

ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

JANUARY 10th, 2021



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:

8:30 am—Ukr/Eng
10:30 am—English
5:00 pm—English

Pre-registration recommended :
<https://bit.ly/2N4H1Ch>

Weekday Services:

Wednesdays at 9:00am (seniors and those at higher risk)

Saturdays (CANCELED)

There is no pre-registration for these liturgies. Registration is upon arrival.

Sunday after Theophany

Our Holy Father Gregory, Bishop of Nyssa (after 394);
the Venerable Dometian, Bishop of Miletene (582-602);
Our Venerable Father Marcian, Presbyter and Econome of the Great Church (450-57)

Antiphon 1

When Israel came forth from Egypt, the house of Jacob from an alien people.

Through the prayers of the Mother of God,
O Saviour, save us.*

Judah became His sanctuary, Israel His dominion.

Through the prayers of the Mother of God,
O Saviour, save us.*

The sea beheld this and fled,* the Jordan turned back on its course.

Through the prayers of the Mother of God,
O Saviour, save us.*

Why was it, O sea, that you fled,* that you, O Jordan, turned back on your course?

Through the prayers of the Mother of God,
O Saviour, save us.*

Glory... Now... Only-Begotten Son...

Antiphon 3

Come, let us sing joyfully to the Lord, let us acclaim God, our Saviour.

*Son of God, baptized by John in the Jordan, save us
who sing to You: Alleluia.*

Let us come before His face with praise, and acclaim Him in psalms.

*Son of God, baptized by John in the Jordan, save us
who sing to You: Alleluia.*

For God is the great Lord, and the great king over all the earth.

*Son of God, baptized by John in the Jordan, save us
who sing to You: Alleluia.*

Entrance

Come, let us worship and fall down before Christ.

*Son of God, baptized by John in the Jordan, save us
who sing to You: Alleluia.*

Troparia and Kontakia

Troparion, Tone 7: By Your cross You destroyed death;* You opened Paradise to the thief;* You changed the lamentation of the myrrh-bearers to joy,* and charged the apostles to proclaim* that You are risen, O Christ our God,* offering great mercy to the world.

Troparion, Tone 1: When You, O Lord, were baptized in the Jordan,* worship of the Trinity was revealed;* the voice of the Father bore witness to You,* naming You the beloved Son,* and the Spirit in the form of a dove confirmed the

word's certainty.* Glory to You, O Christ God,* who appeared and enlightened the world.

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

Kontakion, Tone 4: Today, You have appeared to the world* and Your light, O Lord, has been signed on us,* who with knowledge sing Your praises.* You have come, You have appeared, O unapproachable Light.

Prokeimenon, Tone 7

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. (*Psalms 32:2,1*)

Epistle

Ephesians 4:7-13

Brothers and sisters, to each one of us grace was given according to the measure of Christ's gift. Therefore He says:

"When He ascended on high, He led captivity captive, And gave gifts to men."

(Now this, "He ascended"—what does it mean but that He also first descended into the lower parts of the earth? He who descended is also the One who ascended far above all the heavens, that He might fill all things.)

And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ.

Alleluia, Tone 5

verse: Your mercies, O Lord, I will sing for ever; from generation to generation I will announce Your truth with my mouth.

verse: For You have said: Mercy shall be built up for ever; in the heavens Your truth shall be prepared. (*Psalms 88:2,3*)

Gospel

Matthew 4:12-17

At that time, Jesus heard that John had been put in prison, He departed to Galilee. And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea, in the regions of Zebulun and Naphtali, that it might be fulfilled which was



HOLY MYSTERIES

CONFESSION:

Saturdays 5:00 to 5:45 pm
or 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. Michael Bombak
FatherMichael@Protomartyr.ca
Office:403-249-4818, ext. 2

Pastor, St. Basil's Melkite Greek Catholic Church

Pastor: Fr. Samer Naaman
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

Communications Coordinator:

Mirna Farahat
coordinator@Protomartyr.ca

HALL RENTAL INQUIRIES

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

HALL & KITCHEN

403-249-4818, ext. 6

spoken by Isaiah the prophet, saying:

"The land of Zebulun and the land of Naphtali, By the way of the sea, beyond the Jordan, Galilee of the Gentiles: The people who sat in darkness have seen a great light, And upon those who sat in the region and shadow of death Light has dawned."

From that time Jesus began to preach and to say, "Repent, for the kingdom of heaven is at hand."

Hymn to the Mother of God

O my soul, magnify Christ the King, baptized in the Jordan.

and the *Irmos*: Every tongue is at a loss to praise you as is your due, O Mother of God. Even a spirit from above is filled with dizziness when seeking to sing your praises. But since you are good accept our faith, for you know well our love inspired by God. For it is you who protect all Christians; therefore, we magnify you.

Communion Hymn

The grace of God has appeared* bringing salvation to all. (*Titus 2:11*)* Praise the Lord from the heavens;* praise Him in the highest.* Alleluia, alleluia,* alleluia. (*Psalms 148:1*)

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

All creation is filled with rejoicing today, for Christ is baptized in the Jordan.

Instead of "We have seen the true light..." we sing:

All creation is filled with rejoicing today, for Christ is baptized in the Jordan.

Instead of "May our mouths..." and "Blessed be the Name..." we sing:

All creation is filled with rejoicing today, for Christ is baptized in the Jordan. (3)



DIVINE LITURGY TIMES

SATURDAYS: (CANCELED for 2021)

SUNDAY: 8:30 am Ukr / Eng

10:30 am English

5:00 pm Liturgy

WEDNESDAY*: 9:00 am English

Doors open 8:00—8:30am

Doors open 10:00—10:30am

Doors open 4:30 pm - 5:00 pm

Doors open 8:30 am—9:00 am

*for seniors and those with underlying medical conditions that put them at a greater risk for severe illness from COVID-19.

Effective December 12th and as per the Provincial mandate, we are now restricting the amount of people in the church to 50 for our regular Divine Liturgies until Jan 13, 2021. We will also be able to open up the hall to an additional 40 persons for the 2020 Christmas Divine Liturgies.

St. Stephen's parish will strictly adhere to these new measures outlined in detail below. Changes to our existing mandate are in **bold**:

- Two-meter physical distancing between households must be maintained
- Mask use is mandatory unless you have a medical exemption. Those choosing not to wear a mask will not be permitted to enter the church for the safety of other parishioners.
- Hand-sanitizing at entrance/exit to church is required.
- The faithful are required to sign-in upon entry for tracking purposes should someone present as COVID-19 positive.
- Ushers are to remind the faithful of the above requirements.
- Recited liturgies are encouraged. **Where singing is practiced, no congregational singing. Rather, a single cantor may lead the responses, while the faithful remain prayerfully silent.**
- Online liturgical services are encouraged
- In-person faith group meetings can continue but physical distancing and public health measures must be followed
- **Receptions are not permitted**
- **Maximum of 10 people for weddings, funerals, and baptisms**
 - This includes the officiant, bride/groom, and witnesses
 - This does not include staff or organizers who are not considered an invited guest
 - This applies to any facility, including places of worship and funeral homes.
 - This includes services held indoors or outdoors, seated or non-seated.

*Thank you for continuing to do your part in keeping our parish family safe.
Remember, we are in this together!*

ONLINE
REGISTRATION

Sunday Divine Liturgy Registration : <https://bit.ly/2N4HlCh>

The **FAMILY ROOM** can be booked for all three Sunday Divine Liturgies at :

<https://tinyurl.com/vywouvez>

(For infants and toddlers accompanied by their parents or guardians. Limit 1 family per Liturgy)

VOLUNTEERS
NEEDED

PLEASE KEEP OUR DIVINE LITURGIES POSSIBLE!

Ushering and cleaning volunteers are required for ALL Divine Liturgies.

We would appreciate any assistance that you are able to offer. Please join our volunteer crew by contacting our Liturgical Director, Darrell Maleski by email at liturgical@protomartyr.ca or the office by phone 403-249-4818.

Please



Planned Giving program launch

Planned Giving

Planned Giving is the next step in the Finance and Investment Committees' strategy to provide strong financial governance toward the long term health of St. Stephen's Parish. Parishioners are encouraged to review the Planned Giving program and consider making donations to the Parish through their will or current estate to ensure their personal desires are honored.

For more information please visit the Parish website www.saintstephencalgary.ca/planned-giving.html

or email Greg Yuzwa directly at plannedgiving@protomartyr.ca for a confidential, no cost meeting.

Planned Giving is the result of 3 years development from the parish Finance Committee specifically for St. Stephen's parishioners, we look forward to your feedback and support.

Great Vespers Saturdays at 6:00 PM at St. Stephen

This prayer service is a beautiful way to welcome in the Lord's rest on the Lord's day and prepare for our participation at the Divine Liturgy on Sunday morning. Fr. Mike will be providing a very brief overview/explanation of the service beginning at 5:45 PM on Jan 2nd.

A few things to keep in mind:

- Confessions are available on most Saturday evenings before vespers beginning at 5:00 PM.
- Pre-registration is required at this time for the service. Please register at: <https://bit.ly/3nK7dE1>
- Registration is limited to 50 people at this time.
- Masking and distancing according to AHS/Calgary City by-laws is required at this time.

Prayer is an "essential service" during these trying times. I sincerely hope that you will join us on Saturday nights!



DIVINE LITURGY INTENTIONS

Saturday, January 9:

- ❖ 5:00pm – Confessions
- ❖ 6:00pm – Great Vespers

Sunday, January 10:

SUNDAY AFTER THEOPHANY

- ❖ 8:30am – for blessings and continued health for John & Pat Siroishka
- ❖ 10:30am – for blessings and improved health for Delmer Yaskiw
- ❖ 5:00pm – for the repose of the soul of +Nestor Shular and comfort for Diane

Wednesday, January 13:

- ❖ 9:00am – for the repose of the soul of +Nestor Shular

Saturday, January 16:

- ❖ 5:00pm – NO Confessions
- ❖ 6:00pm – Reader's Vespers

Sunday, January 17:

- ❖ 8:30am – in memory of the repose of the soul of +Susan Sakundiak
- ❖ 10:30am – for special intentions for Vanessa
- ❖ 5:00pm – for the repose of the soul of +Victoria Klym (one year anniversary)



Call To Holiness Program

In 2018, Pope Francis shared a pastoral message addressing the call to holiness in today's life. It was an apostolic exhortation called *Gaudete Et Exultate*, which means "Rejoice and Be Glad." Since then its message has been used world-wide as a wonderful study program for spiritual development. For an overview check: <https://bit.ly/2XiVsc>

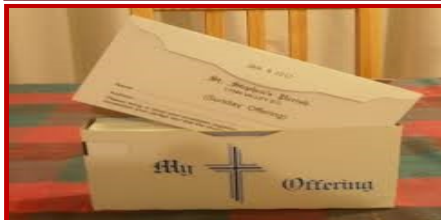
The UCWLC piloted the first of the five chapters in December with 8 members on Zoom and the consensus was that we should restart the program in the New Year and open the registration to all women in the parish. If you have questions or are interested in being involved please contact Phyllis Kozak by email at kozakpj@gmail.com or phone at 403-246-5640 by January 20, 2021.

Time and date of sessions will be determined by participants

DONATIONS NEEDED

Donations to Street Sisters who are collecting gloves, toques, scarves for women who are homeless, have illnesses and other life issues.

A Donation Bin will be in the Atrium starting in the New Year. A chance to check your drawers, or knit during our long winter days or find inexpensive deals post Christmas. More information will be made available by contacting Street Sisters or Dalyce Zuk who invited us to participate and support this cause.



Donation envelopes for 2021 are available for pickup in the Atrium. Please pick up yours TODAY!

Live-streamer required

In the new year, St. Stephen's will begin live-streaming our 10:30 AM Sunday Divine Liturgy!

We are currently looking for an individual who is interested in filming and recording this liturgy, as well as working with our CoOrdinator in ensuring that those participating at home have access through our website and social media accounts. Equipment and training will be provided. This is an essential ministry. If you feel called to serve in this manner, or you have further questions, please contact our parish office.



The Bishop's Thank-You Campaign is a movement to recognize and thank the individuals and volunteers who make our parishes throughout Alberta vibrant.

We'd love to acknowledge these individuals!

You can nominate a member of your church as an exceptional member on the eparchy website!

<https://bit.ly/3qOnXYf>

UCWLC Christmas Rizdvo Artwork Contest

To capture the TRUE meaning of Christmas



All children are encouraged to participate for a chance to win \$50

Check the submission guidelines and rules here :

www.saintstephencalgary.ca/artwork-contest.html

Submission Deadline:
January 29, 2021

Ukrainian Language Classes – 2021 Winter Semester

On-line Ukrainian language classes for adults and youth (at least 12 years of age, preferably with a parent in proximity) will continue in January, 2021, commencing January 12 and 13.

All classes will resume where we left off at the end of the Fall session.

Participants are requested to be pre-registered by Friday, January 8, 2021. Please use the following link for more information and to register:

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

FIRST HOLY COMMUNION 2021



St. Stephen's offers a First Communion program to teach children and their families about God, His Church and the Sacraments. It prepares children to celebrate their first Confession and their First Solemn Communion, teaching them what Life with Christ is about, and to encourage them to take more responsibility for their own spiritual wellbeing.

Classes are set to begin on Sunday, January 24, 2021. Lessons will take place on Sunday mornings at 9:00 am. There are a total of 10 Lessons ending with First Reconciliation and First Solemn Communion. In the light of the pandemic, we realize that our FSC classes may need to be re-structured in an online format rather than in person. We are flexible and will accommodate both COVID-19 restrictions and family preferences for either instructional format. For more information please contact Kathy Livesey at kalivesey@shaw.ca

For registration, please visit our website at :

www.saintstephencalgary.ca/first-solemn-communion.html



Married Love and Sexuality in the Christian Tradition

STP 578E1

Winter 2021

January 15 & 16, February 5 & 6

February 26 & 27, March 12 & 13

This course will explore the human dimensions of love and sexuality, and the religious meaning of human sexuality in the Judeo-Christian tradition, with special reference to Christian marriage in the Eastern Christian Tradition. Issues raised by the contemporary sexual revolution. Doctrinal, liturgical, moral, pastoral, sacramental and spiritual dimensions of Christian marriage.



Register at 780-392-2451

or see Winter Course offerings 2021 at newman.edu

The human dimensions of love and sexuality. The religious meaning of human sexuality in the Judeo-Christian tradition, with special reference to Christian marriage.

Issues raised by the contemporary sexual revolution. Doctrinal, liturgical, moral, pastoral, sacramental and spiritual dimensions of Christian marriage.

Online participation is available!

Register at 780-392-2451 or see winter course offerings 2021 at newman.edu

Presented by Tryzub Ukrainian Dance Society of Calgary

BUDMO, BUBBLES, & BALCONIES A tryzub MALANKA

LIVE Music by: **ABSOLUTE**

Performances by: **tryzub**
Tryzub Ukrainian Dancers

January 23, 2021
Delta Marriott - Calgary South
Dinner at 6:30pm, Entertainment 8pm to 12:15am

For tickets contact
malankagroup@tryzub.ca

Space is limited

COVID Safe following AB Health Guidelines. Live In-Person
Tickets are fully refundable in the event of COVID lockdown

On January 23rd, 2021, Tryzub is excited to be hosting a unique (COVID Safe) in-person live event to celebrate Ukrainian New Year (Malanka). Please send any inquiries to malankagroup@tryzub.ca