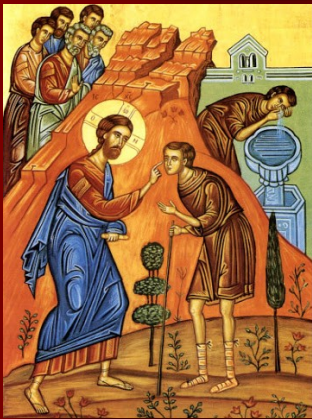


## St Stephen Protomartyr



**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

# ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

MAY 17<sup>TH</sup>, 2020

## Sixth Sunday after Pascha

**Sunday of the Man Born Blind;**  
Apostle Andronicus and those with him

**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)**

*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:** Let us the faithful acclaim and worship the Word,\* co-eternal with the Father and the Spirit,\* and born of the Virgin for our salvation.\* For He willed to be lifted up on the cross in the flesh, to suffer death\* and to raise the dead by His glorious resurrection.

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

**Kontakion:** Blinded in the eyes of my soul,\* I come to You, O Christ, like the man who was blind from birth,\* and I cry in repentance:\* You are the brilliant light of those in darkness.

*Now and for ever and ever. Amen.*

**Kontakion:** Though You descended into a tomb, O Immortal One,\* yet You destroyed the power of Hades,\* and You rose as victor, O Christ God,\* calling to the myrrh-bearing women: Rejoice!\* and giving peace to Your Apostles:\* You, who grant Resurrection to the fallen.

**Prokeimenon:** Pray and give thanks \* to the Lord our God.  
verse: In Judea God is known;\* His name is great in Israel.

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

In those days, as we, Paul and Luke, were going to the place of prayer, we met a slave-girl who had a spirit of divination and brought her owners a great deal of money by fortune-telling. While she followed Paul and us, she would cry out, "These men are slaves of the Most High God, who proclaim to you a way of salvation." She kept doing this for many days. But Paul, very much annoyed, turned and said to the spirit, "I order you

in the name of Jesus Christ to come out of her." And it came out that very hour.

But when her owners saw that their hope of making money was gone, they seized Paul and Silas and dragged them into the marketplace before the authorities. When they had brought them before the magistrates, they said, "These men are disturbing our city; they are Jews and are advocating customs that are not lawful for us as Romans to adopt or observe." The crowd joined in attacking them, and the magistrates had them stripped of their clothing and ordered them to be beaten with rods. After they had given them a severe flogging, they threw them into prison and ordered the jailer to keep them securely. Following these instructions, he put them in the innermost cell and fastened their feet in the stocks.

About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was an earthquake, so violent that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were unfastened. When the jailer woke up and saw the prison doors wide open, he drew his sword and was about to kill himself, since he supposed that the prisoners had escaped. But Paul shouted in a loud voice, "Do not harm yourself, for we are all here." The jailer called for lights, and rushing in, he fell down trembling before Paul and Silas. Then he brought them outside and said, "Sirs, what must I do to be saved?" They answered, "Believe on the Lord Jesus, and you will be saved, you and your household." They spoke the word of the Lord to him and to all who were in his house. At the same hour of the night he took them and washed their wounds; then he and his entire family were baptized without delay. He brought them up into the house and set food before them; and he and his entire household rejoiced that he had become a believer in God. (Acts 16:16-34)

**Alleluia:** Look upon me \* and have mercy.  
verse: Direct my steps \* according to Your word.



## Gospel: John 9:1-38

At that time, as Jesus walked along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world." When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, saying to him, "Go, wash in the pool of Siloam" (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, "Is this not the man who used to sit and beg?" Some were saying, "It is he." Others were saying, "No, but it is someone like him." He kept saying, "I am the man." But they kept asking him, "Then how were your eyes opened?" He answered, "The man called Jesus made mud, spread it on my eyes, and said to me, 'Go to Siloam and wash.' Then I went and washed and received my sight." They said to him, "Where is he?" He said, "I do not know."

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, "He put mud on my eyes. Then I washed, and now I see." Some of the Pharisees said, "This man is not from God, for he does not observe the sabbath." But others said, "How can a man who is a sinner perform such signs?" And they were divided. So they said again to the blind man, "What do you say about him? It was your eyes he opened." He said, "He is a prophet."

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, "Is this your son, who you say was born blind? How then does he now see?" His parents answered, "We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself." His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, "He is of age; ask him."

So for the second time they called the man who had been blind, and they said to him, "Give glory to God! We know that this man is a sinner." He answered, "I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" He answered them, "I have told you already, and you would not listen. Why do you want to hear it again? Do you also

want to become his disciples?" Then they reviled him, saying, "You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from." The man answered, "Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing." They answered him, "You were born entirely in sins, and are you trying to teach us?" And they drove him out.

Jesus heard that they had driven him out, and when he found him, he said, "Do you believe in the Son of Man?" He answered, "And who is he, sir? Tell me, so that I may believe in him." Jesus said to him, "You have seen him, and the one speaking with you is he." He said, "Lord, I believe." And he worshipped him.

**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:** Receive the Body of Christ;\* taste the fountain of immortality.

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



## HOLY MYSTERIES

### CONFESSION:

By Appointment  
403-249-4818, ext. 2

### MARRIAGE, BAPTISM-CHRISMATION-EUCHARIST, FUNERALS :

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

### ANOIDING 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





## 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.*

# ANNOUNCEMENTS

- ❖ **Private Prayer in Church :** Our doors are open for weekday private prayer and meditation. Please practice social distancing and respect the limit of 15 persons in church.
  - ❖ The doors will be open Monday thru Friday 9:00am to Noon - Seniors only
- ❖ 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 **donating to St. Stephen's** during these unprecedented times :  
<https://www.saintstephencalgary.ca/donate.html>

**May God bless you with good health, inner peace, wisdom and love!**





## Thank you for participating at Hike for Life

From Monique Achtman, Calgary Pro Life:

Thank you to all the Hikers who are witnesses to the culture of life and are supporting the Calgary Pro-Life Assn. educational programs for our Catholic students in schools and youth groups. This is our 40th Annual Hike for Life (Virtual). We have participation from 9 teams (parishes, KofC and CWL), 53 participants (including 7 priests) and more joining daily!

So far we have raised \$23,198.00 and climbing to our goal of \$50,000 to run our programs for the next year. Our education program give presentations to 4500 students per year at schools. Calgary Pro-Life Association has been educating and witnessing to the respect and protection of all human life starting from conception until natural death for more than 40 years!

The campaign has been extended until May 31, 2020.

Special thanks for all those who have donated for this great cause! Please support St. Stephen's Hike for Life Team by donating through this link. <https://bit.ly/2VagglQ>



Please welcome the following students who will be working at the parish in Property Management during the summer months:

Owen Buck,  
Jack Maleski,  
Aidan Plesa,  
Aleksandra (Lexi) Wyman

## History of Salvation Timeline

Online Adult Bible Study every  
Wednesday at 7:00 pm

Simply go to YouTube channel:  
<https://bit.ly/3bt9Lj7>

Check out the website:  
<https://stjosaphat.ab.ca/>

Or follow St. Josaphat's  
Cathedral on Facebook:  
<https://www.facebook.com/St.Josaphat.UCC/>



## DIVINE LITURGY INTENTIONS

A Divine Liturgy will be celebrated  
this week for:

\*\* The memory of the repose of the  
soul of the servant of God

+ Tony Makarchuk



**Bishop David**, having consulted with the Sacred Orders and Ministries Commission, has blessed the petition of **Deacon Roman Kobyletsky** for priestly orders.

Deacon Roman will receive the **Rite of Priestly Ordination** on Saturday, **May 23**, at 10:00 am, at Saint Josaphat Cathedral. Axios!

Owing to the coronavirus pandemic, the ordination will be closed to the public; however, it will be livestreamed at [stjosaphat.ab.ca](https://stjosaphat.ab.ca).

Upon ordination, Deacon Roman will be assigned as Assistant Pastor, Saint Josaphat Cathedral, effective June 1, 2020.

# God With Us

## ✠ ONLINE ✠

### New Catechetical Resources for the Domestic Church

**CHRIST IS RISEN!** In conjunction with our Eastern Catholic bishops of the United States, we are pleased to announce our new catechetical & domestic church resources. These resources are designed to assist our Eastern Catholic faithful to prepare for a full encounter with Christ through our liturgical cycle. We are especially thrilled to welcome our bishops, who will be providing their *Voice of the Shepherd*, offering insights and helping us grow in the faith.

### Upcoming events:

<https://godwithusonline.org/upcoming-events/>

### Events Library:

<https://godwithusonline.org/event-library/>

### Catechetical Resources:

<https://godwithusonline.org/catechetical-resources/>

# 13 Things Mentally Strong People Don't Do – Amy Morin\*

They Don't Waste Time Feeling Sorry For Themselves

## 1. They Don't Waste Time Feeling Sorry for Themselves

Mentally strong people don't sit around feeling sorry about their circumstances or how others have treated them. Instead, they take responsibility for their role in life and understand that life isn't always easy or fair.

They Don't Give Away Their Power

## 2. They Don't Give Away Their Power

They don't allow others to control them, and they don't give someone else power over them. They don't say things like, "My boss makes me feel bad," because they understand that they are in control over their own emotions and they have a choice in how they respond.

They Don't Shy Away from Change

## 3. They Don't Shy Away from Change

Mentally strong people don't try to avoid change. Instead, they welcome positive change and are willing to be flexible. They understand that change is inevitable and believe in their abilities to adapt.

They Don't Waste Energy on Things They Can't Control

## 4. They Don't Waste Energy on Things They Can't Control

You won't hear a mentally strong person complaining over lost luggage or traffic jams. Instead, they focus on what they can control in their lives. They recognize that sometimes, the only thing they can control is their attitude.

They Don't Worry About Pleasing Everyone

## 5. They Don't Worry About Pleasing Everyone

Mentally strong people recognize that they don't need to please everyone all the time. They're not afraid to say no or speak up when necessary. They strive to be kind and fair, but can handle other people being upset if they didn't make them happy.

They Don't Fear Taking Calculated Risks

## 6. They Don't Fear Taking Calculated Risks

They don't take reckless or foolish risks, but don't mind taking calculated risks. Mentally strong people spend time weighing the risks and benefits before making a big decision, and they're fully informed of the potential downsides before they take action.

They Don't Dwell on the Past

## 7. They Don't Dwell on the Past

Mentally strong people don't waste time dwelling on the past and wishing things could be different. They acknowledge their past and can say what they've learned from it. However, they don't constantly relive bad experiences or fantasize about the glory days. Instead, they live for the present and plan for the future.

They Don't Make the Same Mistakes Over and Over

## 8. They Don't Make the Same Mistakes Over and Over

Mentally strong people accept responsibility for their behavior and learn from their past mistakes. As a result, they don't keep repeating those mistakes over and over. Instead, they move on and make better decisions in the future.

They Don't Resent Other People's Success

## 9. They Don't Resent Other People's Success

Mentally strong people can appreciate and celebrate other people's success in life. They don't grow jealous or feel cheated when others surpass them. Instead, they recognize that success comes with hard work, and they are willing to work hard for their own chance at success.

They Don't Give Up After the First Failure

## 10. They Don't Give Up After the First Failure

Mentally strong people don't view failure as a reason to give up. Instead, they use failure as an opportunity to grow and improve. They are willing to keep trying until they get it right.

They Don't Fear Alone Time

## 11. They Don't Fear Alone Time

Mentally strong people can tolerate being alone and they don't fear silence. They aren't afraid to be alone with their thoughts and they can use downtime to be productive. They enjoy their own company and aren't dependent on others for companionship and entertainment all the time but instead can be happy alone.

They Don't Feel the World Owes Them Anything

## 12. They Don't Feel the World Owes Them Anything

Mentally strong people don't feel entitled to things in life. They weren't born with a mentality that others would take care of them or that the world must give them something. Instead, they look for opportunities based on their own merits.

They Don't Expect Immediate Results

## 13. They Don't Expect Immediate Results

Whether they are working on improving their health or getting a new business off the ground, mentally strong people don't expect immediate results. Instead, they apply their skills and time to the best of their ability and