

# ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

APRIL 19<sup>TH</sup>, 2020

St Stephen  
Protomartyr

## Second Sunday after Pascha

Thomas Sunday

Venerable John the Hermit (c.800)

Please note that all Public Services are canceled until further notice.  
Consider following the Divine Liturgy online at [www.saintstephencalgary.ca](http://www.saintstephencalgary.ca)



### Address:

4903 – 45<sup>th</sup> 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](http://www.saintstephencalgary.ca)

### Facebook:

<https://www.facebook.com/protomartyr.ca>

### Eparchy Website:

[www.edmontoneparchy.com](http://www.edmontoneparchy.com)

### DIVINE LITURGIES

#### Sunday Services:

Online at  
[www.saintstephencalgary.ca](http://www.saintstephencalgary.ca)

#### Weekday Services:

Canceled until further notice

Friday at Westview Lodge-  
Canceled until further notice

After the priest has exclaimed, Blessed be the Kingdom... and the people have responded, Amen, the clergy sing the Paschal Troparion once and the people repeat it. Then, the clergy sing the first half, and the people conclude it.

**Paschal Troparion:** Christ is risen from the dead,\* trampling death by death,\* and to those in the tombs\* giving life.

#### Troparia and Kontakia

**Troparion:** While the tomb was sealed, O Christ God, You dawned as life from the sepulcher, and while the doors were shut, You came to Your disciples, the Resurrection of all, renewing a right spirit in us through them, according to Your great mercy.

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

**Kontakion:** With his searching hand, Thomas explored Your life-giving side, O Christ God. For when You entered while the doors were shut, he called out to You with the rest of the Apostles: You are my Lord and my God!

**Prokeimenon:** Great is our Lord and great is His strength,\* and of His knowledge there is no end. verse: Praise the Lord, for a psalm is good;\* may praise be sweet to our God.

**Epistle:** A reading from the Acts of the Apostles.

In those days, many signs and wonders were done among the people through the apostles. And they were all together in Solomon's Portico. None of the rest dared to join them, but the people held them in high esteem. Yet more than ever believers were added to the Lord, great numbers of both men and women, so that they even carried out the sick into the streets, and laid them on cots and mats, in order that Peter's shadow might fall on some of them as he came

by. A great number of people would also gather from the towns around Jerusalem, bringing the sick and those tormented by unclean spirits, and they were all cured.

Then the high priest took action; he and all who were with him (that is, the sect of the Sadducees), being filled with jealousy, arrested the apostles and put them in the public prison. But during the night an angel of the Lord opened the prison doors, brought them out, and said, "Go, stand in the temple and tell the people the whole message about this life." (Acts 5:12-20)

**Alleluia:** Come, let us sing joyfully to the Lord,\* let us acclaim God our Saviour. verse: For God is the great Lord \* and the great king over all the earth.

**Gospel:** John 20:19-31

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe."



## HOLY MYSTERIES

### CONFESSION:

By Appointment  
403-249-4818, ext. 2

### MARRIAGE, BAPTISM-CHRISMATION-EUCCHARIST, 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

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe."

Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

**Hymn to the Mother of God:** The Angel cried out to the One full of Grace: O chaste Virgin, rejoice! And again I say, Rejoice! Your Son has risen from the tomb on the third day, and raised the dead. Let all people rejoice! Shine, shine, O new Jerusalem, for the glory of the Lord has risen upon you! Exult now and be glad, O Sion! And you, O chaste Mother of God, take delight in the resurrection of your Son.

**Communion verse:** Praise the Lord, O Jerusalem.\* Praise your God, O Sion.\* Alleluia (x3)

Instead of "Blessed is He Who comes..." we sing:

Christ is risen from the dead,\* trampling death by death,\* and to those in the tombs\* giving life.

Instead of "We have seen the true light..." we sing: Christ is risen from the dead,\* trampling death by death,\* and to those in the tombs\* giving life.

Instead of "May our mouths be filled..." : Christ is risen from the dead,\* trampling death by death,\* and to those in the tombs\* giving life. (x3)

Instead of "Blessed be the name of the Lord..." : Christ is risen from the dead,\* trampling death by death,\* and to those in the tombs\* giving life. (x3)

At the dismissal, instead of "Glory be to the Father and the Son and the Holy Spirit, now and forever and ever. Amen." we chant: Christ is risen from the dead,\* trampling death by death,\* and to those in the tombs\* giving life. Lord, have mercy (x3), give the blessing.

After the final Amen, the priest, with cross raised on high, exclaims "Christ is risen" thrice and we respond "Truly, He is risen" each time.

Then, the Troparion "Christ is risen" is again sung three times, but with the addition: And to us He has granted life eternal;\* we bow down before His resurrection on the third day.



# ANNOUNCEMENTS

- ❖ At the Bishop's request the church is to be closed to private prayer until the end of the crisis to eliminate any chance for accidental transmission of the virus.
- ❖ 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>
  - ❖ Livestreaming Liturgical services : <https://www.royaldoors.net/2020/03/2020-streaming-liturgical-services/>
- ❖ Liturgical booklets can be found here. <https://stjosaphat.ab.ca/liturgical-booklets/>
- ❖ 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 for information
- ❖ May God bless you with good health, inner peace, wisdom and love!





## Prayer of Spiritual Communion

My Jesus,  
I believe that You are present in these Holy Gifts!  
I love You above all things  
and I desire to receive You into my soul.  
Since I cannot receive You now,  
I place before You my whole life and hope,  
O loving Master;  
and I ask, pray, and entreat You:  
Make me worthy to partake in a mystical way  
and with a pure conscience  
of Your awesome and heavenly Mysteries:  
for forgiveness of sins, for the pardon of offenses,  
for communion of the Holy Spirit,  
for the inheritance of the kingdom of heaven,  
for confidence before You,  
and not for judgment or condemnation.  
I embrace You as You enter and abide in me,  
and I unite myself completely to You.  
Permeate my soul and body,  
and never permit me to be separated from You.  
Amen.

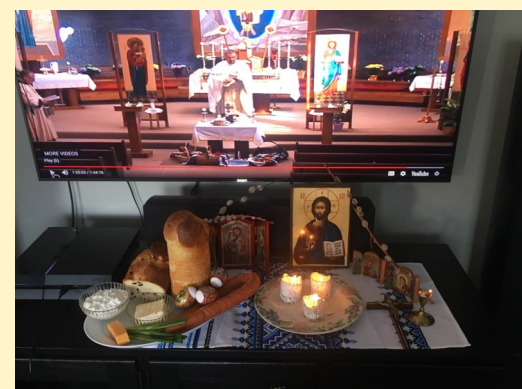
*Bishop David included this prayer for the faithful.*

*It is meant to be prayed while watching the Divine Liturgy when distribution of the Eucharist is taking place.*





# Celebrating Easter the virtual way







## St. Stephen Protomartyr Ukrainian Catholic Church

Supporting Calgary Pro-Life Association  
in Virtual 40th Annual Hike for Life

Calgary Pro-Life Association is doing a virtual  
40<sup>th</sup> Annual Hike for Life due to the Covid-19.

Please support St. Stephen's Team by donating through this link.  
<https://bit.ly/2VagglQ>

**Thank you for your generosity!**  
*Campaign Ends May 12, 2020.*



### DIVINE LITURGY INTENTIONS

A Divine Liturgy will be celebrated  
this week for:

\*\* The repose of the souls of the  
servants of God:

- ❖ + Doreen (Doe) Strong,
- ❖ + Eugene Chubaty,
- ❖ + Eddie Nardei,
- ❖ + Kateryna Moroz

\*\* Blessings for good health for the  
servants of God:

Mrs. Thomas Kari and Bernadette  
Lukey

## 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



### Applicant Eligibility:

- ❖ must be attending high school or post-secondary and planning to return to school in the fall
- ❖ available to work part-time (about 20 hrs per week) from June to end of August.

If interested, please email your resume to Mark Ewanchyna, Director - Property Management at [PropertyMgmt@protomartyr.ca](mailto:PropertyMgmt@protomartyr.ca)

All resumes must be submitted by Thursday April 30 for consideration.

Our Property Management team is planning to hire **two students** for the coming summer to help out with maintenance jobs around the parish property. This is a great opportunity for our young parishioners to help out at their church while gaining some practical work experience. The work will include general maintenance, cleaning, painting, landscaping and occasional office administration support.



## Welcome to the Jesus Prayer 40 Challenge!



*"Lord, Jesus Christ, Son of God, have mercy on me, a sinner."*

During this uncertain time of self-isolation, when many of the communal and liturgical expressions of our faith are absent, we can consider a call by the Lord to a more "domestic monasticism." Isolation from others is prudent, but we have another word for isolation from God: sin! Take this time to enter deeper into the beauties of a quieter and more focused way of apostleship and discover that although the Lord might seem far away, the Holy Trinity dwells within you.

### Why the Jesus Prayer particularly?

There are all sorts of prayers, what makes the Jesus prayer so special at this time?

- 1. This is a time of repentance.** This Covid-19 situation around the world which has caused us to isolate ourselves, essentially close down public worship and reminded us of the temporality and fragility of our earthly life, must be understood by Christians not as a "random" occurrence but as a "wake up call" by the Lord to repent. These first words of the Lord's public ministry (Mark 1:15) should never be far from a Christian's heart, but even more so during the present time.  
**The Jesus prayer is a prayer of repentance, a "turning back" to the Lord.**
- 2. We need the Lord now more than ever.** Into the current uncertainty and fear, we are tempted to pour many "comfort measures." The global situation has very quickly shown us the illusion of our assumed security. Our strength as Christians always rests in the name of the Lord and His strength! When we are tempted to turn to other supports, we need a reminder that Christ is the



Victor and the one who saves. **The Jesus prayer is a prayer of constantly calling upon the name of Jesus, surrendering to Him and deepening our relationship with Him.**

3. **We need spiritual peace now more than ever.** Social media, though very powerful and necessary at this time, still has a “disembodying” and exhausting effect on our minds and hearts. We will be using social media more, but we must be on guard in our hearts not to let these forms of communication replace “communication” with “connection” and disintegrate or dissipate our zeal. **The Jesus prayer teaches us to “watch our thoughts,” recognize temptations, and trains us to focus on the Lord, even amidst distractions.**

### What's the Challenge?

*40 people, 40 Jesus Prayers a day for 40 days.*

1. Thank the Lord for putting it in your heart to answer this deeper call to prayer.
2. If you haven't already, sign up for the Facebook group:  
<https://www.facebook.com/groups/151697269533397> this will allow us to organize the group and give you regular catechesis on this amazing prayer.
3. Everyday from Pascha to Ascension (40 Days) pray 40 Jesus Prayers slowly, focusing on all the words. Take a picture of the rope/rosary/fingers you were using (not a picture of you praying) and post it on your Facebook timeline.
4. In your post mention something about the Jesus prayer and #JesusPrayer40, tag the Facebook group, FrMike Bombak, Warren Francis Dungen and Mykhailo Ozorovych.
5. Make sure to fill out the spreadsheet with your address etc.

### Why take this Challenge in the first place?



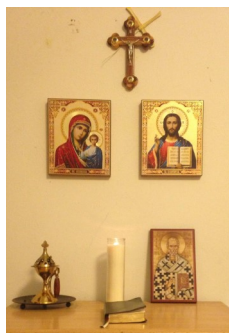
Through this challenge you will develop a habit of praying the Jesus Prayer daily. This practice will deepen your relationship with the Lord and change your life forever. Through your daily pictures you will fill cyberspace with an awareness of this amazing prayer and encourage your fellow participants. Finally, while you are praying the Jesus Prayer, Fr. Mykhailo and I will be praying for you and preparing a traditional 33 knot Jesus Prayer rope (chotki) to be mailed out to you after Ascension. We pray that this gift will be close at hand as you continue the habit of this beautiful prayer for the rest of your life!

Frs. Mykhailo, Warren and I hope that you will join us in this challenge, and we pray that through it we may truly “live a life of peace and repentance” during this pandemic and well after. Glory be to Jesus Christ! Glory be forever!



# How can we make HOME feel like CHURCH?

"Watching" Liturgy at home might feel a little strange.



## SETUP A HOLY PLACE

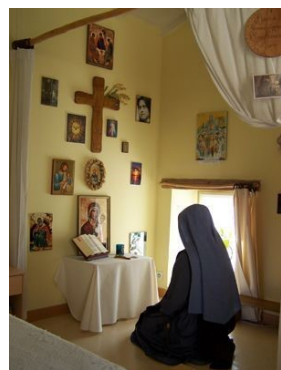
If you have an icon corner or home altar set up already, great!

Find a place to put a tablet, smartphone or laptop to watch together, as a family. If you don't have an icon corner, no problem! Setup an icon on a bookshelf or table, along with a candle and some Holy Water



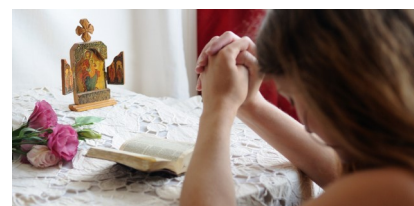
## MAKE IT LOOK AND SMELL LIKE CHURCH

It's going to feel strange staying at home but still "going to Church". Try lighting a candle and burning some incense, if you have some.



## PRAY FOR PEOPLE IN NEED

When the priest says, "for the sick and the suffering.. For peace in the world.. For our country. The president and all those in public service... let us pray to the Lord" make sure to say a special prayer for those people! The world is hurting right now and your prayer is important



## FULLY PARTICIPATE

By standing, kneeling, sitting and responding



## KEEP YOUR ROUTINE

Wake up, brush your teeth, and get dressed just like you would if you were going to church, even though you will attend at home. This will help it feel as normal as possible



## FOLLOW THE LITURGY

Follow the liturgy to stay focused. Use a service book if you have one at home. REMEMBER, we serve the Liturgy of St. Basil the Great during Lent, so there are some different prayers the priest reads aloud. Follow along with your whole family to hear how beautiful the prayers are!



## DRINK HOLY WATER

Take a sip of Holy Water at the time when Holy Communion is typically offered. This is a small blessing

Remember,  
these are temporary tips to help  
home feel more like church,  
until we can all come back together .



# Divine Liturgy Live Streaming Links:



## **St. Stephen Protomartyr, Calgary –**

Recorded Sunday Divine Liturgy will be available Saturday evenings at 9pm.

Website : [www.saintstephencalgary.ca/](http://www.saintstephencalgary.ca/)

Facebook : [www.facebook.com/protomartyr.ca](https://www.facebook.com/protomartyr.ca)



## **St. Josaphat Cathedral**

Facebook livestreaming: [www.facebook.com/josaphat.cathedral/](https://www.facebook.com/josaphat.cathedral/)

Website: [stjosaphat.ab.ca/](http://stjosaphat.ab.ca/)

Liturgy times : [stjosaphat.ab.ca/liturgy-times/](http://stjosaphat.ab.ca/liturgy-times/)



## **St. George Parish (Ukr)**

Divine Liturgy Live Streaming Facebook – Sunday 9am

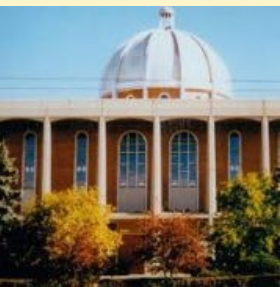
<https://bit.ly/39UgOk6>



## **Holy Eucharist Cathedral, BC**

Facebook livestream

[www.facebook.com/holyeucharistcathedral/](https://www.facebook.com/holyeucharistcathedral/)



## **St. Basil the Great Parish, Edmonton:**

YouTube Live Stream – Sunday at 11am

<https://bit.ly/2USdscQ>

## **More Livestreaming Liturgical services can be found here:**

<https://www.royaldoors.net/2020/03/2020-streaming-liturgical-services/>

Or <https://bit.ly/2y4EHIw>