

ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

MARCH 29TH, 2020

St Stephen
Protomartyr



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

Office Hours (during outbreak)
Mon-Friday 9:00 am—12:00 pm
Phone enquiries only

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:
Online at
www.saintstephencalgary.ca

Weekday Services:
Canceled until further notice
Friday at Westview Lodge-
Canceled until further notice

Fifth Sunday of the Great Fast

St. Mary of Egypt

Please note that all Public Services are canceled until further notice.
Consider following the Divine Liturgy online at www.saintstephencalgary.ca

Troparia and Kontakia

Troparion: Though the stone was sealed by the Judeans,* and soldiers guarded Your most pure body,* You arose, O Saviour, on the third day,* and gave life to the world.* And so the heavenly powers cried out to You, O Giver of Life:* Glory to Your resurrection, O Christ!* Glory to Your kingdom!* Glory to Your saving plan,* O only Lover of mankind.

Troparion: The divine image was faithfully preserved in you, O mother,* for taking up the Cross, you followed Christ.* By your deeds you have taught us to see beyond the flesh, which passes,* and care for the soul, a thing immortal.* And so, O venerable Mary,* your spirit rejoices with the angels.

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Kontakion: Once you were filled with every impurity,* now through repentance you have been revealed as a bride of Christ,* following the angelic life, you crushed demons with the weapon of the Cross.* Therefore, O glorious Mary, you have been shown to be a bride of the kingdom.

Prokeimenon: Let Your mercy, O Lord, be upon us, as we have hoped in You.
verse: Rejoice in the Lord, O you just; praise befits the righteous.

Epistle: A reading from the Epistle of the Holy Apostle Paul to the Hebrews.

Brothers and Sisters, when Christ came as a high priest of the good things that have come, then through the greater and perfect tent(not made with hands, that is, not of this creation), he entered once for all into the Holy Place, not with the blood of goats and calves, but with his own blood, thus obtaining eternal redemption. For if the blood of goats and bulls, with the sprinkling of the ashes of a heifer, sanctifies those who have been defiled so that their flesh is purified, how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish

to God, purify our conscience from dead works to worship the living God! (*Hebrews 9:11-14*)

Alleluia: God gives me vindication,* and has subdued people under me.

verse: Making great the salvation of the king,* and showing mercy to His anointed, to David, and to His posterity forever.

Gospel Mark 10:32-45

At that time, Jesus took the twelve aside again and began to tell them what was to happen to him, saying, "See, we are going up to Jerusalem, and the Son of Man will be handed over to the chief priests and the scribes, and they will condemn him to death; then they will hand him over to the Gentiles; they will mock him, and spit upon him, and flog him, and kill him; and after three days he will rise again."

James and John, the sons of Zebedee, came forward to him and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What is it you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?" They replied, "We are able." Then Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared."

When the ten heard this, they began to be angry with James and John. So Jesus called them and said to them, "You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give his life a ransom for many."



Hymn to the Mother of God: In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider that all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

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

Second verse: The just man shall be in everlasting remembrance;* of evil hearsay he shall have no fear.* Alleluia (x3)



HOLY MYSTERIES

CONFESSION:

By Appointment
403-249-4818, ext. 2

MARRIAGE, BAPTISM-CHRISMATION-EUCHARIST, FUNERALS :

Arrangements with the Pastor
403-249-4818, ext. 2

ANointing OF THE SICK:

For emergencies call
403-249-4818, ext. 9

DIVINE LITURGY INTENTIONS :

Arrangements with the office

CLERGY & RELIGIOUS

Pastor :

Fr. Greg Faryna
Office: 403-249-4818, ext. 2
Cell: 403-700-0882
FatherGreg@Protomartyr.ca

Pastor, St. Basil's Melkite Greek Catholic Church

403-249-4818, ext. 3
stbasilmelkitecalgary@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. 4
Cell: 403-880-0577
maintenance@Protomartyr.ca

HALL & KITCHEN

403-249-4818, ext. 6

Announcements

- ❖ **ALL Divine Liturgies are CANCELED** until further notice, which will likely include the Easter service schedule The Lenten Mission is CANCELED.
- ❖ The faithful are encouraged to follow the **celebration of the Sunday Divine Liturgy** through these links:
 - ❖ **Saint Stephen Parish** (Calgary) <http://www.saintstephencalgary.ca> or St. Stephen's facebook page : <https://www.facebook.com/protomartyr.ca>
 - ❖ **St. Josaphat Cathedral** (Edmonton) <http://www.stjosaphat.ab.ca>
 - ❖ **St. Basil the Great Parish Chapel**, Edmonton <http://www.stbasilschurch.com/>
- ❖ **The Lenten Mission** is CANCELED
- ❖ **Sorokousty** services are CANCELED
- ❖ **ALL regularly scheduled meetings** are CANCELED, including Bible study, Icon painting, Choir practice, Plus 50, and other committee mtgs
- ❖ **First Solemn Communion classes** etc are POSTPONED until the fall
- ❖ **All That Glitters** is CANCELED until further notice. Current ticket holders will be contacted ASAP
- ❖ **The church will be open for private prayer** weekdays (starting Monday, March 23) 9:00am to Noon and 5:00pm to 8:00pm. Please respect Social Distancing!
- ❖ **Confessions** will be heard weekdays 11:00am & 7:00pm until Easter
- ❖ **For Pastoral Emergencies including the Sacrament of the Sick** please call (403-249-4818, ext 9)
- ❖ **Link to COVID 19 Prevention** (<https://www.saintstephencalgary.ca>)
- ❖ **Link to Bishop David's Response** (<https://bit.ly/3bdQhPP>)
- ❖ Please consider **continuing to donate to St. Stephen's** during these unprecedented times by setting up preauthorized debit. Please contact the Office.
- ❖ May God bless you with good health, inner peace, wisdom and love!



PRAYER DURING THE CORONAVIRUS OUTBREAK

Lord, Our God, we thank You for the life that is Your gift, for the Providence that sustains us, and for Your Wisdom that directs the course of our days. The threat of an infection of coronavirus is upon us today. This disease causes fear among us and has claimed lives.

We humbly beg You, loving Lord, dispel our fear and deliver us from this and other diseases. Heal those who are afflicted and stop the spread of the virus. Strengthen us in charity to care for one another. For You are a God of mercy, kindness, and love, and we glorify You Father, Son, and Holy Spirit, now and for ever and ever. Amen.

Please
bear
aware



Your Hope. Our Mission.

Salt + Light Media

is pleased to provide the following Masses
on Salt + Light TV.

Daily TV Mass

Monday - Saturday 6:30 am / 11 am / 3 pm / 10:30 pm
(Daily Mass from the Chapel at Loretto Abbey in Toronto)

Mass celebrated by Pope Francis from Casa Santa Marta

Monday - Sunday 9:30am

The Sunday Mass

6:30 am / 3 pm (The Passionists Mass)

Sunday TV Mass

11 am / 10:30 pm

(The National Catholic Broadcasting Council presents The Sunday TV Mass from the Chapel at Loretto Abbey in Toronto)

All times Eastern Standard Time <http://saltandlighttv.org/live/waystowatch>

For online streaming : saltandlighttv.org/live

Salt + Light TV has made arrangements with cable companies across Canada (Rogers, Bell, Telus, Shaw Direct, Videotron) so that Salt + Light TV is available free of charge to all subscribers **until 1 May 2020**. This means that any person who subscribes to cable TV will be able to access Salt + Light TV and therefore the **Daily TV Mass** and **Sunday TV Mass** produced by **National Catholic Broadcasting Council**.



DIVINE LITURGY INTENTIONS

A Divine Liturgy will be celebrated this week for:

The repose of the souls of the servants of God:

+ Ewhania (Jean) Chumack,

+ Walter Jumaga,

+ Joseph Borys,

Blessings for improved health for the servant of God: Linda Skromeda

St Stephen's UCWLC Scholarship for \$1000 Guidelines:



1. Eligibility : A daughter or granddaughter of a St Stephen's UCWLC Member who will be attending an undergraduate Post Secondary program. (E.g.) University, College, Apprenticeship, Technical School or Specialized program (Cosmetology, Hair Dresser, Secretarial....)
2. Age of applicant will be 16 to 24.
3. Include a resume
4. Reasons for the choice and location of the Post Secondary School.
5. Include a description of your Parish, Community and School Involvement .
6. Explain your Financial Need to receive this scholarship.
7. Include a reference letter.
8. Submit to one of the UCWLC Scholarship Committee: dewald_chris@hotmail.com, josiened@shaw.ca , spice4u@shaw.ca and the three members will review and decide on the best applicant
9. Deadline is May 15, 2020

UCWLC Babka Sale

Place your orders as they are fast disappearing.
A few butter and golden raisins available.

- * Large babka \$8; Medium \$6
- * 1 lb butter available for \$4.25 (Butter lambs orders were cancelled by UCWLC)
Only 3 or 4 left .
- * 1lb golden raisins, packaged \$5 .

Pick up on Fridays and Saturdays from 2 till 3:30 p.m.

Contact: nettiekost@gmail.com,
403 236 8362 home, 403 829 3235 cell



Reflection

by Fr. Richard Hendrick, OFM

March 13th 2020

Yes there is fear.. Yes there is isolation.. Yes there is panic buying..
Yes there is sickness.. Yes there is even death. But,
They say that in Wuhan after so many years of noise ... You can hear the birds again.
They say that after just a few weeks of quiet ...
The sky is no longer thick with fumes, But blue and grey and clear.

They say that in the streets of Assisi, People are singing to each other
across the empty squares, keeping their windows open
so that those who are alone, may hear the sounds of family around them.

They say that a hotel in the West of Ireland,
Is offering free meals and delivery to the housebound.


Today a young woman I know, is busy spreading fliers with her number
through the neighbourhood So that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples
are preparing to welcome and shelter the homeless, the sick, the weary

All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.. To how little control we really have..
To what really matters. To Love.

So we pray and we remember that
Yes there is fear.. But there does not have to be hate.
Yes there is isolation.. But there does not have to be loneliness.
Yes there is panic buying.. But there does not have to be meanness.
Yes there is sickness.. But there does not have to be disease of the soul
Yes there is even death.. But there can always be a rebirth of love.

Wake to the choices you make as to how to live now.
Today, breathe, Listen, behind the factory noises of your panic
The birds are singing again, The sky is clearing, Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul,
And though you may not be able to touch across
the empty square,
Sing.





10 ways to stay healthy in these unhealthy times...

Written by Dr. Ted Jablonski on March 23, 2020 for [CanadianHealthcareNetwork.ca](https://canadianhealthcarenetwork.ca)

Spread love, not the virus: How to stay healthy in mind and body during COVID-19

Despite being a newly semi-retired consultant, I now find myself acting as an administrator, leader and front-line clinician in managing COVID-19 in Calgary. Here are 10 thoughts based on my own observations over the past few weeks.

Health, as defined by the WHO, is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Using this definition, we are living in very unhealthy times.

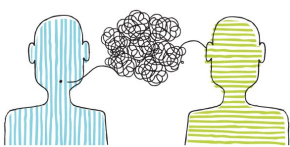
Not news to any of us. So how do we stay healthy?



Be wary of the COVID-19 media black hole. Keep up-to-date with all the issues in your city or community, province, country and world BUT not at the exclusion of everything else. Currently reviewing the news could take hours a day; keeping up with social media could easily be a full-time job. Add in all the daily medical updates from medical associations and we could be putting in 12-hour days without even standing up and closing our laptops. This is NOT a sustainable, healthy activity. We need to set strict limits on this or it will consume us. This is probably the most important consideration particularly if we are in self-isolation, or limiting our time at work. Any free time, which paradoxically could be much more than we are used to in these next few weeks, could easily be filled up with an unending stream of numbers, theories and mounting fears. Put in limits and boundaries, now! *Now is the time for listening carefully, communicating clearly, sticking to vetted protocols and algorithms and working as a team.*



Trust our medical leadership. Now is not the time to undermine our medical leadership unless we are willing to do their job. These are exceedingly challenging times to be a leader. We are in uncharted territories heading towards the abyss. In Canada, we have had ample warning from our international colleagues and our best medical experts are listening closely to their advice. I am listening.



Keep communicating. Communication is ALWAYS critical, now more than ever. This is not the time for fear-mongering and expounding personal opinion loosely based on some anecdotal experiences. Now is the time for listening carefully, communicating clearly, sticking to vetted protocols and algorithms and working as a team. We will all feel stronger as individuals if we work together as a unified team. Our approach needs to be based on science, not hearsay; healthcare professionals are not immune to Facebook hysteria.



Change what you can. More than ever, as it feels like the world is crashing down on us, there are things within our control and things that are not. Being concerned to the point of aggravating generalized anxiety or getting panic attacks over what is happening in Italy or Iran will not change anything. Social distancing and meticulous hand-washing will. Losing sleep right now over Canada's economy will not change our GDP, but proper use of PPE can and will reduce our risk in dealing with a high-risk patient. Regardless of holidays and plans, now is NOT the time to travel. This is fully within our power, and we need to make the right decisions.



Reach out to friends, neighbours and family. Social distancing (better termed physical distancing) does not mean social isolation. If someone is currently quarantined or in self-isolation, now is the time to reach out. Simple acts of kindness such as getting mail or basic groceries for them might make a real difference. I've heard a few ugly stories of "public shaming" as the fear and hysteria are rising. This is the time to focus on the positive, not be negative and lay blame; it is a time to build a stronger community. Let's not waste this opportunity to come together despite fear and isolation.

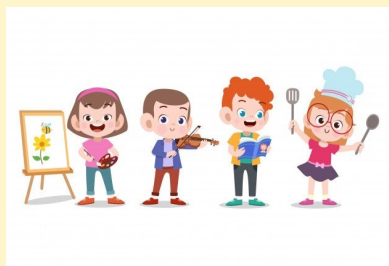
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10 ways to stay healthy in these unhealthy times...

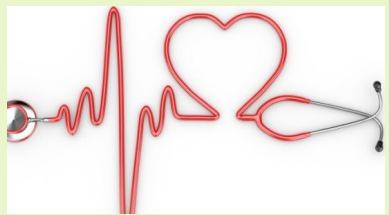
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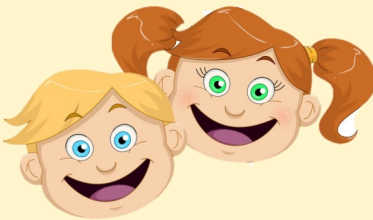
Exercise regularly. If you are “low risk,” COVID-19 screen negative and asymptomatic, get outside. If sidewalks or pathways are safe and clear of ice and snow, why not go for a run, walk, or cycle? Just get out and enjoy! If you are on quarantine or self-isolation, get your routine going in your home, no matter what it may be. I have an elliptical machine, my road bike on a trainer and I am a believer in the “seven-minute work-out.” This simple program incorporates high-intensity interval training or HIIT. All of your major muscle groups are engaged with just your body, a wall and a chair. You’re on your computer anyway. Google it and see what I am talking about.



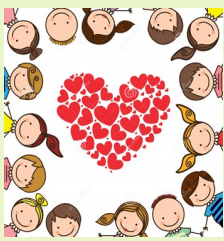
Pursue your hobbies without guilt. Now is the time to catch up on many of the things you keep putting off, particularly if you are stuck inside your home. Dust off the guitar (hope the strings aren’t too rusty) and get going. Learn another language—this travel ban is not going to last forever. Sing, paint, write—whatever you never seem to have time for. My wife has taught me how to do Sudoku, something I said I would never do! Start on that art project that you’ve been thinking about. If your children are out of school, this is a spectacular time to be creative and have fun; time for “bricolage,” as my grand-daughters call it! Just like us, kids could spend hours and hours on their computers obsessing over social media and getting increasingly anxious and moody over the perpetual doom and gloom or twisted black humour. Let’s change that up!



Live one day at a time but plan for weeks down the road. From an administrative point of view, our primary care network has been trying to work through best and worst-case scenarios long before they occur. By doing this over the past month, we have collectively decreased our worry and concern and improved the mental health of all who will be involved as this pandemic plays out. I am not saying we got it all right, there is so much more we will learn in the next few months, but I feel a lot more prepared and realistic about the challenge before us.



Smile and laugh—not in serious clinical situations or inappropriately with patients, staff or stressed colleagues, or course; I am saying to smile and laugh when you can. While the glass half-empty, the half-full analogy is probably looking more like knocked over and spilt. We have to try to lighten up and focus on the positives. Our patients need to see us calm and confident. Our friends and families need to see us managing in very challenging times. Sometimes just taking an extra second to smile, wave and offer a show of support (no hugs of course!) goes a long, long way.



Love one another. We are all in this together. The majority of us will make it through alive, although I dare say we will all be changed by this virus. So supporting and loving one another in as many ways as we can, might help all of us get through this. Spread love, not the virus!

Together we can remain healthy if we choose to; this is not just a passive naïve dream. We must continue to act quickly and decisively as individuals and physician groups across this country. We are only one of many crucial groups managing this pandemic. In order to fight, we must stay as healthy as possible—mentally, socially and physically. Please be kind, stay safe and stay healthy!

Dr. Ted Jablonski is a singer-songwriter, emerging playwright and neophyte poet who has recently retired his family practice to focus on sexual medicine and transgender health in Southern Alberta. He now finds himself back on the front line trenches leading the charge.