



ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

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

JUNE 5 - 2016

THIRD SUNDAY AFTER PENTECOST

**The Holy Priest-Martyr Dorotheus, Bishop of Tyre (361-63); the Holy Priest-Martyr Cosmas
Presbyter of Armenia (1707); Veneration of the Icon of the Mother of God, "Of Ihor"**

Troparia and Kontakia

Troparion: When You went down to death, O Life Immortal,* You struck Hades dead with the blazing light of Your divinity.* When You raised the dead from the nether world,* all the powers of heaven cried out:* "O Giver of Life, Christ our God, glory be to You!"

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

Kontakion: You rose from the tomb, O almighty Saviour,* and Hades, seeing this wonder, was stricken with fear; and the dead arose.* Creation saw and rejoices with You, and Adam exults.* And the world, my Saviour, sings Your praises for ever.

Now and for ever and ever. Amen.

Theotokion: The tomb and death could not hold the Mother of God,* unceasing in her intercession and an unfailing hope of patronage,* for as the Mother of Life she was transferred to life* by Him Who had dwelt in her ever-virgin womb.

Prokeimenon

The Lord is my strength and my song of praise, and He has become my salvation.

verse: The Lord has indeed chastised me, but He has not delivered me to death.

The Lord is my strength and my song of praise, and He has become my salvation.

Epistle

Romans 5:1-10

Brothers and Sisters, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's

love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life.

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: The Lord will hear you in the day of tribulation; the name of the God of Jacob will shield you.

Alleluia, alleluia, alleluia!

verse: Lord, grant victory to the king and hear us in the day that we shall call upon You.

Alleluia, alleluia, alleluia!

Gospel

Matthew 6:22-33

The Lord said, "The lamp of the body is the eye. If your eye is sound, your whole body will be full of light. But if your eye is evil, your whole body will be full of darkness. Therefore if the light that is in you is darkness, how great is the darkness itself! No man can serve two masters; for either he will hate the one and love the other, or else he will stand by the one and despise the other. You cannot serve God and mammon. Therefore I say to you, do not be anxious for your life, what you shall eat and

Address

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Office Hours May - July:

M-F: 8:30am - 12:00pm
12:30pm - 4:00pm
Closed Statutory Holidays

Telephone:

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 – effective June 1 for summer)

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/>

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

drink; nor yet for your body, what you shall wear. Is not life a greater thing than food, and the body than clothing? Look at the birds of the air; they do not sow, or reap, or gather into barns; yet your heavenly Father feeds them. Are not you of much more value than they? But which of you by being anxious about it can add to his stature a single cubit? And as for clothing, why are you anxious? See how the lilies of the field grow; they neither toil nor spin, yet I say to you that not even Solomon in all his glory was adorned like one of these. But if God so clothes the wild flower of the field, which today is alive and tomorrow is thrown into the oven, how much

more you, O you of little faith! Therefore do not be anxious, saying, 'What shall we eat?' or, 'What shall we drink?' or, 'What are we to wear?' (for all these things the Gentiles seek); for your heavenly Father knows you need all these things. But seek first the kingdom of God and his justice, and all the rest shall be given you besides."

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest.*

Alleluia, alleluia,* alleluia.

As I was finishing up the bulletin Friday, I was looking for graphics to supplement the excellent article on the next page, "How Does the Church Define Who is a Parishioner" and came across this graphic. For a number of reasons this caption appeals to me. Human nature tells us the more insistent we may be about a course of action, the greater resistance we may encounter. Certainly this may be true, and I have heard it many times, from parents dealing with teens who are evolving in their spiritual life who question everything, and no longer wish to do things that are simply told to them—church attendance being part of the equation. A second reason I like this caption is that it gives me the opportunity to think about how totally opposite I believe the issue is. By that I mean in my own experience I have always found church attendance to be life-giving, from my earliest memory. But further to my own testimony about church attendance, however, is the fact that for many church attendance is eminently valuable. A clip from the front page of USA Today August 9-1999 stated "*People who attend religious services at least once a month live significantly longer than those who don't, concludes one of the most thorough studies of religion and mortality. One reason may be that such people tend to take better care of their bodies, a nationally representative sample of 3,617 American adults shows. After controlling for health differences among people, those not attending services regularly over seven years were about one-third more likely to die in that time, say researchers Marc Musick and James House of the University of Michigan.*" Thirdly and finally, the believe this caption expresses a perceived tension between "doing" and "being." What does it mean to do great things for God? St John of the Cross would suggest, along with many saints and martyrs of the church, that "doing" anything for God flows out of "being" a holy person—striving to do God's will, accepting suffering for the sake of others, living a life of prayer. In other words, the DOING and BEING are not opposed. ATTENDING church and BEING church should not be opposed, either. What do you think? -Fr MARK

**DON'T GO TO CHURCH,
BE THE CHURCH.**

HOW DOES THE CHURCH DEFINE WHO IS A PARISHIONER?

Baptism and membership in the Church

When Jesus had accomplished everything he set out to do, and was about to return to the Father, he commissioned the Disciples, saying:

"All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age" (Matthew 28: 18-20).

Through baptism, we become members of the body of Christ, that is, the Church.

Through baptism, we are constituted as the people of God.

Through baptism, we participate in the priestly, prophetic, and royal function of Christ.

Through baptism, we are called to exercise the mission which God has entrusted to the Church to fulfill in the world: to tell others the Good News of the Father's love and mercy.

How seriously do we take our baptismal call?



From baptism to Christian discipleship

All too often today, we go through the motions of being followers of Christ. We attend Divine Liturgy on occasion. We call upon the pastor for First Holy Communion, a wedding or a funeral. We bless pussy willows, our Easter baskets, and undertake similar activities.

Perhaps influenced by the secular world around us, we have become consumers of the services provided by the parish, adopting an attitude of "What's in it for me?" or "Go ahead, entertain me."

Rather, through baptism, our membership in Christ's Church calls for a commitment on the part of each of us to develop a personal relationship with Jesus, to foster our prayer life, and to use our God-given gifts of time, talent and treasure in the building up of the Christian community.

In other words, the rights we inherit as members of the Church are balanced by an equal obligation in continuing the mission of Christ entrusted to our care.

Baptism means being a disciple of Christ. And being a disciple of Christ comes with certain expectations related to my membership in a given parish.

Parish membership and expectations

What then does it mean to be a parishioner? What are the expectations? As a result of my baptism, in practicing my Christian discipleship, I am expected as a registered member of my parish to:

regularly attend and participate in the Sunday Divine Liturgy, together with my family;

regularly participate in the liturgical and sacramental life of the Church; develop and practice an ongoing personal/family prayer life; witness to the teachings of the Church by the manner of my living life;

practice stewardship of my time, talent and treasure in service to the mission of the Church;

acknowledge, as a registered member, that I am to be a participant in serving the mission of the parish rather than being only a spectator;

And realize the necessary and ongoing importance of love, generosity, faith and family.

Christ comes into the world to tell us of the mercy and love of the Father.

Through baptism, we say: "yes, Lord, I choose to follow you by becoming an active disciple and parishioner. Thank you for the opportunity to serve you and my neighbor. Bless me!"

MAY 1, 2016

EDMONTON EPARCHIAL PASTORAL COUNCIL

Liturgy Intentions for this week:

*Sunday, June 5 - THIRD SUNDAY
AFTER PENTECOST:*

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

*10:30am – for blessings for healing
and strength for Judy Yurkiw*

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

Monday, June 6:

*9:00am – for the repose of the soul
of +William J. Gnyra*

Tuesday, June 7:

*9:00am – for blessings for health
and healing for Zachary Davies*

Wednesday, June 8:

*9:00am – for the repose of the souls
of +Mike Zazula and +Stanley Zazula*

Thursday, June 9:

*9:00am – for the repose of the souls
of +Mike Zazula and +Stanley Zazula*

Friday, June 10:

*9:00am – for the repose of the soul
of +Robert Manning*

Saturday, June 11:

*9:00am – for the repose of the soul
of +Agnes Matthews*

*Sunday, June 12 - FOURTH SUNDAY
AFTER PENTECOST:*

*8:30am – for the repose of the soul
of +Joe Karapinka*

*10:30am – in memory for the repose
of the souls of +two dearly loved
ones*

*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>

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>

MAY / JUNE 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Third Sunday after Pentecost; The Holy Priest-Martyr Dorotheus, Bishop of Tyre (361-63); the Holy Priest-Martyr Cosmas, Presbyter of Armenia (1707); Veneration of the Icon of the Mother of God, "Of Ihor"	Our Venerable Father Bessarion the Wonderworker (457-74); Venerable Hilarion the New (845-46)	The Holy Priest-Martyr Theodotus of Ancyra (284-305)	The Holy Priest-Martyr Relic Mar
05 THIRD SUNDAY AFTER PENTACOST 8:30 am Divine Liturgy: Ukr. 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.	06 9:00 am Divine Liturgy 10:00 am UCWLC Executive Meeting 7:00 pm Bible Study 7:00 pm Finance Committee Meeting	07 9:00 am Divine Liturgy 1:00 pm Regnum Christi Prayer Meeting 7:00 pm Parish Pastoral Council Meeting	08 9:00 am Divine Liturgy 1:00 pm Regnum Christi Prayer Meeting
12 FOURTH SUNDAY AFTER PENTACOST 8:30 am Divine Liturgy: Ukr. 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.	13 No Divine Liturgy	14 No Divine Liturgy	15 No Divine Liturgy
19 FIFTH SUNDAY AFTER PENTACOST FATHERS' DAY 8:30 am Divine Liturgy: Ukr. 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. UCWLC FATHER'S DAY SOCIAL SANDWICHES FOR THE DROP IN CENTRE	20 9:00 am Divine Liturgy	21 9:00 am Divine Liturgy	22 9:00 am Divine Liturgy
26 SIXTH SUNDAY AFTER PENTACOST 8:30 am Divine Liturgy: Ukr. 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.	27 9:00 am Divine Liturgy	28 9:00 am Divine Liturgy 11:00 am Plus 50 Lunch & Meeting 4:00 pm Working Together for Safer Environments Meeting	29 9:00 am Divine Liturgy 7:00 pm Regnum Christi Prayer Meeting FEAST OF THE HOLY SPIRIT

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Transfer of the Holy cs of the Holy Great tyr Theodore Tyro	Our Holy Father Cyril, Archbishop of Alexandria (444)	The Holy Priest-Martyr Timothy, Bishop of Prussa (361-63)	The Holy Apostles Bartholomew and Barnabas
am Divine Liturgy pm LightWeigh Program	09 9:00 am Divine Liturgy 10:00 am M.A.F.I.A. Playdate 6:00 pm UCWLC SAGM & Dinner	10  9:00 am Divine Liturgy 10:00 am Westview Liturgy 7:00 pm Religious Education & Youth Programming Meeting	11 9:00 am Divine Liturgy 11:00 AM SSMI DIVINE LITURGY CELEBRATION AT ASSUMPTION (ABVM) AND RECEPTION TO FOLLOW
Divine Liturgy	16 No Divine Liturgy 7:00 pm Property Management Meeting	17  No Divine Liturgy 10:00 am Westview Liturgy 4:00 pm Prosphora Group - Prep	18 9:00 am Divine Liturgy 9:00 am Prosphora Group - Baking
RGY RETREAT →			
am Divine Liturgy	23 9:00 am Divine Liturgy	24  9:00 am Divine Liturgy 10:00 am Westview Liturgy	25 9:00 am Divine Liturgy 12:00 pm PLAST Meeting STAMPEDE STOMP
am Festal Divine Liturgy pm Festal Divine Liturgy AST OF SAINTS PETER AND PAUL	30 9:00 am Divine Liturgy	1  9:00 am Divine Liturgy 10:00 am Westview Liturgy CANADA DAY	2 9:00 am Divine Liturgy

St. Stephen's Choir: Provides music ministry to the parish for liturgical services and other events.
Contact: Linda Dudar
403-238-0461; <linda.dudar@stmu.ca>

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 Woychysyn
587-891-9898;
<eugene.woychysyn@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 Grade 6.

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: Karen McMillan
<s.david.mcmillan@gmail.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: Fr. Bo Nahachewsky
<fr.bo.nahachewsky@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: Philip Bird
<philipbird@gmail.com>

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

Contact: Philip Bird
<philipbird@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 - Dianna Rygiel
10:30am - David McMillan
5:00pm - Walter Machny

HOSTS/USHERS

8:30am - Dianna Rygiel
10:30am - David McMillan

ROSARY (10:00am): Craig Pichach

ARK STORE - OPEN: Longfield Family

PRAYER & CATECHESIS

REMINDER: Weekday Divine Liturgies are now **Monday - Friday at 9:00am**

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

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

BIBLE STUDY: on **Monday, June 6** at 7:00pm in the hall. Everyone is welcome!

REGNUM CHRISTI PRAYER MEETING: on **Tuesday, June 7** at 1:00pm

PARISH MEETINGS & PROGRAMS

UCWLC EXECUTIVE MEETING: on **Monday, June 6** at 10:00am in the Boardroom.

FINANCE COMMITTEE MEETING: on **Monday, June 6** at 7:00pm in Boardroom.

PARISH PASTORAL COUNCIL MEETING: on **Tuesday, June 7** at 7:00pm in the Knights Room.

LIGHTWEIGH PROGRAM: on **Wednesday, June 8** at 1:00pm in the Boardroom.

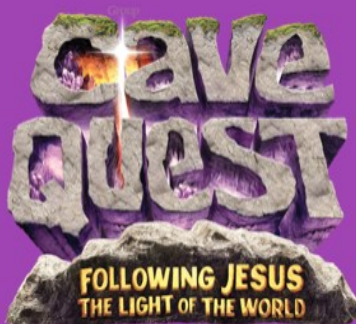
M.A.F.I.A. PLAYDATE: on **Thursday, June 9** at 10:00am in the Parish Hall.

UCWLC SAGM & DINNER: on **Thursday, June 9** at 6:00pm in the Parish Hall.

RELIGIOUS EDUCATION AND YOUTH DIRECTOR'S MEETING: on **Friday, June 10** at 7:00pm in the Boardroom.



St. Stephen Protomartyr's SUMMER DAY CAMP 2016



**Bible and Byzantine Learning Fun
July 11 - 15, 2016**

for all kids going into K-6



Bible and Byzantine Learning Fun

Every morning follow Jesus through Bible adventures, making new friends, incredible music, wild games, amazing crafts and snacks.

Every afternoon explore our Byzantine Catholic faith through dance, music, church exploration, crafts and crazy games.

REGISTER TODAY

WE NEED TO KNOW HOW MUCH COOL STUFF TO BUY FOR YOU!

MORE INFO IN THE CHURCH'S ATRIUM OR BY EMAIL @ LKLOWEY@HOTMAIL.COM

Men's Silent Retreat Weekend

Located at **Mount St. Francis Retreat Centre** near Cochrane, June 10 - 12, 2016.
Begins with Dinner at 6pm Friday June 10th, through Lunch on Sunday June 12. 1pm.
Lecture sessions based on; "**CREATION: Loving gift of God**"
Silent Retreat is where you can take advantage of the quiet and peaceful environment for reflection and prayer. Opportunities also exist for reconciliation and private interviews with the Franciscan staff. Please call **Ken Moen Jr 403-452-7868** or e-mail:
<ken@certifiedalarms.ca> (email is preferred) for further information or to Register.

SSMI - Celebration of Thanksgiving

Our Calgary home of the Sisters Servants of Mary Immaculate has closed. A Thanksgiving Divine Liturgy will be celebrated by Bishop David and clergy at 11:00am, Saturday, June 11, at Assumption of the Blessed Virgin Mary Parish, Calgary. Sr Patricia Lacey, Provincial Superior, and members of the SSMI Community will be attendance. Reception to follow in the hall. Tickets are \$15. For tickets or more information, contact Dennis Yurkiw at 403-818-9883.

Join us for a **Byzantine Iconography Workshop** with Marianna Savaryn (June 13-17) at St. Mary's University. The workshop will focus on the icon of Our Mother of Perpetual Help. See <www.stmu.ca/sacred-arts> for details or call 403-531-9130.

Bible Workshop Series: June Workshops (Gospel of John & Revelation)

Join the series of beginner workshops on the Bible and see God's Word come to life. The last workshops in Fr. John Kohler's Bible series is happening in the month of June, focusing on the Gospel of St. John and the Book of Revelation. Workshop schedule: **June 9 (Holy Trinity, Calgary), June 16 (St. Joseph's, Calgary); Saturdays at 10 am to Noon: June 4 (All Saints Parish, Lethbridge), June 18 (Holy Family, Medicine Hat).** If you have any questions please e-mail <john.kohler@calgarydiocese.ca >



YEEHAW!

It's time to grab your boots and come on out for our Annual

UKIE STAMPEDE STOMP!

Saturday, June 25th, 2016

St. Stephen's Parish Centre

6:00PM - Doors Open

7:00PM - BBQ Steak and Perogie Dinner

9:00PM - Entertainment & Dance

For tickets please contact:

Terry: 403-540-0411
Ron: 403-239-5555
Ambrose: 403-862-3269



START SAVING TO

PASS IT ON!

This event is a partnership between St. Stephen's and the Calgary Catholic School District and is a great way to help Calgary families in need receive free winter clothing! The annual Clothing Collection and Give Away will be held on Sat. Sept. 24, 2016 at Calgary Marlborough Community Association. We will be looking for clean and gently used clothing donations, with a focus on winter items and boots. We will also need volunteers to help our clothing collection on Sun. Sept. 18, the clothing sort day on Mon. Sept. 19, event set up on Friday, Sept. 23 and the Giveaway day on Saturday Sept. 24. Last year we helped make winter bearable for almost 800 people in 4 hours! For information or more details please contact Theresa Lewchuk at 403-815-6055 or <lewchukt@hotmail.com>.

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 responses. 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.

STRESS and your health

Negative feelings fuel your stress reactions.

Everyone will have difficult situations in their day-to-day life. Stress doesn't come from the situations we face, it comes from the emotional reaction to it. It's normal to feel worry, anger, sad, or fear at these times. It's these reactions that put the body into the stress response.

Your body can't tell the difference between a big stress and a small one.

Stress, whether it's big or small, affects your body in expected ways. A typical stress reaction can happen dozens of times a day; it triggers a very powerful response involving over 1400 chemical reactions in your body.

Stress can make you do things you regret.

Stress shuts down the part of your brain where thoughts are processed (the cortex), which makes it hard to process information and function at your best. Stress can stop you from thinking clearly and you often make a bad decision or overreact.

Many people ignore the effects of stress.

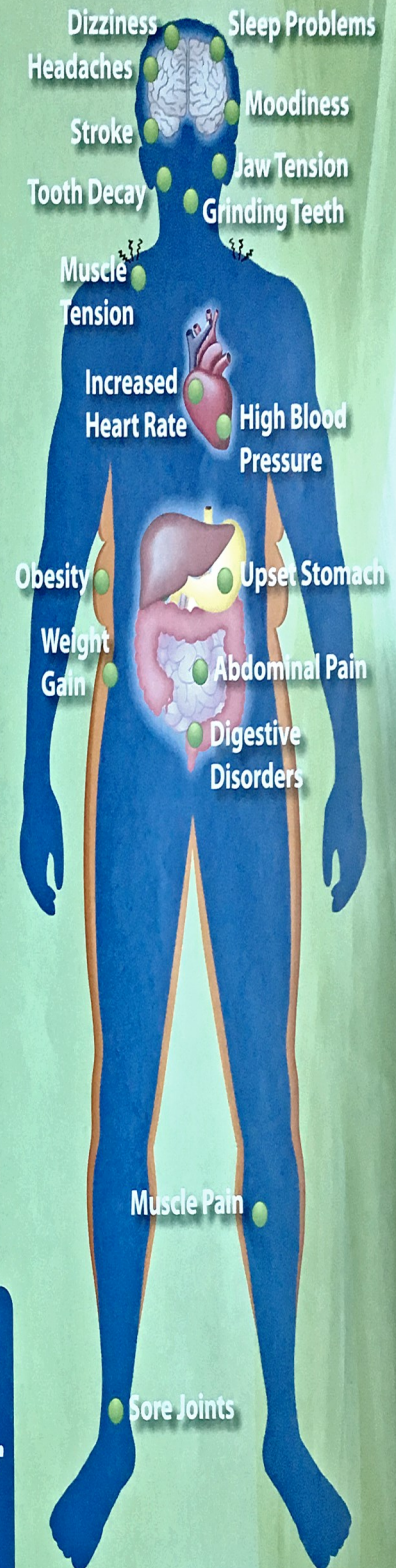
Chronic stress is when your body is in a constant state of stress. This may contribute to diseases such as cancer, diabetes, heart disease and stroke. Stress that isn't managed can damage your mental, emotional, physical, and reproductive health.

The best strategy is to handle stress in the moment.

Learning how stress affects you physically, mentally and emotionally is the first step to managing it. You can start to deal with your stress right now by taking a slow deep breath or thinking about something positive. These simple steps can help change how you and your body respond to stress.

For more information about the effects of stress on your health and ways to manage stress, talk to your healthcare provider or visit: myhealth.alberta.ca
(Keyword search: Stress Management)

Learning ways to improve your mental health will improve your overall health and well-being.



For 24/7 Health Advice call:
HEALTHLink Alberta
1-866-408-5465
(LINK)

To request additional copies of this resource email:
HPDIP.MH.earlyID@albertahealthservices.ca