 6:00 pm Funeral Liturgy 6:30 pm Pre-Sanctified Liturgy</p>
<p>28 THIRD SUNDAY OF LENT: VENERATION OF THE HOLY CROSS 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.</p> <p>LENTEN MISSION BEGINS EASTER EGG WRITING WORKSHOP (2:00 - 4:30PM)</p>	<p>29 6:00 pm Pre-Sanctified Liturgy 7:15 pm Lenten Mission Presentation</p> <p>LENTEN MISSION</p>	<p>01 Fr. Bo's Ordination Anniversary 12:00 pm FSC Icon Mounting 6:00 pm Pre-Sanctified Liturgy 7:15 pm Lenten Mission Presentation</p> <p>LENTEN MISSION</p>	<p>02 6:00 pm Pre-Sanctified Liturgy 7:15 pm Lenten Mission Presentation 8:00 pm Pre-Sanctified Liturgy</p> <p>LENTEN MISSION</p>
<p>06 FOURTH 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.</p> <p>YOUTH LENTEN ICON WORKSHOP</p>	<p>07 6:00 pm Pre-Sanctified Liturgy 7:00 pm Bible Study</p>	<p>08 6:00 pm Pre-Sanctified Liturgy 7:00 pm Adult Beginner Language Class 7:15 pm Parish Pastoral Council Meeting</p>	<p>09 6:00 pm Pre-Sanctified Liturgy 6:30 pm Adult Beginner Language Class 7:15 pm Parish Pastoral Council Meeting</p>
<p>13 FIFTH 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.</p>	<p>14 10:00 am M.A.F.I.A. Play-date 6:00 pm Pre-Sanctified Liturgy 7:00 pm Bible Study</p>	<p>15 6:00 pm Pre-Sanctified Liturgy 7:00 pm Adult Beginner Language Class</p>	<p>16 6:00 pm Pre-Sanctified Liturgy 6:30 pm Adult Beginner Language Class 7:15 pm Parish Pastoral Council Meeting 7:15 pm Pre-Sanctified Liturgy</p>

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
First and Second Find- the Precious Head Holy, Glorious Net and Forerunner the Baptist	Our Holy Father Tarasius, Archbishop of Constantino- ple (806)	Our Holy Father Por- phyrius, Bishop of Gaza (420)	Third Saturday of the Great Fast: All Souls Saturday; Our Venerable Father and Confessor Procopius the Decapolitan (716-40)
 am Pre-Sanctified Liturgy am Adult Language Class	25 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
 am Pre-Sanctified Liturgy am Lenten Mission Presentation am Choir Practice LENTEN MISSION	03 6:00 pm Pre-Sanctified Liturgy 7:00 pm UCWLC General Meeting 7:00 pm KofC 3rd Degree 7:30 pm Men's Dinner Committee Meeting	04  10:00 am Divine Liturgy at Westview 6:00 pm World Day of Prayer Service YOUTH LENTEN ICON WORKSHOP 5pm - 8pm	05 9:00 am Divine Liturgy w/Sorokousty 5:00 pm Vespers YOUTH LENTEN ICON WORKSHOP 9am - 8pm
 am Pre-Sanctified Liturgy am Adult Language Class am Choir Practice	10 9:00 am Babka Workbee 1:00 pm LightWeigh Program 6:00 pm Pre-Sanctified Liturgy 7:00 pm KofC 4th Degree	11  10:00 am Divine Liturgy at Westview 6:00 pm Pre-Sanctified Liturgy ADULT LENTEN ICON WORKSHOP 6pm - 9pm	12 9:00 am Divine Liturgy 10:00 am M.A.F.I.A. Execu- tive Meeting & Play 5:00 pm Vespers ADULT LENTEN ICON WORKSHOP 9am - 9pm
 am Pre-Sanctified Liturgy am Adult Language Class am Choir Practice am Property Management Committee Meeting	17 10:30 am Calgary Deanery Meeting 1:00 pm LightWeigh Program 6:00 pm Pre-Sanctified Liturgy	18  10:00 am Divine Liturgy at Westview 6:00 pm Pre-Sanctified Liturgy 7:00 pm Children of Mary & Altar Servers Meeting	19 Lazarus Saturday 9:00 am Divine Liturgy 9:00 am First Solemn Confessions 11:30 am FSC Luncheon 5:00 pm Vespers SET-UP FOR EASTER BAKE SALE

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>

LITURGICAL HELP

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>

EPISTLE READERS

8:30am - K of C 4th Degree

10:30am - K of C 4th Degree

5:00pm - K of C 4th Degree

HOSTS/USHERS

8:30am - K of C 4th Degree

10:30am - K of C 4th Degree

ROSARY (10:00am): K of C 4th Degree

ARK STORE - OPEN: Chelack Family

SANDWICHES FOR THE DROP-IN CENTRE:

today, please place your loaves in the trays at the front of the church for blessing.

****PLEASE PICK UP YOUR
2015 DONATION
TAX RECEIPTS
IN THE ATRIUM TODAY.****

PRAYER & CATECHESIS

LITURGY OF THE PRE-SANCTIFIED GIFTS:

During the Great Fast (Lent), weekday morning Divine Liturgies are replaced by Pre-Sanctified Liturgies at 6:00pm until Friday, March 18. **Please note: there is no liturgical service on Monday, Feb. 22 due to a funeral prayer service at 7:00pm.**

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

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

ELEMENTARY SCHOOL CATECHESIS CLASS: from 10:00am - 10:25am in the classroom.

BIBLE STUDY: next session on Monday, Feb. 29 at 7:00pm in the hall. Everyone is welcome!

GREAT VESPERS: next on Saturday, Feb. 27 at 5:00pm. We invite all to join in these beautiful evening prayers.

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

FAMILY SOROKOUSTY RECORDS: 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.

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>.

CONGRATULATIONS: to the following couples who this weekend have completed the Marriage Preparation course and who join us in worship at the 10:30am Divine Liturgy:

*Jordan Biss and Christine Ochitwa
Ryan Bremer and Pamela Bodnarchuk
Lochlan Christiansen and Marta Melysh
Anthony El-Araj and Emi Theron
David Heuser and Lily Anne Wroblewski
Evan Inglis and Karen Uhryn
Avrey Sakundiak and Stephanie Franceschin
Colin Stanchuk and Andrea Sendziak*

Please pray for them as they journey towards the Holy Sacrament of Marriage.

PARISH MEETINGS & PROGRAMS

PLUS 50 GROUP LUNCH AND MEETING: on Tuesday, Feb. 23 at 11:00am in the hall.

ADULT UKRAINIAN LANGUAGE CLASSES: advanced level: Wednesday, Feb. 24 at 6:30pm in the boardroom.

PARISH EVENTS & NOTICES

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

WORLD DAY OF PRAYER: St. Stephen's is hosting World Day of Prayer, Friday Mar. 4 at 6:00pm. This service will replace the Pre-Sanctified Liturgy for this evening. This is an annual international event involving Christians around the world, including more than 2000 communities in Canada. Everyone is welcome!

COMMUNITY EVENTS

ASSUMPTION OF THE ASSUMPTION OF THE BLESSED VIRGIN PARISH, CALGARY: *The Bible and the Virgin Mary* unveils the mystery of Our Lady that is woven into the fabric of Sacred Scripture. The series will begin on Wednesday, Feb. 24, 2016 at 7pm, downstairs in the ABVM Church Hall, and continue every Wednesday evening (except for March 23 and 30 during Easter Holy Week) to June 1. This event is free and all are welcomed!



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.



2016 LENTEN MISSION

FEB. 28 - MAR. 2

Sr. Gerardine (Ger) Curran, fCJ joined the FCJ Christian Life Centre resource team in the Fall of 2015. A former teacher and principal, Ger most recently served as Counselor at the secondary high school level, helping students develop self-management skills and offering personal counselling to students. Ger is a skilled professional with over 20 years experience as a Counsellor.

LENTEN MISSION LITURGICAL SCHEDULE:

Sunday, Feb. 28: Regular Divine Liturgies (8:30am, 10:30am and 5:00pm)

Monday, Feb. 29:

5:00pm Confessions
6:00pm Pre-Sanctified Liturgy
7:15pm Mission Presentation

Tuesday, Mar. 1:

5:00pm Confessions
6:00pm Pre-Sanctified Liturgy
7:15pm Mission Presentation

Wednesday, Mar. 2:

5:00pm Confessions
6:00pm Pre-Sanctified Liturgy
7:15pm Mission Presentation



*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.*

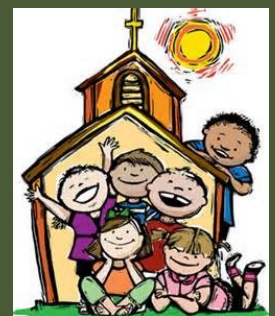
*We love pew art! Please use the blank
papers and colouring sheets provided in
the "cry room" (not pew envelopes) for
your child to draw us some
beautiful art. We can hang them on our
parish bulletin boards for all to enjoy.*

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.

2016 - 2017 PARISH PASTORAL COUNCIL

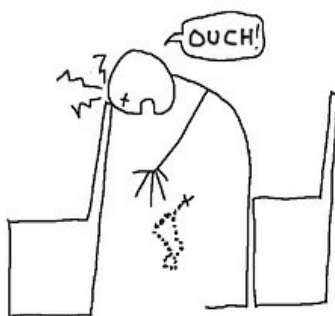
Every year parishioners have questions about what our Parish Pastoral Council does and how its members contribute to the parish community. Often good people who have gifts and skills that could benefit our parish miss the opportunity to use these talents in this forum of pastoral ministry because of a lack of knowledge and understanding of what is involved.

So, check out the descriptions of the PPC positions and roles that are posted on the board in the atrium and see how diverse and all-encompassing the PPC ministries serve the parish: all of the catechetical programs, social and cultural activities for all ages, financial planning and investments, charitable undertakings, facilities infrastructure, rentals, liturgical seasons, and so much more.

Talk to the current PPC members to get a fuller sense of what makes this parish work, as well as challenges that we face. Mark Ewanchyna (Chair) and Jay Lalach (Vice-Chair) can offer great insights on current and future plans.

A vibrant parish comes from vibrant people. All of us - not just a small group - make this a healthy, spiritual, caring, welcoming and fun community of God's people. There's always a place for you to share your gifts as God intended. Let's get involved!

WARNING!
ATTEMPTED PROSTRATION MAY RESULT IN SEVERE HEAD AND EGO INJURY



RIGHT

WRONG



Suddenly, Father Schober was not sure whether he really should have bought the new crucifix at Ikea.

Fasting is an important Lenten practice, but it is also commonly misunderstood. I invite you to check out healthy and positive attitudes towards fasting by checking out the bulletin board in the entrance of the church, and also by taking a "Lenten Fasting 101" booklet for yourself.

