

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 (children choir)
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.

ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

FEBRUARY 7TH, 2021

Sunday of Meatfare

Sunday of the Fearful Judgement; Our Venerable Father Parthenius, Bishop of Lampsacus (312-37); Passing into Eternal Life (1957) of Blessed Petro Verhun, apostolic Visitor of Forced Labourers in Germany and Martyr of Siberia

Troparia and Kontakia

Troparion, Tone 3: Let the heavens be glad, let the earth rejoice,* for the Lord has done a mighty deed with His arm.* He trampled death by death. He became the first-born of the dead;* He saved us from the abyss of Hades* and granted great mercy to 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 1: When You come on earth, O God, in glory,* and the universe trembles,* while the river of fire flows before the seat of judgement,* and the books are opened and all secrets disclosed,* then deliver me from the unquenchable fire,* and count me worthy to stand at Your right hand,* O Judge who are most just.

Prokeimenon, Tone 3

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 Him. (*Psalm 146:5,1*)

Epistle—1 Corinthians 8:8-9:2

Brothers and sisters, food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse.

But beware lest somehow this liberty of yours become a stumbling block to those who are weak. For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols? And because of your knowledge shall the weak brother perish, for whom Christ died? But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ. Therefore, if food makes my brother stumble, I will never again eat meat, lest I make my brother stumble.

Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are you not my work in the Lord? If I am not an apostle to others, yet doubtless I am to you. For you are the seal of my apostleship in the Lord.

Alleluia, Tone 8

verse: Come, let us rejoice in the Lord; let us acclaim God our Saviour.

verse: Let us come before His face with praise, and acclaim Him in psalms. (*Psalm 94:1,2*)

Gospel- Matthew 25:31-46

The Lord said, "When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats. And He will set the sheep on His right hand, but the goats on the left. Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.'

"Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? When did we see You a stranger and take You in, or naked and clothe You? Or when did we see You sick, or in prison, and come to You?' And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'

"Then He will also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.'

"Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' Then He will answer them, saying, 'Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.' And these will go away into everlasting punishment, but the righteous into eternal life."



Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest. (Psalm 148:1) * Rejoice in the Lord, O

you just;* praise befits the righteous.* Alleluia, alleluia,* alleluia. (Psalm 32:1)

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

ANOIDING 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

DIVINE LITURGY TIMES

SATURDAYS: (CANCELED for 2021)

SUNDAY: 08:30 am Ukr / Eng

10:30 am English

05:00 pm Liturgy (children choir)

WEDNESDAY*: 09:00 am English

Doors open 08:00 am - 8:30 am

Doors open 10:00 am- 10:30 am

Doors open 04:30 pm - 5:00 pm

Doors open 08:30 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 January 18th, 2021 and as per the Provincial mandate, we are now restricting the amount of people in the church to 50 for our regular 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 and baptisms and 20 people for funerals**
 - 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/2N4H1Ch>

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

<https://tinyurl.com/vywouvxz>

(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.

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.

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!



Please



40 DAYS FOR LIFE February 17 March 28

You can protect mothers and children by joining this worldwide mobilization to pray and fast for an end to abortion! Through prayer and fasting, peaceful vigils and community outreach, 40 Days for Life has inspired 1,000,000 volunteers!

With God's help, here are the proven results over 27 coordinated campaigns:

❖ 18,000 babies saved from abortion, 211 abortion workers converted, 107 abortion centers closed

Learn more ... get involved ... and sign up for prayer times by visiting our campaign at the web address

40daysforlife.com/calgary

JOIN US ON A JOURNEY OF INQUIRY

Alpha

It is a video and reflection series enjoyed from the comfort of your own living room via zoom. Here at St Stephen's it will begin on March 1st, 2021 and be hosted every Monday evening from 7:30 -9:00pm.

For registration, please go to: <https://bit.ly/3pRhGi4>

For more information contact Bill or Theresa at 403-850-5859 (call or text) or email kc4life@telus.net. To get a little taste of what to expect, view the two short video trailers attached. Copy and paste into your browser or click on the links.

<https://www.youtube.com/watch?v=gLF2nncvKeo>

and <https://player.vimeo.com/video/184067598>



UCC-Alberta is hosting a new series of FREE webinars focusing on empowerment and resilience for the community and individuals. Two webinars will focus on the theme of empowerment through information. These webinars' topics are labour laws in Alberta (January 20, 2020- the recording can be found on our facebook page and youtube channel) and how to become licensed in Alberta for immigrant professionals (February 11, 2021).

The other two will focus on the theme of resilience and mental health. The topics for these webinars will be coping with change (February 9th, 2021) and active listening skills to support others (February 25th, 2021).

The links to register can be found here:

Coping with Change- Feb. 9, 6 PM- <https://bit.ly/HealthyCopingWebinar>

Licensing for Immigrant Professionals- Feb. 11, 7 PM- <https://bit.ly/licensingimmigrantprof>

Active Listening Skills to Support Others- Feb 25, 7 PM- <https://bit.ly/activelistingworkshop>

All of the webinars are free and are open to anyone!

SCAM! ALERT!

Please beware of scam emails or messages using Fr. Mike's name.

Hackers are constantly targeting people asking for money or information using other people's information.

Fr. Mike would never send you an email or a text message asking for money.

Thank you!

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. For more information, please contact Street Sisters or contact Dalyce Zuk at dmzuk@hotmail.com or 403 981 4613.



New Podcast From Fr. Mike Schmitz: *The Bible In A Year*

Sign up and receive [the Bible reading plan](#) Fr. Mike will be following for the podcast. You'll also get a link to listen to the podcast!

ascensionpress.com/pages/biy-registration



DIVINE LITURGY INTENTIONS

Saturday, February 6:

- ❖ 5:00pm – NO Confessions
- ❖ 6:00pm – Great Vespers

Sunday, February 7:

MEATFARE SUNDAY

- ❖ 8:30am – for the repose of the souls of +Harry and +Natalie Kostiuk (w/ Panakhyda)
- ❖ 10:30am – in memory of the repose of the soul of +Rev. Fr. Josaphat Tyrkalo
- ❖ 5:00pm – in memory of the repose of the souls of +Joseph & +Maria Dobish

Wednesday, February 10:

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

Saturday, February 13:

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

Sunday, February 14:

CHEESEFARE SUNDAY

- ❖ 8:30am – for the repose of the souls of +Harry and +Natalie Kostiuk
- ❖ 10:30am – in memory of the repose of the souls of +Helen and +Joseph Ewanchyna
- ❖ 5:00pm – for the repose of the soul of +Molly Podlubny

REMINDER - Monday, February 15: GREAT AND HOLY LENT BEGINS

- ❖ All day – strict fast – no meat or dairy products





REFLECTION

Charity

Coordinates and markets the efforts of all parish charitable activity.

Contact: Mary Chudyk, Charity Director

Email: Charity@Protomarty.ca

Pass It On - Clothing charity for families.

Contact: Theresa Lewchuk, Co-Convener, Operations

Telephone: 403-815-6055

Email: lewchukt@hotmail.com

Contact: Deborah Johnson, Co-Convener, Communications

Telephone: 403-863-0941

Email: lornejn@telusplanet.net

Men's Dinner

Annual major church fundraiser for capital expenses plus charity endeavors.

Contact: Greg Bobyn

Email: greg.bobyn@mnp.ca

The Helping Others Network

Distributes used furnishings and clothing to the needy.

Contact: Des Peplinski

Telephone: 403-238-0804

Email: dlp238@shaw.ca

Religious Art Committee

Discusses and coordinates religious artwork for the parish.

Contact: Jim Ochitwa

Email: jimochitwa@shaw.ca

UCWLC: Ukrainian Catholic Women's League of Canada

Responds to parish and community needs through volunteerism, pastoral works, Ukrainian culture & aid.

Contact: Nettie Kost, UCWLC President

Email: nettiekost@gmail.com

Knights of Columbus: *Provides financial aid & support for members and their families, and helps the sick, needy and disabled in our parish, city and abroad.*

Contact: Ivan Weleschuk (3rd Degree)

Email: ivanweleschuk@hotmail.com

Contact: Bohdan Tyrawski (4th Degree)

Email: bohduantyranski@gmail.com

Plus 50 Club: *Provides social interaction for seniors. Also promotes programs and activities relevant to seniors.*

Contact: Ed Tysowski, President

Phone: 403-547-3226

E-mail: tyso@shaw.ca

As we continue on our journey towards the Great and Holy Fast, we are reminded that food in and of itself does not commend us to God, but the choice of *what* and *when* to eat needs to be made for the right reasons. Some Christians had found themselves in the situation where they were presented with meat offered as a sacrifice to idols. St. Paul states that since those foreign gods do not exist, only the One God that we worship, Christians were free to eat. However, another principle in that choice is at play, namely, how it will be understood by those looking in. In other words, those who might be less secure in their faith are watching how those Christians behave and might be tempted to think their beliefs mean nothing if they were to eat meat sacrificed to foreign gods. St. Paul reminds the Corinthians, and us today, that we have a responsibility not only for our own actions, but how they might be perceived by others.

We see a common situation unfolding in our own day with the COVID-19 vaccines. Here in Canada, the two vaccines available to us, although not *developed* through aborted cell-lines, were *tested* on aborted cell-lines. What this ultimately means is that if we intended to take either of these vaccines, we will be benefitting, albeit in a distant way, from the murder of a pre-born child. The Church teaches that if there is no morally acceptable alternative available, we may receive the vaccine, but she further teaches that we must oppose vaccines developed at the expense of human life.*

St. Paul says that he will not eat meat sacrificed to idols for the sake of the consciences of those looking in. How do we proceed with receiving an immorally produced or tested vaccine? What will those "looking in" on us think of our belief in the sanctity of human life if we do not oppose the creation of vaccines made at the expense of children? If we have decided to take these vaccines, and we are assured we can do so with a clear conscience, we must still proclaim that ethical alternatives should be made available and that we oppose any development of vaccines sourced from, or tested on, aborted fetal cell-lines:

"Of course, within this general picture there exist differing degrees of responsibility. Grave reasons may be morally proportionate to justify the use of such 'biological material.' Thus, for example, danger to the health of children could permit parents to use a vaccine which was developed using cell lines of illicit origin, **while keeping in mind that everyone has the duty to make known their disagreement and to ask that their health-care system make other types of vaccines available.** Moreover, in organizations where cell lines of illicit origin are being utilized, the responsibility of those who make the decision to use them is not the same as that of those who have no voice in such a decision." (*Dignitatis Personae, Congregation for the Doctrine of the Faith*, 2008)

This teaching is further stated by the Bishops of Alberta and NWT:

"However, this judgement must not be allowed to obscure the seriousness of the evil act that is the source of cell lines used in some vaccines, nor the corresponding ethical issues arising for those who work in research and development on them, or profit from their sale. **It remains imperative that Catholics make clear their moral objection to vaccine development derived from abortion, and to advocate with their governments for ethically produced vaccines.**" (Pastoral Letter on COVID-19 Vaccines, December 02, 2020)

Without this crucial pro-life statement, we run the risk of sending a utilitarian message that the ends (the protection of millions of people from COVID-19) justify the means (the murder of a child) and the Church is not in the business of trading human lives. We truly are our brothers' keepers. The gospel requires us to stand up for our pre-born brothers and sisters, and the moral integrity of our beliefs about human life. In making choices on whether to receive these vaccines or others in the future, let us move forward with an active and vocal pro-life message by contacting the appropriate healthcare and government authorities, insisting that they uphold the sacredness of human life, and in so doing, protect the common good. *See the multi-faith letter issued to Prime minister Trudeau:

https://www.sciencemag.org/sites/default/files/Canada-COVID-19%20Vaccine%20letter%20May%2021st%202020_updated%20%28002%29.pdf .



Parable

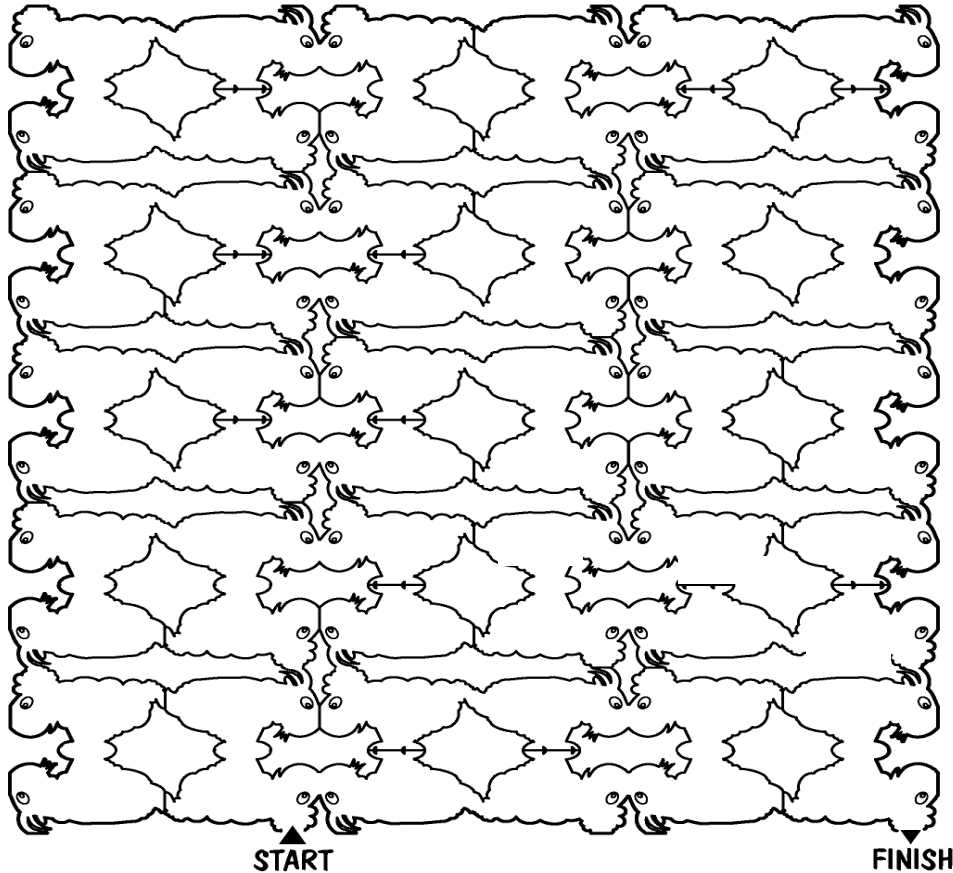


Kids Bulletin

maxipraise
2002

The Sheep and the Goats

Find your way through the sheep and the goats to the finish.



Jesus said that when he comes again he will come as a shepherd. He will call all the sheep, who are the people who love and follow Jesus, and He will say: "Come, you are My family. The Kingdom of God is yours because when you chose to love and help others by giving them drink, food, clothes, hospitality, rest, it was the same as loving and caring for Me." Jesus will say to the goats, who are people who did not choose to follow Jesus, "I am sorry but I do not know you. You must leave!"



Feed the hungry



Give drink to the thirsty



Welcome the Stranger



Clothe the naked



Take care of the sick



Visit the prisoner

Prayer & Support Group: Accepts prayer requests for the confidential needs and intentions of parishioners and others.

Contact: Marilyn Comchi

Telephone: 403-220-9624

Email: marilyncomchi@shaw.ca

Support Network: Provides support, encouragement & help for parishioners facing various difficulties/situations with referrals to services or help they need.

Contact: Bernadette Lukey, Pastoral Care Director

Email: PastoralCare@Protomartyr.ca

International Trust Fund: Solicits & invests donations and disburses earned income to international charities in 2nd and 3rd world countries.

Contact: Steve Groch

Email: swgctc@aol.com

Family Support Trust Fund: Solicits & invests donations and disburses earned income to parishioners in need.

Contact: Mary Chudyk, Charity Director

Email: Charity@Protomartyr.ca

Planned Giving: A program for individuals to make legacy donations to St. Stephen's through a will or other planned giving options.
Contact: Greg Yuzwa, CPA, Co-ordinator
Email: PlannedGiving@Protomartyr.ca

ARK Store: Looking for the perfect religious item as a gift or for yourself? Check out the Ark store at the entrance to our hall.

Contact: Donna Chelack

Email: dchelack@shaw.ca or

Office@Protomartyr.ca

Sunday School: A program run on most Sundays during the 10:30am Divine Liturgy for preschoolers age 4 through grade 2 children (pre-First Solemn Communion). Currently canceled
Email: ChildrensPrograms@Protomartyr.ca

First Solemn Communion (FSC): Sacramental Classes for children around grade 2 who are ready to approach for the Sacraments of Reconciliation and Eucharist on their own.

Contact: Kathy Livesey

Email: kalivesey@shaw.ca

Calgary Pro-Life Association: Raises funds for educational awareness programs.

Contact: John Siroishka

Telephone: 403-271-2128

Email: johnsiroishka@shaw.ca



Live-Stream Update

We continue to work towards live-stream capabilities for our 10:30 AM Sunday Divine Liturgy. In the past we would record our Saturday morning liturgy for release on Sunday morning.

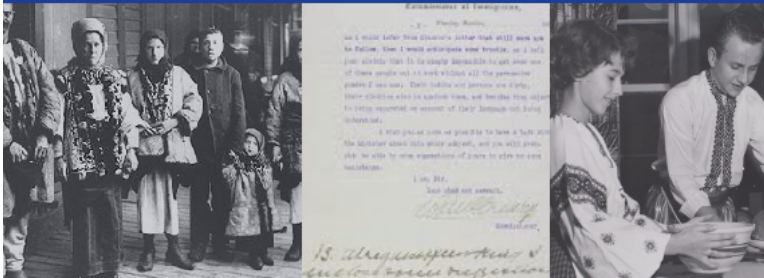
During this interim period, we continue to record our Wednesday liturgy (with Sunday propers) for release on Sunday morning. This liturgy will be available for viewing beginning Saturday morning at midnight (essentially available all day on Saturday and anytime Sunday morning).

Once live-stream is available (early to mid-February) the Sunday Divine Liturgy will be available for live-stream viewing at 10:30 AM.

This liturgy will also be recorded for those who cannot access it at that time, however, it will not be available before 10:30 AM, only after.

We are excited to have the potential to celebrate together through live-stream in the near future!

RESILIENT STORIES PROJECT



Our resilient stories project invites members of the community to share stories or works of art depicting instances of resilience (either as experienced by the creator of the work, a family member or friend of theirs, or a story they heard in the community)

We see this as a great opportunity to record community stories of resilience that have occurred during the pandemic as well as stories that have helped people get through the pandemic.

We are putting out a call for submissions in the form of a story/poem/essay with a or a piece of visual art or photograph, accompanied by a written explanation. The call for submissions is open and encouraged for people of all ages - from children to seniors.

Ми заохочуємо вас, ваших рідних та дітей написати історію про випадок чи подію, в якій ви подолали емоційні чи фізичні труднощі. Можливо, це спільна історія вашої громади, містечка чи організація?

Саме ці події дають нам насагу рухатися вперед. У цей проект входять вірші, проза, розповідь, малюнки чи інші види візуального самовираження.

Randomly drawn submissions will receive a prize!!



Submissions and questions can be sent to info@uccab.ca. Arrangements can be made to digitize or record them.



Canadian Red Cross

Canada



We are excited to announce that Jesus Prayer 33 Challenge & Jesus Prayer 100 Challenge (For those who have completed JP33)

Will begin on **February 15** (Clean Monday)
ending on the last day of Lent **March 26**.

The Jesus Prayer, also known as "The Prayer of the Heart" is an ancient and beautiful prayer of the Christian East. Repeated many times consecutively, it is a prayer which allows us to stand in the presence of the Lord, focusing on Him and asking for His mercy. This prayer has been an incredible guide for many people as they come to know the Lord and a true weapon for engaging in spiritual combat.

To register and for more information go to :
[Jesusprayer33.com/](https://jesusprayer33.com/)



MEMBERSHIP RENEWAL

RENEWAL OF 2021 UCWLC MEMBERSHIPS

The membership drive will run from Sundays (at 8:30 and 10:30 AM Divine Liturgy) and Wednesdays (9:00AM Divine Liturgy) **Jan. 17th - Feb. 7th**. Thank you to all the ladies who have already renewed. The fees remain at \$25.00. When you enter and register there will be a box marked UCWLC dues on the table. This year we have three options for payment.

1. **E-TRANSFER:** St.StephenUCWLC@hotmail.com (indicate membership dues)
2. **CHEQUE:** Payable to: St. Stephen's UCWLC for \$25. If you wish to mail address is: St. Stephen's UCWLC Membership 4903 45th Street SW Calgary AB T3E 3W5
3. **CASH:** Please indicate your name on the envelope.

If these options don't work for you OR if someone is interested in inquiring/joining please contact Bernadette @ 403-251-7738 OR email :corolla2007@shaw.ca Thank you for all your support!

reminder

UCWLC Zoom meeting

Thursday , February 18th at 7.p.m

2020 Donation Tax Receipts are ready for pick up in the atrium.



Please pick up yours before/after Divine Liturgy or by dropping into the church any weekday during office hours (M-F 9:00am-2:00pm). and perhaps consider delivering that of a friend(s) that cannot make it to the church. **Thank you for your generosity!**