

# ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

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

JULY 9-2017



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

**Office Hours:**  
Mon-Friday: 8:30am - 4:00pm  
Saturday and Sunday - Closed  
Closed Statutory Holidays

**Telephone:**  
403-249-4818, press 0

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

**Email:**  
Office@Protomartyr.ca  
Coordinator@Protomartyr.ca

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

**Facebook:**  
St. Stephen Protomartyr Ukrainian  
Catholic Church

**Eparchy Website:**  
www.edmontoneparchy.com

## DIVINE LITURGIES

**Sunday Services:**  
8:30am - Ukrainian  
10:30am - English  
1:00pm - Arabic / English [Melkite]  
5:00pm - English

## Weekday Services:

Monday - Saturday - English  
@ 9:00 am  
Friday at Westview - English  
@ 10:00 am

## FIFTH SUNDAY AFTER PENTECOST

HOLY PRIEST-MARTYR PANCRAIUS, BISHOP OF TAUROMENIA (1ST-2ND C.)

### *Troparia and Kontakia*

*Troparion:* When the disciples of the Lord learned from the angel\* the glorious news of the resurrection\* and cast off the ancestral condemnation,\* they proudly told the apostles:\* “Death has been plundered!\* Christ our God is risen,\* granting to the world great mercy.”

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

*Kontakion:* My Saviour and Deliverer from the grave\* as God raised out of bondage the children of the earth\* and shattered the gates of Hades;\* and as Master, He rose on the third day.

Now and for ever and ever. Amen.

*Theotokion:* By your birth, O immaculate one,\* Joachim and Anna were freed from the reproach of childlessness,\* and Adam and Eve\* from the corruption of death.\* And your people, redeemed from the guilt of their sins,\* celebrate as they cry out to you:\* “The barren one gives birth to the Mother of God\* and nourisher of our life.”

### *Prokeimenon*

How great are Your works, O Lord\* You have made all things in wisdom.

*verse:* Bless the Lord, O my soul: O Lord my God, You are exceedingly great.

### *Epistle*

Romans 10:1-10

**B**ROTHERS AND SISTERS, my heart's desire and prayer to God for them is that they may be saved. I can testify that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they have not submitted to God's righteousness. For Christ is the end of the law so that there may be righteousness for everyone who believes. Moses writes concerning the righteousness that comes from the law, that “the person who does these things will live by them.” But the righteousness that comes from faith says, “Do not say in your heart, ‘Who will ascend into

heaven?’” (that is, to bring Christ down) “or ‘Who will descend into the abyss?’” (that is, to bring Christ up from the dead). But what does it say? “The word is near you, on your lips and in your heart” (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved.

### *Alleluia*

Alleluia! Alleluia! Alleluia!

*verse: Poise yourself and advance in triumph and reign in the cause of truth, and meekness, and justice.*

*verse: You have loved justice and hated iniquity. (Psalm 44:5,8)*

### *Gospel*

Matthew 8:28-9:1

**A**t that time, when Jesus came to the other side, to the country of the Gadarenes, two demoniacs coming out of the tombs met him. They were so fierce that no one could pass that way. Suddenly they shouted, “What have you to do with us, Son of God? Have you come here to torment us before the time?” Now a large herd of swine was feeding at some distance from them. The demons begged him, “If you cast us out, send us into the herd of swine.” And he said to them, “Go!” So they came out and entered the swine; and suddenly, the whole herd rushed down the steep bank into the sea and perished in the water. The swineherds ran off, and on going into the town, they told the whole story about what had happened to the demoniacs. Then the whole town came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And after getting into a boat he crossed the sea and came to his own town.

### *Communion Hymn*

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

## HOLY MYSTERIES

### Confession:

Sunday 10:00 am-12:00 pm

Saturday @ 8:00-9:00am

Tue & Wed 8:30am-9:00am  
or by appointment

### Marriage, Baptism-Chrismation-Eucharist, Funerals:

Arrangements with the office

### Anointing of the Sick:

For emergencies call  
403-249-4818, press 9

### Divine Liturgy Intentions:

Arrangements with the office

## CLERGY and RELIGIOUS

### Pastor :

Fr. Mark A. Bayrock  
403-249-4818, ext. 201  
FatherMark@Protomartyr.ca

### Associate Pastor:

Fr. Bo (Bohdan) Nahachewsky  
403-249-4818, ext. 202  
FatherBo@Protomartyr.ca

### Pastor, St. Basil's Melkite Greek Catholic Church

Fr. Ephrem Kardouh  
1-514-224-1664  
403-249-4818, ext. 302  
emkardouh@gmail.com

Facebook: St Basils Melkite Greek Catholic Church Calgary

### PARISH OFFICE

Office Administrator: Linda Buck  
403-249-4818, ext. 0  
Office@Protomartyr.ca

Sacramental Coordinator:  
Mirna Farahat  
Coordinator@Protomartyr.ca

### MAINTENANCE

John Kowal  
403-249-4818, ext. 207  
maintenance@Protomartyr.ca


### HALL RENTAL INQUIRIES

Brett Bernakevitch  
Parish Centre Management  
403-615-9561  
blebernak@gmail.com

### HALL / KITCHEN

403-249-4818, ext. 204

# JULY

SUNDAY	MONDAY	TUESDAY
<b>9 5TH SUNDAY AFTER PENTECOST</b> <ul style="list-style-type: none"> <li>8:30 am Divine Liturgy: Ukrainian</li> <li>10:30 am Divine Liturgy: No Sunday School</li> <li>1:00 pm Melkite Divine Liturgy - Arabic</li> <li>5:00 pm Divine Liturgy: English</li> </ul> <p><b>READINGS OF THE DAY:</b> ROMANS 10:1-10; MATTHEW 8:28-9:1</p>	<b>10</b> <ul style="list-style-type: none"> <li>9:00 am Divine Liturgy</li> <li>7:00 pm Finance Committee meeting</li> </ul> <p><i>Galatians 5:22-6:2; Luke 6:17-23</i></p>	<b>11</b> <ul style="list-style-type: none"> <li>9:00 am Divine Liturgy</li> <li>7:00 pm PPC Meeting</li> </ul> <p><i>Galatians 3:23-29; Matthew 25:1-13 or Luke 7:36-50</i></p>
<b>16 COMMEMORATION OF THE FIRST SIX ECUMENICAL COUNCILS</b> <ul style="list-style-type: none"> <li>8:30 am Divine Liturgy: Ukrainian</li> <li>10:30 am Divine Liturgy: No Sunday School</li> <li>1:00 pm Melkite Divine Liturgy - Arabic</li> <li>5:00 pm Divine Liturgy: English</li> </ul> <p> <b>Sandwiches for the Drop-In Centre</b></p>	<b>17</b> <ul style="list-style-type: none"> <li>9:00 am Divine Liturgy</li> <li>7:00 pm 50th Anniversary Meeting</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>9:00 am Divine Liturgy</li> </ul>

### LITURGICAL HELP

#### EPISTLE READERS (THIS WEEK)

8:30 am: Gerald Strashok  
10:30 am: Harry & Annette Kozicki  
5:00 pm: Walter Machny

#### HOSTS/USHERS

8:30 am— Gerald Strashok  
10:30— Harry & Annette Kozicki

ROSARY (10:00 am): David McMillan

ARK STORE: Chelack

### NEXT WEEK—SUNDAY JULY 16:

#### EPISTLE READERS

8:30 am: Vince Letwin  
10:30 am: MAFIA  
5:00 pm: Jay Lalach

#### HOSTS/USHERS

8:30 am— Vince Letwin  
10:30— MAFIA

ROSARY (10:00 am): Jay Lalach

ARK STORE: Bobyln

### EPARCHIAL EVENTS:

[www.eeparchy.com/events/](http://www.eeparchy.com/events/)

### EPARCHIAL CAMPS :

[www.eeparchy.com/youth/eparchial-camps/](http://www.eeparchy.com/youth/eparchial-camps/)



**Malanka**

### URGENT REQUEST

St. Stephen Malanka has been organized by St Stephen Plus 50 Club since 2000, and more

recently by a Malanka Committee composed of 5 Plus 50 members and 3 Parish members. Malanka has become very popular and is one of St Stephen's signature events. The present Malanka Committee can no longer continue to undertake this event, due to retirement of most of the Plus 50 members on the Committee.

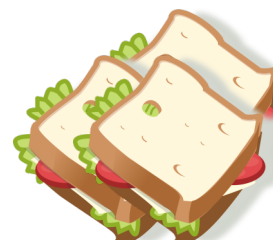
In order for Malanka to continue, we are asking interested individuals (or Parish organizations) to fill the vacated positions on the Malanka Committee.

Interested persons please call Ed Tysowski, President St. Stephen Plus 50.

### Sandwiches for the Drop-In Centre



Please don't forget to bring sandwiches on July 16th.

Thanks for your generosity!





# 2017

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>12</b> ♦ 9:00 am Divine Liturgy  <b>Bible Camp</b> 1 Corinthians 2:9-3:8; Matthew 13:31-36	<b>13</b> ♦ 9:00 am Divine Liturgy  1 Corinthians 3:18-23; Matthew 13:36-43	<b>14</b>  ♦ 9:00 am Divine Liturgy ♦ 10:00 am Divine Liturgy at Westview  1 CORINTHIANS 4:5-8; MATTHEW 13:44-54	<b>15</b> ♦ 9:00 am Divine Liturgy  Galatians 1:11-19; John 10:1-8
<b>19</b> ♦ 9:00 am Divine Liturgy	<b>20</b> ♦ 9:00 am Divine Liturgy	<b>21</b>  ♦ 9:00 am Divine Liturgy ♦ 10:00 am Divine Liturgy at Westview	<b>22</b> ♦ 9:00 am Divine Liturgy

*Bless You  
On Your  
Baptism*

Elise Julia Dejneka Olson



Kate, Keese and Jamie Wowk



Copyright © 2006 Creators Syndicate, Inc.

## LITURGY INTENTIONS

### SUNDAY, JULY 9: 5TH SUNDAY AFTER PENTECOST

8:30am – for blessings and congratulations to Stan and Marge Owerko on their 50th Wedding Anniversary – Mnohaya Lita!

10:30am – for blessings and congratulations to Dcn. Richard and Trudy Nibogie on their 50th Wedding Anniversary – Mnohaya Lita!

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

### MONDAY, JULY 10:

9:00am – for blessings and congratulations to Stan and Marge Owerko on their 50th Wedding Anniversary – Mnohaya Lita!

### TUESDAY, JULY 11:

9:00am – in memory of the repose of the soul of +Paul Dowhaniuk

### WEDNESDAY, JULY 12:

9:00am – in memory of the repose of the soul of +Roy Dowhaniuk

### THURSDAY, JULY 13:

9:00am – in memory of the repose of the soul of +Emily Takats

### FRIDAY, JULY 14:

9:00am – in memory of the repose of the soul of +Barbara Takats

10:00am – WestView – for the intentions and needs of all parishioners

### SATURDAY, JULY 15:

9:00am – in memory of the repose of the soul of +Patricia Diediw

### SUNDAY, JULY 16: FIRST SIX ECUMENICAL COUNCILS

8:30am – for the repose of the soul of +Fr. Boris Kyba

10:30am – for blessings for the health and wellbeing of Carol Lazaruk

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

# Weeding the Christian Garden



**S**ometimes it does not seem to matter how hard we try to weed a garden, the things keep coming back. There are times, even after doing what I thought was a thorough job at pulling up weeds I would come back even a few days later, still with an aching back and hands, to discover the garden once again full of weeds! Sometimes it just makes you wonder “do I really need to worry about these weeds? Why don’t I just let them grow in with my flowers or veggies?” That thought withers almost as quickly as your flowers if you leave those weeds in there.

**If we continue with our analogy of gardening** in relationship to the human soul, we will quickly discover that weeds are to gardens what passions are to the the soul. Passions are the result of allowing evil thoughts (in Greek, logismoi\*) take root in the soil of our souls. Weeds come from planted and watered seeds, and passions come from encouraged evil thoughts. Once a certain thought is revisited and reinforced, it becomes harder and harder to control, and we realize that we start acting certain ways that we don’t like almost automatically – like we are on “autopilot.” The thought of lust becomes an affair and the desire for money becomes an all-out gambling problem. Our Lord warned us about this connection in His Sermon on the Mount, “You have heard that it was said, ‘You shall not commit adultery.’ But I say to you that every one who looks at a woman lustfully has already committed adultery with her in his heart” ([Matthew 5:27-29](#)).

**Weeds wreck gardens and passions** (sinful behaviours) wreck souls. How do we ‘weed’ our souls? This process of weeding the garden of our souls has been called by the Fathers of the Church ‘purifying the heart.’ The solution in gardening sheds light on how this process works in our spiritual lives.

Firstly, you are going to have fewer weeds if you don’t let the seeds land in the first place, or you make the soil an inhospitable place for the weeds to take root. This is the function of mulch. Weeds have a much more difficult time in gardens that have mulch. How do we provide mulch for our souls and make them a place where sin can’t take root? By controlling the places we go and the things we see and hear. If we know that we will inevitably gossip if we hang out with a certain group of people at the office, maybe take some time to get to know a different co-worker today. If you know that you will wind up lusting after

some of the magazine pictures at the till in the supermarket, use one of the self-serve checkouts, etc. Basically, if there is a bunch of dandelions growing on the edge of your garden and you let them stay there, you can be assured that dandelions will start growing in your garden too. Remove them before they become a problem. Seeking out these problems and dealing with them is what the Desert Fathers called watchfulness (nepsis). We need to be good at watching over our souls and protecting them from a distance.

**Edging is not only hard work**, but it is sacrificial by nature. Your garden has to have a border, not everything can be your garden. Your garden begins in a certain place and ends in another. Establishing the border around your garden means reducing the size of it, cutting away what shouldn’t be there, and making a line that will not be passed by other plants. In our Christian lives we set up boundaries against evil, and establish a line in our own personal behaviour to help us not participate in evil. Things that we might want to do or say in a certain situation must be “cut off,” just like how we would cut the border around a garden. We give up part of the garden to act as a wall or moat around it. When we establish borders in our souls against evil are are also called to sacrifice things that endanger our souls.

**As much as we love the garden of souls**, we must keep in mind that we have been hired to take care of Someone else’s garden. We did not plant this garden, it was the Lord who constructed and weaved us together in our mother’s wombs (Psalm 139:14). We must listen to the program the Lord has laid down for us in the Holy Scriptures and live by these boundaries, giving up things we have been told to give up. No matter how much we would like to determine the dimensions of our own garden and decide what we should accept and what we should reject, ultimately it is the Lord who has given us the dimensions. We need to follow His design faithfully in order to be healthy and joyful Christians. This can be a painful process, just as all growth is, but it will benefit us much come harvest time.

If you recall, we can remember the tale of the First Gardener, who planted a garden in Eden and placed the Man there to till and protect it. This Master Gardener passed on some of the gardening responsibility to Adam and asked him to “till and protect it” (Gen 2:15). Adam and Eve decided to redefine the edge of their garden however, deciding to do things their own way instead of following the boundaries of the Master of the garden.

**Brothers and sisters in Christ, we need to remain faithful to the boundaries the Lord has established for our Christian lives, striving to keep growing in the good and keeping far from evil! Glory be to Jesus Christ! Glory forever!**

**\*\*With the Christian interpretation of the psalms, the emphasis is on self judgement of behaviour, and not focusing on the sins of others. The appropriate question which should be reflected on when reading this psalm is “do I act like this?”**