

# ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

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

JULY 23-2017

## SEVENTH SUNDAY AFTER PENTECOST

HOLY HOLY MARTYRS TROPHIMUS, THEOPHILUS AND THOSE WITH THEM (284-305);  
MIRACLE OF THE POCHAIV ICON OF THE MOTHER OF GOD AGAINST THE INVADERS (1675)

### *Troparia and Kontakia*

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

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

*Kontakion:* With His life-giving hand\* Christ our God, the Giver of life,\* raised all the dead from the murky abyss\* and bestowed resurrection upon humanity.\* He is for all the Saviour,\* the resurrection and the life, and the God of all.

Now and for ever and ever. Amen.

*Theotokion:* Undaunted patroness of Christians,\* O steadfast intermediary with the Creator,\* turn not away from the suppliant voices of sinners,\* but in your kindness come to help us who cry out to you in faith.\* Be quick to intercede, make haste to plead,\* for you are ever the patroness of those who honour you, O Mother of God.

### *Prokeimenon*

Save Your people, O Lord, \* and bless Your inheritance.

verse: Unto You I will cry, O Lord, my God, lest You turn from me in silence.

### *Epistle*

Romans 15:1-7

**B**ROTHERS AND SISTERS, we who are strong ought to put up with the failings of the weak, and not to please ourselves. Each of us must please our neighbor for the good purpose of building up the neighbor. For Christ did not please himself; but, as it is written, "The insults of those who insult you have fallen on me." For whatever was written in former days was written for our instruction, so that by steadfastness and by the encouragement of the scriptures we might have

hope. May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Welcome one another, therefore, just as Christ has welcomed you, for the glory of God.

### *Alleluia*

Alleluia! Alleluia! Alleluia!

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

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

### *Gospel*

Matthew 9:27-35

**A**t that time, as Jesus went on from there, two blind men followed him, crying loudly, "Have mercy on us, Son of David!" When he entered the house, the blind men came to him; and Jesus said to them, "Do you believe that I am able to do this?" They said to him, "Yes, Lord." Then he touched their eyes and said, "According to your faith let it be done to you." And their eyes were opened. Then Jesus sternly ordered them, "See that no one knows of this." But they went away and spread the news about him throughout that district. After they had gone away, a demoniac who was mute was brought to him. And when the demon had been cast out, the one who had been mute spoke; and the crowds were amazed and said, "Never has anything like this been seen in Israel." But the Pharisees said, "By the ruler of the demons he casts out the demons." Then Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness.

### *Communion Hymn*

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



**Address:**  
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**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

## 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  
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### 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/AUGUST

SUNDAY	MONDAY	TUESDAY
<b>23 7TH SUNDAY AFTER PENTECOST</b> <ul style="list-style-type: none"> <li>8:30 am Divine Liturgy: Ukrainian</li> <li>10:30 am Divine Liturgy</li> <li>1:00 pm Melkite Divine Liturgy - Arabic</li> <li>5:00 pm Divine Liturgy: English</li> </ul> <p>MIRACLE OF THE POCHAV ICON OF THE MOTHER OF GOD AGAINST THE INVADERS (1675)</p> <p>READINGS OF THE DAY: ROMANS 15:1-7; MATTHEW 9:27-35</p>	<b>24</b> <ul style="list-style-type: none"> <li>9:00 am Divine Liturgy</li> <li>6:30 pm Festival of the Mother of God Meeting</li> </ul> <p>† THE HOLY MARTYRS BORYS AND HLIB, NAMED ROMAN AND DAVID AT HOLY BAPTISM (1015); HOLY GREAT-MARTYR CHRISTINE</p> <p>ROMANS 8:28-39; JOHN 15:17-16:2</p>	<b>25</b> <ul style="list-style-type: none"> <li>9:00 am Divine Liturgy</li> <li>7:00 pm Art Committee Meeting</li> </ul> <p>† THE DORMITION OF SAINT ANNA, MOTHER OF THE MOST HOLY GOD-BEARER (THEOTOKOS); HOLY WOMEN OLYMPIADA AND EUPRAXIA (5TH C.)</p> <p>GALATINS 4:22-31; LUKE 8:16-2</p>
<b>30 8TH SUNDAY AFTER PENTECOST</b> <ul style="list-style-type: none"> <li>8:30 am Divine Liturgy: Ukrainian</li> <li>10:30 am Divine Liturgy</li> <li>1:00 pm Melkite Divine Liturgy - Arabic</li> <li>5:00 pm Divine Liturgy: English</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>9:00 am Divine Liturgy</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>9:00 am Divine Liturgy</li> </ul>

### LITURGICAL HELP

#### EPISTLE READERS (THIS WEEK)

88:30 am: Myron & Larysa Gellela  
10:30 am: Mark Ewanchyna  
5:00 pm: Brad & Karen Swidzinski

#### HOSTS/USHERS

8:30 am— Myron & Larysa Gellela  
10:30— Mark Ewanchyna

ROSARY (10:00 am): David McMillan

ARK STORE: Chubaty

#### EPARCHIAL EVENTS:

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

### NEXT WEEK—SUNDAY JULY 30:

#### EPISTLE READERS

8:30 am: Dianna Rygiel  
10:30 am: Dave Wandzura  
5:00 pm: Patricia Harasym

#### HOSTS/USHERS

8:30 am— Dianna Rygiel  
10:30— Dave Wandzura

ROSARY (10:00 am): Bill Lewchuk

ARK STORE: Longfield

#### EPARCHIAL CAMPS :

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

**HOSPITALITY ASSISTANCE REQUIRED** : Help is needed with General hospitality throughout the year. If you can give up a few hours a month, we would appreciate your assistance.

Carolyn also needs help with the **Sunday coffees** on July 30 and August 6. Please contact Carolyn Sclanders on 403-238-4736 for more information



### BLESSING OF THE GRAVES — AUGUST 19 AND 28

**August 19 : 9:30 am** at Edenbrook Cemetery **1:30 pm** at St Mary's Cemetery  
**August 26 : 9:30 am** Queens Park Cemetery **1:30 pm** at Mountain View Good Shepard Cemetery

Please call the office to confirm your attendance.





WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>26</b> ♦ 9:00 am Divine Liturgy  <i>THE HOLY PRIEST-MARTYR HERMOLAUS AND THOSE WITH HIM (286-305); HOLY VENERABLE-MARTYR PARASCEVE</i>  <i>1 CORINTHIANS 10:12-22; MATTHEW 16:20-24</i>	<b>27</b> ♦ 9:00 am Divine Liturgy  <i>† THE HOLY GREAT-MARTYR AND HEALER PANTELEIMON (286-305); OUR HOLY FATHER CLEMENT THE WONDERWORKER, ARCHBISHOP OF OKHRID (910)</i>  <i>2 TIMOTHY 2:1-10; JOHN 15:17-16:2</i>	<b>28</b>  ♦ 9:00 am Divine Liturgy ♦ 10:00 am Divine Liturgy at Westview  <i>THE HOLY APOSTLES AND DEACONS PROCHOR, NICANOR, TIMON AND PARMENAS (1ST-2ND C.)</i>  <i>1 CORINTHIANS 11:8-22; MATTHEW 17:10-18</i>	<b>29</b> ♦ 9:00 am Divine Liturgy  <i>The Holy Martyr Callinicus</i>  <i>Romans 13:1-10; Matthew 12:30-37</i>
<b>2</b> ♦ 9:00 am Divine Liturgy	<b>3</b> ♦ 9:00 am Divine Liturgy	<b>4</b>  ♦ 9:00 am Divine Liturgy ♦ 10:00 am Divine Liturgy at Westview	<b>5</b> ♦ 9:00 am Divine Liturgy

## Catholic Festival of the Mother of God

**SAVE THE DATE:**  
**Sept 24**, 2017  
**Glamorgan Park,**  
 46 Avenue & 47 Street SW, Calgary

- Free Concert
- Fun & Games
- Liturgy in the Park (Mass) with Bishop David Motiuk
- Food Trucks
- Perogy Fall Supper

**PROTOMARTYR.CA**





Please keep our **Most Revered Bishop David** and his family in your prayers and in your hearts as they mourn the passing of his dear mother, **+ Olga Motiuk.**

Olga passed away peacefully on July 18, 2017 at the age of 88 years. The service was held on Saturday, July 22, 2017 at the Holy Trinity Ukrainian Catholic Church in Vegreville.

**May her memory be eternal +**

## LITURGY INTENTIONS

### Sunday, July 23: 7TH SUNDAY AFTER PENTECOST

8:30am – in memory of the repose of the soul of +Joseph Borys  
 10:30am – for the intentions and needs of all parishioners  
 5:00pm – in memory of the repose of the soul of +Angela Hrycak

### Monday, July 24:

9:00am – for the repose of the soul of +Olga Motiuk

### Tuesday, July 25:

9:00am – in memory of the repose of the soul of +Roman Drynych w/ panakhyda

### Wednesday, July 26:

9:00am – for the intentions and needs of all parishioners

### Thursday, July 27:

9:00am – for the intentions and needs of all parishioners

### Friday, July 28:

9:00am – for the intentions and needs of all parishioners  
 10:00am – WestView – for the intentions and needs of all parishioners

### Saturday, July 29:

9:00am – for the repose of the soul (40-day) of +Mike Rea

### Sunday, July 30: 8TH SUNDAY AFTER PENTECOST

8:30am – in memory of the repose of the soul of +Anna Borys  
 10:30am – in memory of the repose of the soul of +Joseph and +Maria Dobish  
 5:00pm – for the intentions and needs of all parishioners

**D**uring my pastorship in Red Deer, I started visiting the psychiatric ward at the request of Dr. Norm Costigan, chief psychiatrist. He wanted his patients to be connected to a Christian way of life and the church. It was a new experience praying with people with schizophrenia and dementia. Recently I found this excellent article about how to visit people with dementia . <<https://www.caregiver.org/caregivers-guide-understanding-dementia-behaviors>> Check it out for all ten tips. - Fr Mark

>>>>>> We aren't born knowing how to communicate with a person with dementia—but we can learn. Improving your communication skills will help make caregiving less stressful and will likely improve the quality of your relationship with your loved one. Good communication skills will also enhance your ability to handle the difficult behavior you may encounter as you care for a person with a dementing illness.

- 1 Set a positive mood for interaction. Your attitude and body language communicate your feelings and thoughts more strongly than your words do. Use facial expressions, tone of voice, and physical touch to help convey your message and show your feelings of affection.
- 2 Get the person's attention. Limit distractions and noise—turn off the radio or TV, close the curtains or shut the door, or move to quieter surroundings. Before speaking, make sure you have her attention; address her by name, identify yourself by name and relation, and use nonverbal cues and touch to help keep her focused. If she is seated, get down to her level and maintain eye contact.
- 3 State your message clearly. Use simple words and sentences. Speak slowly, distinctly, and in a reassuring tone. Refrain from raising your voice higher or louder; instead, pitch your voice lower. If she doesn't understand the first time, use the same wording to repeat your message or question.
- 4 Ask simple, answerable questions. Ask one question at a time; those with yes or no answers work best. Refrain from asking open-ended questions or giving too many choices. For example, ask, "Would you like to wear your white shirt or your blue shirt?" Better still, show her the choices—visual prompts and cues also help clarify your question and can guide her response.
- 5 Listen with your ears, eyes, and heart. Be patient in waiting for your loved one's reply. If she is struggling for an answer, it's okay to suggest words. Watch for nonverbal cues and body language, and respond appropriately. Always strive to listen for the meaning and feelings that underlie the words.
- 6 Break down activities into a series of steps. This makes many tasks much more manageable. You can encourage your loved one to do what he can, gently remind him of steps he tends to forget, and assist with steps he's no longer able to accomplish on his own. Using visual cues, such as showing him with your hand where to place the dinner plate, can be very helpful.
- 7 When the going gets tough, distract and redirect. If your loved one becomes upset or agitated, try changing the subject or the environment. For example, ask him for help or suggest going for a walk. It is important to connect with the person on a feeling level, before you redirect. You might say, "I see you're feeling sad — I'm sorry you're upset. Let's go get something to eat."
- 8 Respond with affection and reassurance. People with dementia often feel confused, anxious, and unsure of themselves. Further, they often get reality confused and may recall things that never really occurred. Avoid trying to convince them they are wrong. Stay focused on the feelings they are demonstrating (which are real) and respond with verbal and physical expressions of comfort, support, and reassurance. Sometimes holding hands, touching, hugging, and praise will get the person to respond when all else fails.