



# ST. STEPHEN PROTOMARTYR

## UKRAINIAN CATHOLIC CHURCH

FEBRUARY 26<sup>TH</sup> - 2017

### Cheesefare (Forgiveness) Sunday

Holy Father Porphyrius, Bishop of Gaza



**Welcome Fr. Stephen - LENTEN MISSION 2017 - Starts NOW!**

Coming Home - Rediscovering the Merciful Love of God

We are very pleased to welcome our beautiful and profound missionary, Very Rev. Fr. Stephen Wojcichowsky, who begins the parish lenten mission today!

**Today - Sunday**, at each Divine Liturgy:  
**Holy - Who, Me?**  
Experiencing the Divine Mystery

**Monday**, at 7pm:  
**Ambassadors for Christ** – The Primacy of Forgiveness

**Tuesday**, at 7pm:  
**The Kiss of Christ** – The Healing Power of the Holy Mystery of Confession

**Wednesday**, at 7pm:  
**The Medicine of Immortality** – The Connection between Confession and Communion

**Everyone is welcome. It's totally free! Come as you are. If you must miss one, come to the next one anyway.**

**Confessions available Monday, Tuesday and Wednesday from 6pm.**

**ADDRESS:**  
4903 – 45<sup>th</sup> Street S.W.  
Calgary, Alberta  
Canada T3E 3W5

**Office Hours:**  
Mon-Thurs: 8:30am - 4:00pm  
Friday: Closed  
Saturday: 8:30-4:00pm  
Sunday: Open btwn liturgies

**Telephone:**  
403 249-4818, press 0  
**Fax:**  
403-685-9001

**For Pastoral Emergencies:**  
403 249-4818, press 9

**Email:**  
Office@Protomartyr.ca

**Parish Website:**  
www.saintstephencalgary.ca

**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]

**WEEKDAY SERVICES:**  
See Lenten Schedule inside

#### Changeable Parts for Today's Divine Liturgy:

**Troparion:** You came down from oh high, O Merciful One,\* and accepted three days of burial\* to free us from our sufferings.\* O Lord, our life and our resurrection,\* 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:** O Master, Guide to Wisdom\*, Bestower of prudent counsel,\* Instructor of the foolish and Defender of the poor ones;\* make firm my heart and give it understanding.\* Give me a word, O Word of the Father:\* Behold, I shall not stop my lips from crying out to You:\* In Your mercy, have mercy on me who am fallen.

#### Prokeimenon:

Pray and give praise to the Lord our God.\*  
Pray and give praise to the Lord our God.  
verse: In Judea God is known; His name is great in Israel. (Psalm 75:12,2)

#### Epistle (Romans 13:11-14:4)

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.

*There **IS** Sunday School today, please gather your children to hold candles for the Gospel, and then they are to follow with their teacher to the class (for children pre-F.S.C.).*



Changeable parts continued...

### **Alleluia**

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

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

### **Gospel (Matthew 6:14-21)**

The Lord said, "If you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses. And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also"

### **Communion Verse:**

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

### **At the end of announcements :**

Super short version of

## **The Service of Forgiveness**

(The Solemn Beginning of the Great and Holy Fast)

Normally this service would be celebrated at Vespers on Sunday night for Clean Monday. However in most parishes the best time to celebrate this is following the Divine Liturgy on Chesefare Sunday.

### **PRAYER OF ST. EPHREM**

Priest and people pray this Lenten prayer together.

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter. **(Prostration)**

Instead, grant to me, Your servant, the spirit of wholeness of being humble mindedness, patience and love.  
**(Prostration)**

O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen. **(Prostration)**

**Priest:** On bended knee, let us pray to the Lord.

**KNEEL**

**People:** Lord, have mercy.

**Priest:** O Lord, Jesus Christ, our God and hope of all on land and of those far away at sea, you have established these holy days of fasting by Your law and the prophets, as a way for our mortification and repentance. At the proper time, You manifested Yourself in the flesh on this earth, and by Your fast of forty days and nights, You sanctified the practice of fasting and commanded us to follow Your example. As a merciful and gracious God, enable us to begin these holy days of the Great Fast with perfect repentance, with humility instead of hypocrisy, with fervent prayer, with hunger and thirst, with frequent prostrations, and with a contrite heart. Enable us also to complete this time of the Great Fast without fault and with a pure conscience, keeping our faith intact and achieving victory over sin. Send us an angel of peace to watch over our lives, to protect us from all snares of our enemies, and to assist us in the performance of good deeds. Strengthen us by Your power so that we may accomplish the spiritual works of the Great Fast. Then, with our passions in control and our souls and bodies properly cleansed, we will be worthy to partake, without condemnation, of Your most pure Body and Your most precious and life giving Blood. For You are the merciful and gracious Lover of Mankind Who come down to earth to save all; and we give glory to You and Your Eternal Father and Your all holy gracious, and life giving Spirit, now and ever, and forever.

**People:** Amen.

### **DISMISSAL FOR END OF LITURGY STAND**

**Priest:** Glory be to You, O Christ, our God, our hope; glory be to You.

**People:** Glory be to the Father, and to the Son and to the Holy Spirit, now and ever and forever. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy. Give the blessing!

**Priest:** May Christ our true God, Who is Risen from the dead, through the prayers of His most pure Mother, of our Father among the saints John Chrysostom Archbishop of Constantinople, of St. Stephen the Protomartyr patron of this church, of Holy Father Porphyrius, Bishop of Gaza who's day we celebrate today and of all the saints, will have mercy on us and save us for He is gracious and loves mankind.

**People:** Amen.

**Then, before the assembled Body of Christ, the priest begs from the Faithful their forgiveness, saying:**

**Priest:** Holy brothers and sisters, forgive me, the sinner, and pray for me.

**People:** God forgives. May the Lord forgive you, Father, and have mercy on you. Also forgive us Father, and pray for us!

**Priest:** God forgives! May He have mercy on us and forgive us all.

**If time allows: The people come forward and embrace the priest and receive the anointing with oil. The people then approach one another and mutually seek forgiveness.**

**WITHOUT  
FORGIVENESS  
THERE IS NO  
FUTURE.**

-Desmond Tutu



# Forgiveness Sunday

Also known as Cheese-fare Sunday

By: Fr. John Petro

Today let us stand at the threshold of the Holy Great Fast, ready to enter with faith and joy. We also sit at the threshold of paradise with Adam and lament what we have lost. Today we again hear our story: the story of our creation at the hands of God; the story of life that is breathed into us by the very breath of God. This is our dignity; this is our nobility; this is why we are to respect life. For life is a gift from God.

Now Satan enters the scene and sets his snare. He tricks Adam and Eve into disobedience by promising them far greater things than what they already have. He promises them equality with God!

But this is a trick! This is the insidious part of the whole scheme! They already share a deep communion with God; however, by following Satan's deceitful design to gain something even greater, they lose what they already have. This is the deceptive guise of sin. It promises us something that seems so beneficial; but when we say yes to it, suddenly it tears off its mask and reveals its ugly

face to us. Then in a moment, we know in the depths of our being that we have been duped. We have been tricked! We all know the queasy feeling in the pit of our stomach when we face this realization.



Then together with Adam, we sit and lament. We too by our sin have given up our God-woven robes; we have lost the delights of Paradise. We too now live not in communion but in brokenness.

The final elements necessary for repentance are presented today: fasting and forgiveness. We seek to regain our communion with God, and Christ is our Way. We come to join the New Adam and undo what we have done with the Old Adam. Adam failed to fast from the tree and thus lost Paradise; we therefore fast in order to regain it. But even more than fasting, even more than almsgiving and prayer, the Gospels give us another way to enter into communion with God. This is through forgiveness. As our holy father Saint John Chrysostom says: "Nothing makes us so like God as being ready to forgive the wicked and wrong-doers." Only when we have crossed this threshold are we ready to enter the Fast in proper spirit and seek forgiveness from our heavenly Father.

Taken from the book "Journey through the Great Fast"



**Wait a minute! I thought Lent starts on Ash Wednesday. And what about getting ashes on my forehead?**

If you are Ukrainian Catholic (or a member of any other Byzantine Catholic church such as Melkite, Greek, Ruthinian, etc...) the season of the Great Fast (commonly called Lent) begins at sunset on the evening of Forgiveness Sunday (which is technically the beginning of Forgiveness Monday, since liturgically and biblically the day starts at sunset). If you are Roman (Latin) Catholic then your season of Lent starts on "Ash Wednesday", two days after the Byzantines have begun.

The reason for the different start dates is how we count to 40 days, from what do we count 40 days. We Byzantines count 40 days before Holy Week, which begins on Lazarus Saturday (the day before Palm Sunday, which is one week before Pascha (Easter)). Latin Catholics count 40 days, not including Sundays, before the Easter Triduum.

We Eastern Catholics begin the Great Fast by reaching out to each other asking for forgiveness. Western Catholics begin by putting ashes (the burnt remains of last year's palm branches from Palm Sunday) on their foreheads.

The day before the Great Fast starts, Byzantines call "Cheese-Fare", because (if you are following the strict rules for fasting) it is the last day to eat dairy products, oils, and other non-fasting foods. Similarly the week before when we were about to stop eating meat we had "Meat-Fare" Sunday. Roman Catholics have a similar day to use up non-fasting foods called "Shrove Tuesday" often times people associate this day with pancakes, because this is a good way to use up eggs before the fasting season.

# How am I supposed to observe the Great Fast?

The season of the Great Fast, is not merely about abstaining from certain foods. It is first and foremost an opportunity to grow in holiness. The Church encourages us to do this by praying more, helping others more, by approaching for the sacrament of Confession (and then Eucharist), and yes by fasting and abstaining from certain things also.

As far as fasting goes, there are several different sets of standards that are put forward. The Ukrainian Byzantine Catholic Church has a set of "minimum" rules, which it expects all the faithful to uphold. (Failure to do this minimum is considered laziness, which is a sin.) This means that at VERY LEAST we are all expected to refrain from animal products (both meat & dairy) on the first day of the Fast, and on Good Friday, and to abstain from meat on all Mondays, Wednesdays and Fridays during the whole fast. (Yes, recently our Synod added Mondays to the list.) As your pastor, I hope that we can all do better than this.

The traditional fast is considerably more strict. It basically says that as of sunset on Meat-fare Sunday, we stop eating meat until Easter Sunday. Dairy, eggs, oil, fish, wine (alcohol) and of course sweets are eliminated from one's diet starting at sunset on Cheese-fare Sunday. Only one meal is permitted a day except on Saturdays and Sundays. (The really strict fasting rules suggests a total fast during the entire first week for those who are strong enough to do so.) On Saturdays and Sundays wine and oil are permitted. Fish is only permitted on Palm Sunday and on the feast of Annunciation (March 25). Holy Week is even stricter than

the preceding weeks. As your pastor, I know that for most of us, this is not reasonable.

Frankly, I suggest that we all first and foremost focus on praying more, helping others more, and making at very least one good confession. If your schedule allows for it, please attend the Presanctified Liturgies and the Parish Lenten Mission. You should also consider making scripture reading part of your daily prayers. What to read will vary for each person. If you do not read the scriptures at this time, start by reading through at least one Gospel over the course of the 40 days. If you already read scripture daily, consider adding some more, perhaps from the Old Testament. Other spiritual reading may be a good thing for you to add to your prayer time too. Talk to me if you want me to suggest a book or two for you.

As for fasting... do at least the minimum rule, but also make sure you eat more healthy foods including vegetables, and cutting out fatty foods, sweets and alcohol. Eat and drink in moderation. Do not eat until you are full, but rather eat a reasonable amount so that you will not be hungry. Consider eating at home more, and save the money that you would spend eating out for the poor. Also fast from swearing, gossiping, and wasting time watching the TV or playing on a computer. Remember fasting is not just about food.

Whatever you choose to do, make it reasonable. If you set your goals too high, you will likely fail and get frustrated. Fasting is supposed to help us become more disciplined and to take our focus away from food to Christ. It is not meant to frustrate us, and make us worried about "rules".



**Did you know that the elderly, children, those with special medical conditions, traveling or doing hard physical labour are not expected to fast? If you are in doubt about fasting, ask your spiritual director or your parish priest.**

## The Liturgies of the Presanctified Gifts

### Wednesdays and Fridays at 7pm

The Divine Liturgy being the banquet of Christ is a festive, joyous, and triumphant celebration. The ancient discipline of the Byzantine Rite did not permit such celebration during the season of Great Fast, this being the time of penance and mourning for sin.

The Church, knowing that Christ is our greatest strength and support during our earthly pilgrimage, allows us to celebrate a communion service on certain days of the Great Fast. This service, called the Liturgy of the Presanctified Gifts is not a true Divine Liturgy because it contains no consecration of bread and wine into the Body and Blood of Christ. The holy communion that we receive at a Liturgy of Presanctified Gifts is the species of consecrated bread only. Unconsecrated wine is added for reasons of taste and facility in swallowing the holy communion.

This special service, a combination of Vespers and a communion ritual, is traditionally celebrated on Wednesdays and Fridays of the first six weeks of Great Fast, and on Monday, Tuesday, and Wednesday of Holy Week. Its authorship is sometimes attributed to St. Gregory Dialogus who prior to becoming Pope of Rome served in Constantinople as a papal envoy. It is more probable that St. Gregory merely recorded this ancient Liturgy from the oral tradition and on his return to Rome introduced it to the western Church.





## The Sacrament of Reconciliation

During Lent, and especially during the Lenten Mission, we have a great opportunity to receive the sacrament of Reconciliation.

Please find, use and keep a free little trifold pamphlet in the atrium (Narthex) of the church with:

- An explanation of what the Sacrament is about
- An examination of Conscience to help you prepare for the Sacrament
- The normal order (how to) of doing the Sacrament

Priests are available during the Mission on Monday, Tuesday and Wednesday starting at 6pm, as well as normally at 10 am most Sundays, 4pm most Saturdays, and by appointment. It is perfectly fine to go to any Catholic priest to receive the Sacrament of Reconciliation.

## Services During Lent

During Lent our Liturgical Schedule changes dramatically. As noted on the previous page, daily Divine Liturgies are replaced by evening prayers (some Eucharistic and some not). The following is our Church's combined Ukrainian Catholic & Melkite

### **Mondays:**

**7pm Great Complies**  
(in Arabic)

### **Wednesdays:**

**7 pm Presanctified Liturgy**  
(in English)

### **Fridays:**

**10 am Divine Liturgy at WestView Lodge**  
(in English)

### **Saturdays:**

**9 am Divine Liturgy**  
(in English)

### **Tuesdays:**

**No Services**

### **Thursdays:**

**7 pm Great Complies**  
(in Arabic)

**7pm Presanctified Liturgy**  
(in English)

**4pm Confessions**  
(in English)

**5pm Vespers**  
(in English)

**8pm Akathist to the Mother of God**  
(in Arabic)

## All Souls Saturdays and the "Soroko-ooste" service

There are 5 Saturdays throughout the winter and spring where we commemorate all those who have passed. The first one is the Saturday before Meatfare Sunday (a week ago), the 2nd, 3rd and 4th fall on the 2nd, 3rd and 4th Saturdays of Lent, and the 5th and final one falls on the Saturday before Pentecost. This year because the feast of Annunciation happens to fall on the 5th Saturday, we only get to commemorate them 4 times, not 5.

On these days we say a prayer for all the deceased we can. Our parish has a book which includes all the names of our loved ones ever submitted to us by all of our parishioners. If you would like to add to the list of names please see the ladies in the office during office hours. They would be happy to help you.

All the names in the book are read out during the Liturgy and prayers for the deceased.

## Lenten Activity Suggestions:

- Reading 5 minutes of Scripture every day (or increasing the amount you read by 5 minutes if you already do).
- Quit smoking and/or drinking.
- Go for a 10 minute prayerful walk every morning
- Visit some elderly people in a nursing home, or sick people in a hospital each week. (orphans or prisons work too)
- Create a family "swear jar" and put a dollar into it for each time you say a bad word. Then give it to charity after.
- Approach for confession.
- Reach out to and forgive someone you are disconnected with, especially family, coworkers and friends.
- Stop drinking pop, eating candy, fatty foods, and other such unhealthy treats.
- Pray morning prayers and/or evening prayers with your children. Consider reading a bible story to them at bedtime.
- Read a spiritual book.
- Come to church for weekday services.
- Volunteer at a soup kitchen
- Donate to your favourite charities. Even adopt a child or refugee in a poorer location.
- Don't gossip. Create a "gossip jar" like the "swear jar".



**Confessions:**

Saturdays at 4pm,  
occasionally on Sundays from  
10-11 and/or by appt.

**Marriage:**

Arrangements with Fr. Bo.

**Sacraments of Initiation  
(Baptism-Chrismation-  
Eucharist):**

Arrangements with Fr. Bo.

**Anointing of the Sick:**

For emergencies call  
403-249-4818, press 9

**Funerals:**

Arrangements with Fr. Bo.

Assistant Pastor and  
Administrator:

**Fr. Bo (Bohdan)**

**Nahachewsky**

403-249-4818, ext. 202

FatherBo@Protomartyr.ca

Deacon and Intern:

**Dcn. Andrij Nykyforuk**

403-249-4818, ext. 203

DeaconAndrij@Protomartyr.ca

St. Basil's Melkite Church:

**Fr. Ephrem Kardouh**

1-514-223-1664 or

403-249-4818, ext. 302

emkardouh@gmail.com

Pastor (on Sabbatical):

**Fr. Mark Bayrock**

1-403-973-4120

mabayrock.iphone@gmail.com

**Parish Staff:**

Office Administrator:

**Linda Buck**

403-249-4818, ext. 0

office@protomartyr.ca

Sacramental Coordinator:

**Violet Bird**

coordinator@protomartyr.ca

Maintenance:

**John Kowal**

403-249-4818 ext. 207

maintenance@protomartyr.ca

**Hall Rental Inquiries:**

Brett Bernakevitch

403-615-9561

blebernak@gmail.com

**Kitchen Phone:**

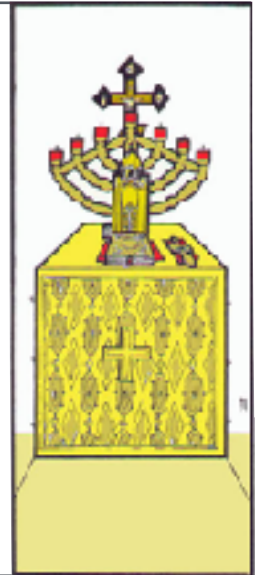
403-249-4818, ext. 204

**Why change the candles on the Holy Table (Altar)?**

- It reminds us of the presence of God at the Holy Table, just like in the one burning bush Who spoke to Abraham.
- It reminds us of the presence of God at the Holy Table, just like the Old Testament Temple which had a seven branched Menorah.
- It reminds us of the miracle of the oil after the destruction of the Temple, where the oil lamps burnt for 8 days even though there was only oil enough for 1 day. (Feast celebrated by the Jews today called "Hanukkah".)
- We can change the colour of the glass votives marking various seasons of the liturgical year.
- Cost. The tall pillar candles were very - very expensive. This new set-up will save the parish some funds, and restores the tradition of our church.

**What more might change with it?**

- Deacon Andrij is looking into the possibility of having pure olive oil burnt in them instead of candles, to be more biblical and traditional.
- We are going to talk with the Art Committee of having the icon "The Burning Bush" painted and put on the candle stand.



**Lectures and Seminars:** These events are available at [cpcassoc.ca](http://cpcassoc.ca) (Christian Pastoral Caregivers Association)

- "Christian perspective on Medical Assistance in Dying" (MAID) Monday, March 13, at 5:30 at Colonel Belcher, dinner included, \$35.00 Dr. Falk will be speaking from a "Christian perspective on Medical Assistance in Dying" (MAID)
- "May I Sit With You Awhile?" \$65.00 Friday, April 21st evening and Saturday, April 22nd all day, location: TBA
- "Love At Last Breath" \$65.00 Friday, May 26 evening and Saturday, May 27 all day, location TBA.



You Can Help Your Marriage.

- \* Do you Feel Alone?
- \* Are you frustrated or angry with each other?
- \* Do you argue... or have you stopped talking to each other?
- \* Does talking about it only make it worse?

Retrouvaille helps couples through difficult times in their marriages. This program has helped 10's of 1000's of couples experiencing difficulties in their marriages. For confidential information about or to register for an upcoming weekend call 403.879.7893 or email [coordinator@retrouvaillecalgary.com](mailto:coordinator@retrouvaillecalgary.com) or visit our website at <http://www.helpourmarriagecalgary.com>

**GOD SQUAD CANADA - 2017 Annual Men's Conference, March 17 - 18, 2017**

The 20th Annual God Squad Men's Conference will be held this year at St. Mary's Cathedral.

Any man who is grandfather, father, son should attend this event. There is also a youth stream for teenagers, young adults.

For more information and online registration please visit <https://godsquad.ca/>

**EXAMINATION OF CONSCIENCE - for Adult Confession -Second Commandment****2. You shall not take the name of the Lord your God in vain.**

Have I used God's name irreverently, either in anger or jest? Example: OMG! Did I swear or curse others; deliberately with evil on them or ask God to bring misfortune upon them? Have I deliberately called upon God to witness the truth of what I knew was a lie?

# GLORY BE TO JESUS CHRIST!

## LITURGICAL HELP

	TODAY, Feb. 26th	NEXT WEEK, March 5th
<b>EPISTLE READERS</b>	8:30 am - Myron + Larysa Gellela 10:30 am- MAFIA 5:00 pm - Jay Lalach	8:30 am - Sam Bulych 10:30 am - Donna Korchinski 5:00 pm - Patricia Harasym
<b>HOSTS/USHERS</b>	8:30 am - Myron + Larysa Gellela  10:30 am- MAFIA	8:30 am - Sam Bulych 10:30 am - Craig Pichach
<b>ROSARY</b>	10:00 am - Glen Kulak	10:00 am - David McMillan
<b>ARK STORE</b>	Chelack Family	Popel Family

### Prayer & Catechesis

#### **\*\*Sunday School Today\*\***

There will be Sunday School March 5th

*Starting Feb. 27th, Weekday Divine Liturgies will be replaced by the Presanctified Gifts Service on Wednesdays and Fridays.*

#### **CONFESSIONS**

at 4:00 pm every Saturday. However, there will be no confessions on March 11th and 18th.

#### **GREAT VESPERS**

at 5:00 pm every Saturday

#### **CARDS & DIVINE LITURGY**

If you know someone in our Parish Family who the Love & Care Committee should be attending to, please contact Anne Lozinski at 403-241-8905.

#### **LENTEN MISSION**

Begins today! To run daily until March 1st! Prepare yourself for a holy and prayerful lent season with Fr. Stephen Wojcichowsky. Sessions begin at 7:00pm and are free.

#### **ICON WORKSHOP**

Join Fr. Bo and learn how to write an Icon! March 3-5th, sign up at the office, there are spaces still available.

#### **NEXT BAPTISMAL PREP**

**COURSE** will take place on Saturday, March 25th. If you know of anyone who would like to present their child for the Sacraments of Baptism, Chrismation and Eucharist, please have them call the office.

#### **CHOIR PRACTICE**

We love to sing! Next practice is at 7:00pm, March 8.

#### **LENTEN MISSION**

Please arrive at 6pm for confessions before our 7pm start time on Monday, Tuesday and Wednesday.

### Parish Meetings & Events

#### **KNIGHTS OF COLUMBUS**

#### **Pancake**

#### **Breakfast TODAY!**

February 26th after 8:30 and 10:30 Divine Liturgies. Welcome!

#### **KNIGHTS OF COLUMBUS**

*March 2nd*, 3rd Degree

Meeting 7:00pm

*March 9th*, 4th Degree

Meeting 7:00pm

#### **ANNUAL GENERAL MEETING**

Participate in your parish! Sunday March 19th

#### **PLUS 50**

Attention! Meeting at 11 am Tuesday, February 28th. See you there.

#### **PASS IT ON**

(St. Stephen's Clothing Giveaway) is happening this year on October 14th. **Please start saving your winter clothing and footwear!** Clothing Collection Day is Sunday, Oct. 1, Sort Day is Monday October 2nd.

The office will be closed Saturday, March 4th and Sunday, March 5th.



#### **Sunday, February 26:**

8:30am – for health and wellbeing for Walter Mucz

10:30am - for the repose of the soul of +Joe Ewanchyna

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

#### **Monday, February 27:**

No Divine Liturgy

#### **Tuesday, February 28:**

No Divine Liturgy

#### **Wednesday, March 1:**

7:00pm - Pre-sanctified Liturgy – for health and wellbeing for Natalia Onyschuk

#### **Thursday, March 2:**

No Divine Liturgy

#### **Friday, March 3:**

10:00am (Westview) – for blessings for good health and “thinking of you” for Helen Pishak

7:00pm – Pre-sanctified Liturgy

#### **Saturday, March 4:**

9:00am – for the repose of the soul of +John Stecyk

#### **Sunday, March 5:**

8:30am – for health and wellbeing for Walter Mucz

10:30am - for blessings for full and speedy recovery from surgery for Ted Josephs

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

# St. Stephen Protomartyr Ukrainian Catholic Church

## February & March 2017

### CHARITABLE COMMITTEES, ACTIVITIES & ORGANIZATIONS

#### Charity Subcommittee:

Coordinate & 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  
403-815-6055;  
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@mnp.ca

**The Helping Others Network:**  
*Distributes used furnishings and clothing to the needy.*  
Contact: Des Peplinski  
403-271-0804  
dlp238@shaw.ca

**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 & their families, and help the sick, needy & disabled in our parish, city & abroad.  
Contact: Earle Kowalewich  
403-831-5503

**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

Sunday	Monday	Tuesday
<p>26 <b>Cheesefare Sunday</b> <b>KofC Pancake Breakfast</b> <b>after 8:30am + 10:30am DLs</b> <b>PARISH LENTEN MISSION</b> <b>at each Liturgy</b></p> <ul style="list-style-type: none"> <li>• 8:30 am Divine Liturgy: Ukrainian</li> <li>• 9:00 am First Solemn Communion Class</li> <li>• 10:30 am Divine Liturgy: English with Sunday School</li> <li>• 12:00 F/S Review Committee Meeting</li> <li>• 1:00 pm Divine Liturgy: Melkite</li> <li>• 5:00 pm Divine Liturgy: English</li> </ul>	<p>27  <b>Clean Monday</b> <b>BEGINNING OF GREAT FAST</b> <b>No Meat &amp; No Dairy</b></p> <ul style="list-style-type: none"> <li>• 10:00 am Open Iconography Studio</li> <li>• 4:00 pm Newman College Course</li> <li>• <b>7:00 pm Parish Lenten Mission</b></li> <li>• Installation of Roman Catholic Bishop William McGratton</li> </ul>	<p>28  <b>No Meat</b></p> <ul style="list-style-type: none"> <li>• 11:00 Plus 50 Meeting</li> <li>• <b>7:00 pm Parish Lenten Mission</b></li> </ul>
<p>5 <b>First Sunday of Lent:</b> <b>Sunday of Orthodoxy</b> <b>Beginner Icon Workshops with Fr. Bo</b></p> <ul style="list-style-type: none"> <li>• 8:30 am Divine Liturgy: Ukrainian</li> <li>• 9:00 am First Solemn Communion Class</li> <li>• 10:30 am Divine Liturgy: English with Sunday School</li> <li>• 1:00 pm Divine Liturgy: Melkite</li> <li>• 5:00 pm Divine Liturgy: English</li> </ul>	<p>6  <b>No Meat</b></p> <ul style="list-style-type: none"> <li>• Eparchial Presbyteral Council Meeting</li> <li>• 10:00 am Open Iconography Studio</li> <li>• 4:00 pm Newman College Course</li> <li>• 7:00 pm Great Complines in Arabic</li> <li>• <b>7:00 pm Bible Study</b></li> <li>• 7:00 pm Finance Committee Meeting</li> </ul>	<p>7  <ul style="list-style-type: none"> <li>• 6:30 pm Ukrainian Language Class</li> <li>• 7:45 Ukrainian Language Class</li> <li>• <b>7:00 pm PPC Meeting</b></li> <li>• 7:00 pm SAGA Meeting</li> </ul> </p>
<p>12 <b>Second Sunday of Lent:</b> <b>Sunday of St. Gregory Palamas</b></p> <ul style="list-style-type: none"> <li>• 8:30 am Divine Liturgy</li> <li>• 9:00 am First Solemn Communion Class</li> <li>• 10:30 am Divine Liturgy with Sunday School</li> <li>• 1:00 pm Melkite Divine Liturgy</li> <li>• 5:00 pm Divine Liturgy English</li> </ul>	<p>13  <b>No Meat</b></p> <ul style="list-style-type: none"> <li>• NO Open Iconography Studio</li> <li>• 4:00 pm Newman College Course</li> <li>• <b>7:00 pm Great Complines in Arabic</b></li> <li>• 7:00 pm 50th Parish Anniversary Meeting</li> <li>• <b>7:00 pm Bible Study</b></li> </ul>	<p>14  <ul style="list-style-type: none"> <li>• 6:30 pm Ukrainian Language Class</li> <li>• 7:00 pm Art Committee Meeting</li> <li>• 7:45 Ukrainian Language Class</li> </ul> </p>
<p>19 <b>Third Sunday of Lent:</b> <b>Sunday of the Holy Cross</b> <b>KofC Pancake Breakfast</b> <b>after 8:30am + 10:30am DLs</b> <b>PARISH AGM</b></p> <ul style="list-style-type: none"> <li>• 8:30 am Divine Liturgy</li> <li>• 9:00 am First Solemn Communion Class</li> <li>• 10:30 am Divine Liturgy with Sunday School</li> <li>• 1:00 pm Melkite Divine Liturgy</li> <li>• 5:00 pm Divine Liturgy English</li> </ul>	<p>20  <b>No Meat</b></p> <ul style="list-style-type: none"> <li>• 10:00 am Open Iconography Studio</li> <li>• 4:00 pm Newman College Course</li> <li>• 7:00 pm Great Complines in Arabic</li> <li>• <b>7:00 pm Bible Study</b></li> </ul>	<p>21  <ul style="list-style-type: none"> <li>• 6:30 pm Ukrainian Language Class</li> <li>• Regnum Christi 1-3pm</li> </ul> </p>
<p>26 <b>Fourth Sunday of Lent:</b> <b>St. John Climacus (of the Ladder)</b></p> <ul style="list-style-type: none"> <li>• 8:30 am Divine Liturgy</li> <li>• 10:30 am Divine Liturgy with no Sunday School</li> <li>• 1:00 pm Melkite Divine Liturgy</li> <li>• 5:00 pm Divine Liturgy English</li> <li>• <b>Eparchial Youth Retreat</b></li> <li>• <b>Lenten Mission at Assumption Parish</b></li> </ul>	<p>27  <b>No Meat</b></p> <ul style="list-style-type: none"> <li>• <b>Eparchial Youth Retreat</b></li> <li>• Spring Break for CCSD</li> <li>• 10:00 am open iconography studio</li> <li>• 4:00 pm Newman College Course</li> <li>• 7:00 pm Great Complines in Arabic</li> <li>• No Bible Study</li> </ul>	<p>28  <ul style="list-style-type: none"> <li>• Spring Break for CCSD</li> <li>• 11 am Plus 50 Meeting</li> </ul> </p>



## Parish Calendar

Wednesday	Thursday	Friday	Saturday
<b>March 1</b>  <b>• No Meat</b> <b>• 7:00 pm Parish Lenten Mission with Presanctified Liturgy</b>	<b>2</b>  <b>• No Meat</b> <ul style="list-style-type: none"> <li>• 7:00 pm Great Complines in Arabic</li> <li>• 7:00 pm Knights of Columbus 3rd Degree Meeting</li> <li>• 7:00 pm F/S Review Committee Meeting</li> </ul>	<b>3</b>  <b>• No Meat</b> <ul style="list-style-type: none"> <li>• <b>Calgary Beginner Icon Workshop with Fr. Bo</b></li> <li>• 10:00 am Divine Liturgy: West View Lodge</li> <li>• 7:00 pm Presanctified Service</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• <b>Calgary Beginner Icon Workshop with Fr. Bo</b></li> <li>• 9:00 am Divine Liturgy</li> <li>• 1:00 pm PLAST</li> <li>• 4:00 pm Confessions</li> <li>• 5:00 pm Vespers</li> </ul>
<b>8</b>  <ul style="list-style-type: none"> <li>• 7:00 pm Presanctified Liturgy in English</li> <li>• 7:00 pm Choir Practice</li> <li>• 7:00 pm Ukrainian Language Class</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• 7:00 pm Knights of Columbus 4rd Degree Meeting</li> <li>• 7:00 pm 40-day Memorial Service for +Joe Ewanchyna, all welcome. (No complines)</li> </ul>	<b>10</b>  <ul style="list-style-type: none"> <li>• 10:00 am Divine Liturgy: West View Lodge</li> <li>• 7:00 pm Presanctified Liturgy in English</li> <li>• 8:00 pm Akathist to the Mother of God in Arabic</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• 9:00 am Divine Liturgy</li> <li>• NO CONFESSIONS</li> <li>• 5:00 pm Vespers</li> </ul>
<b>15</b>  <ul style="list-style-type: none"> <li>• 7:00 pm Presanctified Liturgy in English</li> <li>• 7:00 pm Ukrainian Language Class</li> <li>• 7:00 pm Property Management Meeting</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• 10:00 am South RC Pastoral Zone Meeting at Holy Spirit Church</li> <li>• 7:00 pm "Evening with Bishop" Fundraiser Meeting</li> <li>• 7:00 pm Great Complines in Arabic</li> </ul>	<b>17</b>  <ul style="list-style-type: none"> <li>• 10:00 am Divine Liturgy: West View Lodge</li> <li>• Wedding Rehearsal in Banff</li> <li>• 7:00 pm Presanctified Liturgy in English</li> <li>• 8:00 pm Akathist to the Mother of God in Arabic</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• 9:00 am Divine Liturgy</li> <li>• 1:00 pm PLAST</li> <li>• Wedding in Banff</li> <li>• NO CONFESSIONS</li> <li>• 5:00 pm Vespers</li> </ul>
<b>22</b>  <ul style="list-style-type: none"> <li>• 7:00 pm Presanctified Liturgy in English</li> <li>• 7:00 pm Ukrainian Language Class</li> <li>• 7:00 pm Choir Practice</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• 7:00 pm Great Complines in Arabic</li> </ul>	<b>24</b>  <ul style="list-style-type: none"> <li>• 10:00 am Divine Liturgy: West View Lodge</li> <li>• 7:00 pm Presanctified Liturgy in English</li> <li>• 8:00 pm Akathist to the Mother of God in Arabic</li> <li>• <b>Eparchial Youth Retreat</b></li> <li>• <b>Lenten Mission at Assumption Parish</b></li> </ul>	<b>25</b> <b>Annunciation</b> <ul style="list-style-type: none"> <li>• 9:00 am Festal Divine Liturgy</li> <li>• 11:00 am Baptismal Prep Course</li> <li>• 1:00 pm PLAST</li> <li>• Babka Boot Camp #1</li> <li>• No confessions or Vespers</li> <li>• <b>Eparchial Youth Retreat</b></li> <li>• <b>Lenten Mission at Assumption Parish</b></li> </ul>
<b>29</b>  <ul style="list-style-type: none"> <li>• Spring Break for CCSD</li> <li>• 7:00 pm Presanctified Liturgy in English</li> <li>• 7:00 pm Ukrainian Language Class</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• Spring Break for CCSD</li> <li>• Babka Boot Camp #2</li> <li>• 7:00 pm Great Complines in Arabic</li> </ul>	<b>31</b>  <ul style="list-style-type: none"> <li>• Spring Break for CCSD</li> <li>• 10:00 am Divine Liturgy: West View Lodge</li> <li>• 7:00 pm Presanctified Liturgy in English</li> <li>• 8:00 pm Akathist to the Mother of God in Arabic</li> </ul>	<b>April 1</b> <ul style="list-style-type: none"> <li>• 9:00 am Divine Liturgy</li> <li>• 1:00 pm PLAST</li> <li>• 4:00 pm Confessions</li> <li>• 5:00 pm Vespers</li> </ul>

**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 2<sup>nd</sup> & 3<sup>rd</sup> world countries.

Contact: Gene Woychysyn  
587-891-9898  
eugene.woychyshyn@gmail.com

**Family Support Trust Fund:** Solicits & invests donations and disburses earned income to parishioners in need.  
Contact: Gene Woychysyn  
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

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

**Religious Art Committee:** discusses & plans new religious artwork for our church.  
Contact: Jim Ochitwa  
jim.ochitwa@maryngroup.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 through grade 2 children. Contact: Lynsey Lowey lklowey@hotmail.com

**First Solemn Communion (FSC):** Sacramental Classes for children in and 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 philipdbird@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 philipdbird@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

## Upcoming Iconography Workshops

*There are four workshops up and coming!*

### EDMONTON:

#### Icons with Fr. Bo

*Date(s):*

May 4 - 6:00 - 9:00 pm., May 5 - 6:00 - 9:00 pm., May 6 - 9:00 am. - 7:00 pm.

May 11 - 6:00 - 9:00 pm, May 12 - 6:00 - 9:00 pm.,

May 13 - 9:00 am. - 7:00 pm

*Location:* Dormition of the Most Holy Mother of God

Parish hall, 15608 - 104 Ave, Edmonton

*Contact:* education@edmontoneparchy.com or call Fr.

Bo: 403-999-9560

### CALGARY:

#### Icon Writing Workshop with Fr. Bo

*Date(s):* March 3rd-5th

see bulletin board in the atrium for more details  
**BUT YOU MUST REGISTER TODAY!**

#### Advanced Icon Painting Workshop with Philip Davydov


*Date(s):* June 12th-16th.

see bulletin board in the atrium for more details.

#### Duccio to Fra Angelico: Painting and Gilding Techniques of the Early Italian Masters with Peter Murphy

*Date(s):* August 7-11th

see bulletin board in the atrium for more details.



Integral Formation for Men  
**EVENINGS OF REFLECTION**


You are cordially invited to an Evening of Reflection for Men

**"Why Men Hate Going to Church"**

with Fr. Timothy Walsh, LC  
Thursday, February 23, 2017  
6:00pm-9:00pm  
Auditorium, Athlone Hall  
Clear Water Academy

For additional information, please contact  
Bill Tomiak at (403) 240-7911 or  
Clark Zentner at (403) 804-2184.

*This is a free event although free will offerings are accepted.*  
We hope that you will be able to join us and if so, we ask that you RVSP so that we can ensure that there is enough food for everyone.



Icons are images of Christ and His saints that teach us about, and challenge us into, deeper union with Him.


This intensive, prayerful weekend workshop will allow all participants to complete a traditional Byzantine "egg tempera" icon of Christ the Good Shepherd (see image to the left). It will take place at St. Stephen Protomartyr Ukrainian Catholic Church.

This is a course for beginner and intermediate level students. No previous experience is required. All materials are covered in the tuition including real 23.5K Gold. Cost: \$300 per person. Save \$30 off the tuition if you are a member of the Sacred Arts Guild of Alberta (SAGC). Limit 18 students. To register please contact the parish office at (403) 249-4818 or by email office@protomartyr.ca

Fr. Bo Nahachewsky, in addition to being a Ukrainian Catholic priest since 2003, has been writing (painting) icons since 1995. In 2002 he was consecrated an iconographer by Metropolitan (then Bishop) Lawrence Huculak. He has taught icon workshops in several locations across Canada.

Calgary's Lenten Weekend  
**Icon Writing Workshop**  
Friday Evening & All Day Saturday & Sunday, March 3-5, 2017  
To register please call the parish office at 403-249-4818 ex 0, or email office@protomartyr.ca, or register in person. A \$50 deposit is required to hold your spot.

[WWW.PROTOMARTYR.CA](http://WWW.PROTOMARTYR.CA)



**← LAST CHANCE:**

**CALL THE OFFICE TO REGISTER TODAY**

**MORE INFO CAN BE FOUND ON THE BULLETIN BOARD IN THE ATRIUM**

## COUNTING OUR BLESSINGS ... Sharing With Others



Everyday most of us get up in the morning, go to the fridge or pantry and decide what we are going to eat to start off our day. Unfortunately, for many families in Calgary, this is not the case. They eat only what is there or perhaps nothing at all. Armed with this knowledge the St. Stephen's family stepped up to the plate during the Advent season and filled food boxes at the parish. As a result, 7 parish families were recipients of our donations for the Christmas period. This need does not simply change because of the New Year arriving. Children still go to school hungry, regardless of the time of year. It has been decided that St. Stephen's parish will run three of these food collection campaigns this year. The first will be as a Lenten project. Have you yet to decide what you will be doing for the great Fast? Look at our iconic mosaic on the north wall of the church where Christ is welcoming the children to him. "What you do for the least of my brothers, so you do unto me." Perhaps your generosity to others, in this way, can be your project for this liturgical season. The food

collection boxes will soon appear in the narthex. Let us fill them to the brim! The next project will be spearheaded by the Knights of Columbus in the fall. Each year they host a Remembrance Day event and Liturgy for our fallen and serving Veterans. This year, November 2017, we will collect food for the Veterans food bank. The final collection project will again occur during the Christmas Advent season. So mark your calendars! Let's make these projects successful and feed people who are hungry. Bring a can or two of food, or any non perishable item with you for each Liturgy you attend. The collection boxes will appear next week.

Bill Lewchuk



Editor's note: Every story we publish is important for everyone in our parish. Please share your story, I promise you it's important. I look forward to hearing from you!

Laurie Kindrachuk, editor  
Contact me:  
laurie.kindrachuk@shaw.ca  
Cell: 403-614-5581

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.



MOST HOLY  
TRINITY

*Eparchial*

# *Teen Lenten Retreat*

*at Camp Oselia:*

*Lake Wabaman. AB  
Transportation provided from our  
parish in Calgary*

*March 24-27, 2017*

*For details talk to Fr. Bo.  
Abana Ephrem, the Parish  
Office and/or Phil Bird.*

*then we shall have a youth meeting with everyone  
interested and "Skype in" Millie Shetz,  
the Eparchial Youth Ministry Coordinator who  
will give us all the details.*

*Costs, if any, to be determined.*

**This is your invitation to camp out with other interesting young catholics from the exotic north.  
Let's all go to Lake Wabamun! Lets unwind, recharge and share some prayer time.**

**More info to come**