

ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

MARCH 3rd, 2019

St Stephen
Protomartyr

1968-2018



Address:
4903 – 45th Street S.W.
Calgary, Alberta T3E 3W5 Canada

Office Hours:
Mon-Thursday: 8:30am - 4:00pm
Friday- 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:
<https://www.facebook.com/protomartyr.ca>

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:

Wednesday, Thursday & Saturday
English @ 9:00 am
Friday at Westview Lodge-
English @ 10:00 am

SUNDAY OF CHEESEFARE - SUNDAY OF FORGIVENESS

MARTYRS EUTROPIUS AND HIS COMPANIONS CLEONICUS AND BASILISCUS (286-305)

Troparia and Kontakia

Troparion: You came down from on 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.

Epistle (Romans 13:11-14:4)

A reading from the Epistle of the Holy Apostle Paul to the Romans.

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 armor of light; let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling 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.

Alleluia: 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.

Gospel (Matthew 6:14-21)

The Lord said to his disciples, "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

THE RITE OF MUTUAL FORGIVENESS

The Priest begins by ascending the ambo and turning to the East to lead the Faithful in the Prayer of St Ephrem:

O Lord and Master of my life! Keep from me the spirit of indifference and discouragement, lust of power and idle chatter.

(+ Great Prostration)

Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love.

(+ Great Prostration)



HOLY MYSTERIES

CONFESSION:

Weekdays: Before or after
Liturgies or by appointment.
Sundays: Before Liturgy

MARRIAGE, BAPTISM-CHRISMATION- EUCCHARIST, FUNERALS :

Arrangements with the Pastor

ANointing OF THE SICK:

For emergencies call
403-249-4818, press 9

DIVINE LITURGY INTENTIONS :

Arrangements with the office

CLERGY & RELIGIOUS

Pastor :

Fr. Greg Faryna
Office: 403-249-4818, ext. 201
Cell: 403-700-0882
FatherGreg@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:
coordinator@Protomartyr.ca

HALL RENTAL INQUIRIES & MAINTENANCE

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

HALL & KITCHEN

403-249-4818, ext. 204

Please **be air[®]**
aware
because we share the air !

O Lord and King! Grant me the grace to be aware of my sins and not to judge my brothers and sisters; for You are blessed now and forever and ever. Amen.

(+ Great Prostration)

Priest: Bowing our heads and bending our knees, with heartfelt emotion, let us pray to the Lord.

People: Lord, have mercy.

(**Priest and Faithful kneel**)

Priest: Hear us, O God our Saviour, hope of those who live to the ends of the earth, and those traveling by sea, air and land! Through the Law and the Prophets You foretold these holy days of fasting, placing before us a pattern of repentance and of putting our selfish passions to death. When in the fullness of time You appeared in the flesh on earth, You established and sanctified these days since You Yourself fasted forty days and nights. As One Who is compassionate and merciful, grant that all of us – in perfect repentance, in unpretending humility, in fervent prayer, in hunger and thirst, in frequent bending of our knees, and with a broken heart – may begin these holy days and complete their course without stain, our conscience clear. May we preserve the Faith undefiled and indivisible, and be shown as victors over sin. Set Your Angel of Peace over our lives to keep our comings and goings unharmed and unhindered against all deceits and onslaughts of the Enemy, to guide us toward the accomplishment of every virtue, and to strengthen us by Your power for the struggles of the Fast, so that selfish passions may be restrained and souls and bodies cleansed. May we be found worthy, without reproach, to partake of Your most pure Body and Your precious and life-creating Blood. For You are a God of mercy, compassion and love, and You desire that everyone be saved – and to You, together with Your Father Who is without beginning, and Your most holy, good and life-creating Spirit, we give glory now and for ever and ever.

People: Amen.

The faithful on the north side of the church turn to those on the south, bow while saying:

North people: Honourable brothers and sisters, bless and forgive me a sinner, for I have sinned in word, deed, and thought, and in all my senses of soul and body.

South people: May God forgive and have mercy on you, and I forgive you.

The faithful on the south side of the church reciprocate to those on the north, bow while saying:

South people: Honourable brothers and sisters, bless and forgive me a sinner, for I have sinned in word, deed, and thought, and in all my senses of soul and body.

North people: May God forgive and have mercy on you, and I forgive you.

All stand, and the Priest turns to the Faithful, offers a great prostration and kneels while saying:

Priest: Honourable brothers and sisters, bless and forgive me a sinner, for I have sinned in word, deed, and thought, and in all my senses of soul and body.

People: May God forgive and have mercy on you, and I forgive you honourable Father.

All bow towards the east while saying:

People: Honorable Father, bless and forgive me a sinner, for I have sinned in word, deed, and thought, and in all my senses of soul and body.

The Priest, blesses them saying:

Priest: Through His grace, + may God forgive your sins and have mercy on all of us.

People: Amen.



Announcements

THE ANNUAL UCC TARAS SHEVCHENKO CONCERT will take place on Sunday March 10th 3 pm at the Assumption Church Hall.

TRYZUB SCHOOL OF UKRAINIAN DANCE SUMMER CAMP:

Tryzub invites all children (no experience necessary) to their summer camps being held July 8 – 12 and July 15 – 19 at the Tryzub dance studio.

Each one week camp is from 9am to 12 noon (ages 6 – 8 years / ages 9 -12) and 1pm to 4pm (ages 13+). Cost: \$160 / dancer / week if register by June 1st; \$175 thereafter. Get the kids out of the house for some fun exercise, Ukrainian style! A concert will be performed on each Friday. Please contact Shane Gibson, Artistic Director and camp instructor, at artisticdirector@tryzub.ca to register or for more information.

Liturgical Help

MARCH 3

EPISTLE READERS

8:30 am: Dianna Rygiel
10:30 am: Glen Kulak
5:00 pm: Jay Lalach

HOSTS/USHERS

8:30 am— Dianna Rygiel
10:30— Glen Kulak

ROSARY 10:00 am Mario Toneguzzi

ARK STORE: Longfield

MARCH 10

EPISTLE READERS

8:30 am: KofC
10:30 am: KofC
5:00 pm: KofC

HOSTS/USHERS

8:30 am— KofC
10:30— KofC

ROSARY 10:00 am KofC

ARK STORE: Siroishka



LITURGY INTENTIONS

Sunday, March 3:

CHEESE-FARE SUNDAY

8:30am – for the intentions and needs of all parishioners
10:30am – in memory of the repose of the soul (1 yr) of + Orest Sachkiw w/ Panakhyda
5:00pm – for the intentions and needs of all parishioners

Monday, March 4:

NO DIVINE LITURGY

Tuesday, March 5:

NO DIVINE LITURGY

Wednesday, March 6:

9:00am – LENTEN TYPICA

Thursday, March 7:

9:00am – LENTEN TYPICA

Friday, March 8:

10:00am (West View): for the intentions and needs of all parishioners

Saturday, March 9:

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

Sunday, March 10:

1st SUNDAY OF LENT

8:30am – in memory of the repose of the soul of + Jaroslaw Lukasewycz
10:30am – in memory of the repose of the soul (2 yrs) of + Joseph Luzney w/ Panakhyda
5:00pm – for the intentions and needs of all parishioners

St Stephen's Lenten Mission

The Word of God

You are invited to **St Stephen's Lenten mission** with

Fr. Gabriel Haber OSBM,
Provincial Superior for the Basilian Fathers in Canada

March 10th to March 13th

His topic is taken from His Beatitude Sviatoslav's theme for 2019 of "The Word of God".

Dear Parishioners - Peace Be with You!

I am inviting you to learn during this year's Lente Mission how to have a holy, prayerful and transforming Lenten season. Lenten Mission is scheduled in approximately one week; from March 10 to March 13, 2019.

The talks are focused on prayer, the season of Lent, and learning more about our Lord through scripture. Here are the following topics:

1. Our vocation to holiness- the meaning of holiness and true spiritualities and faith in action.
2. Focus in Fasting; Fasting helps to remind us of the higher calling to worship and to serve Jesus Christ.
3. Encountering the King of all Kings who draws us near to God with Jesus in the wilderness for 40 days. It is a place of testing, encounters and renewal.

This will deepen our faith and learn to pray more during the Lenten season. I am inviting you to join in this Lenten season to commemorate the Lords' passion, death and celebration of His resurrection at Easter. Reflect on God's mercy and immeasurable love for us as He sent His Son to die for our sins. Let us renew our hope as we wait expectantly and joyfully for God to work in our life and to answer our prayers.

My hope is this that Lenten Mission will help you to intentionally work on your prayer life this Lent.

See you in one week and in the meantime, please pray the following prayer as you prepare yourself for this Lenten Mission: *"Lord Jesus, give me a lively faith, a firm hope and a fervent charity and a great love of you. Take from me all lukewarmness in the meditation of your word and dullness in prayer. Give me fervor and delight in thinking of you, your grace and fill me with compassion with generosity. Amen"*.

God bless you. Yours in Christ Jesus,

Fr. Gabriel Haber, OSBM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 CHEESE FARE SUNDAY <ul style="list-style-type: none"> 8:30 am Divine Liturgy Ukrainian 9:00 am First Solemn Communion Class 10:30am Divine Liturgy—with Sunday School 12:00 Financial Statement Review Committee 5:00 pm Divine Liturgy 	4 FIRST DAY OF LENT <ul style="list-style-type: none"> No Divine Liturgy 	5 <ul style="list-style-type: none"> No Divine Liturgy 6:30 pm Ukrainian Language Class 7:00 pm PPC Mtg 	6 <ul style="list-style-type: none"> 9:00 am Lenten Typica 6:30 pm Ukrainian Language Class 6:30 pm Lenten PreSanctified Liturgy 	7 <ul style="list-style-type: none"> 9:00 am Lenten Typica 10:00 am Bible Study 7:00 pm KofC 3rd degree Mtg 7:00 pm UCWLC Meeting 	8 <ul style="list-style-type: none"> 10:00 am Divine Liturgy at West View Lodge 	9 <ul style="list-style-type: none"> 9:00 am Divine Liturgy 10:00 am Sorokousty
10 FIRST SUNDAY OF LENT <ul style="list-style-type: none"> No Divine Liturgy 9:00 am First Solemn Communion Class 10:30am Divine Liturgy—with Sunday School 5:00 pm Divine Liturgy 	11 <ul style="list-style-type: none"> 9:00 am Divine Liturgy 9:00 am Icon Open Studio 7:00 pm Finance Committee Mtg 7:00 pm Lenten Mission 	12 <ul style="list-style-type: none"> 9:00 am Divine Liturgy 6:30 pm Ukrainian Language Class 7:00 pm Lenten Mission 	13 <ul style="list-style-type: none"> 9:00 am Lenten Typica 6:30 pm Ukrainian Language Class 7:00 pm Lenten Mission 7:00 pm Choir Practice 	14 <ul style="list-style-type: none"> 9:00 am Lenten Typica 10:00 am Bible Study 7:00 pm KofC 4th degree Mtg 	15 <ul style="list-style-type: none"> 10:00 am Divine Liturgy at West View Lodge 	16 <ul style="list-style-type: none"> 9:00 am Divine Liturgy 10:00 am Sorokousty

RETRouvaille

HelpOurMarriage.org
A LIFELINE FOR MARRIED COUPLES

- * Do you feel alone?
- * Are you frustrated or angry with each other?
- * Do you argue ... or have you just 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 marriage.

For confidential information about or to register for an upcoming weekend call **403.879.7893** or email: coordinator@retrouvaillecalgary.com or visit the web site at <http://www.helpourmarriagecalgary.com>
Next weekend is March 8-10th 2019

Tryzub Ukrainian Dance Ensemble invites you, your family and friends to their 45th Anniversary show

Heroiam Slava - Glory to the Heroes



being held on Saturday, April 6th (7pm) and Sunday, April 7th (3pm) at the Martha Cohen Theatre at Arts Commons.

Tickets can be acquired through the website: <https://artscommons.ca/whats-on/2019/tryzub-glory-to-the-heroes/>
or by phone: 403-294-9494
or in-person at the box office: 215 – 8th Ave SE, Calgary.



cantaré
CHILDREN'S CHOIR

CANTILENA [6-10 YRS] MON, MARCH 18TH
CANTIGA [8-12 YRS] MON, MARCH 18TH
CANTARE [12-18 YRS] WED, MARCH 20TH

COME SING WITH US
BRING A FRIEND NIGHT

Theology of the Body Conference 2019

For info Visit: <http://TOB.calgarydiocese.ca>
March 8 & 9, 2019

at St. Michael Catholic Community
| 800 85 St. SW, Calgary |



**BE NOT AFRAID...
TO BE A SAINT**

MARCH 15, 6-9PM & MARCH 16, 8-4PM
ALL MEN 14 & UP WELCOME
ST. PETER'S ROMAN CATHOLIC CHURCH
541 SILVERGROVE DR NW, CALGARY, AB

MORE INFO & REGISTER VISIT WWW.GODSQUAD.CA