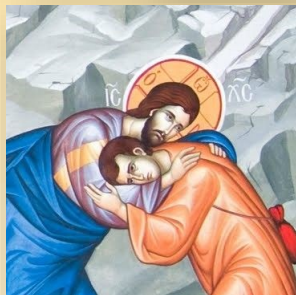


ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

FEBRUARY 14TH, 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 (children choir)
Pre-registration recommended :
<https://bit.ly/2N4HlCh>

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 of Cheesefare, Sunday of Forgiveness;

the Repose of Our Venerable Father Constantine the Philosopher,
in the Monastic Life, Cyril, Teacher of the Slavs (869);
and our Venerable Father Auxentius (457-74); and the Venerable Maron the Wonder
Polyeleos Feast.

Troparia and Kontakia

Troparion, Tone 4: When the disciples of the Lord learned from the angel* the glorious news of the resurrection* and cast off the ancestral condemnation,* they proudly told the apostles:* “Death has been plundered!* Christ our God is risen,* granting to the world great mercy.”

Troparion, Tone 4: From your childhood you befriended wisdom,* O God-inspired Cyril.* Behold her as a pure virgin all radiant* you took her as a bride for yourself,* and as with beads of gold* she adorned your mind and soul.* O blessed Cyril,* like your namesake of Alexandria* we have found you wise in name and truth.

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

Kontakion, Tone 2: With teaching that was sound and divinely inspired* you enlightened the world as with luminous rays.* Flashing like lightning and surrounding the world* you scattered the radiant word of God* in the west, the north, and the southern lands,* bringing light to the world with your wonders, O blessed Cyril.

Now and for ever and ever. Amen.

Kontakion, Tone 6: O Master, Guide to Wisdom*, Bestower of prudent counsel,* Instructor of the foolish and Defender of the poor ones;* make firm my heart and give it understanding.* Give me a word, O Word of the Father:* Behold, I shall not stop my lips from crying out to You:* In Your mercy, have mercy on me who am fallen.

Prokeimenon, Tone 8

Pray and give praise to the Lord our God.

verse: In Judea God is known; His name is great in Israel.

Prokeimenon, Tone 7

verse: Precious in the sight of the Lord is the death of His venerable ones.

Epistle

Romans 13:11-14:4; Hebrews 7:26-8:2

Brothers and sisters, *do* this, knowing the time, that now *it* is high time to awake out of sleep; for now our salvation is nearer than when we *first* believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to *fulfill*

its lusts.

Receive one who is weak in the faith, *but* not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats *only* vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

Alleluia, Tone 6

verse: It is good to give praise to the Lord, and to sing to Your name, O Most High.

verse: To announce Your mercy in the morning and Your truth every night.

verse: Blessed is the man who fears the Lord; he shall delight exceedingly in His commandments.

verse: His posterity shall be mighty upon the earth. (*Psalms 111:1,2*)

Gospel

Matthew 6:14-21; John 10:9-16

The Lord said to His disciples, “If you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.

“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest (*Psalms 148:1*).* The just man shall be in everlasting remembrance;* of evil hearsay he shall have no fear.* Alleluia, alleluia,* alleluia. (*Psalms 111:6*)



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

Prayer of Mutual Repentance:

- ❖ **Priest:** Forgive me, brothers and sisters, all the sins I have committed against you in word, deed, or thought, knowingly and unknowingly. (bow)
- ❖ **People:** I forgive you and God forgives.
- ❖ **People:** Forgive me, Reverend Father, all the sins I have committed against you in word, deed, or thought, knowingly and unknowingly. (Bow)
- ❖ **Priest:** I forgive you and God forgives.

Fasting Prescriptions:

- * Clean Week- Monday (First day of the Fast) strict fast from meat, dairy and eggs. Tuesday- Friday meatless throughout
- * Mon, Wed, Fri on weekdays of Lent meatless
- * Holy Week- Meatless Mon-Thurs, strict fast from meat, dairy and eggs on Great and Holy Friday.

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.

- 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/2N4HlCh>

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

<https://tinyurl.com/yywouvx>

(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.

- Please register at: <https://bit.ly/3nK7dE1>
- Masking and distancing according are required.

Please



Parish Council Nominations

St. Stephen's parish council nominations committee are currently seeking candidates for the following positions:

- ◆ Vice Chair
- ◆ Youth Director
- ◆ Hospitality Director

If you, or you know anyone that is interested in any of these roles, please contact our current Council Chair, Glen Kulak by email at CouncilChair@protomartyr.ca

We value the effort everyone has made to support our past Parish related volunteer activities and current limited activities. Please take a moment to review the positions available and let us know if you have interest in serving our Parish as a member of Council. We appreciate your consideration.

Honoring the Clergy and Religious

In our Ukrainian Catholic Parishes across Alberta



You are invited to participate in a Liturgy honoring the Clergy and Religious in our Ukrainian Catholic Parishes across Alberta.

**Live steamed at 6:30 pm
on Thursday February 18, 2021
Celebrated by Bishop David
and Rev. Serafym Grygoruk OSBM.**

The Knights of Columbus Ukrainian Catholic K of C Councils Assemblies in Alberta are hosting this Liturgy to pray for and with our Clergy and Religious, for their health and to acknowledge all they do as our Pastors. Please join members of our St. Nicholas Byzantine K of C Council and St. Stephens 4th Degree Assembly as we show solidarity with our Clergy and Religious. To view the Divine Liturgy go to:

http://youtu.be/90N59Z/90_ZPeo

Typically we do not celebrate the Divine Liturgy during weekdays of Lent, as we refrain from the celebration of the Divine Liturgy (not from Communion), but for this special occasion, and due to the nature of COVID-19 isolation, Bishop David has chosen to serve this Liturgy on Clean Thursday.



**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

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 an email or text message asking for money or a favor. Always call Fr. Mike directly if you are in any way uncertain at 825-735-3099.

Thank you!



DIVINE LITURGY INTENTIONS

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 Kostiuik
- ❖ 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

Monday, February 15:

GREAT AND HOLY LENT BEGINS

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

Wednesday, February 17:

- ❖ 9:00am – Lenten Typica – no intentions
- ❖ 6:00pm – Liturgy of the Presanctified Gifts
- ❖ for the repose of the soul of + Lydia Krill
- ❖ for full healing and a speedy recovery from surgery for Don Bobyn

Saturday, February 20:

- ❖ 10:00am – Sorokousty – all souls
- ❖ 5:00pm – Confessions
- ❖ 6:00pm – Great Vespers

Sunday, February 21:

- ❖ 8:30am – in memory of the repose of the soul (1 yr) of + Jean Chumak (w/ Panakhyda)
- ❖ 10:30am – in memory of the repose of the souls of +the deceased members of the Swidzinski Family
- ❖ 5:00pm – for health, healing and a speedy recovery from surgery for Don Bobyn

DONATION COLLECTION

ST. STEPHEN'S UCWLC | LENTEN PROJECT

Donations will be passed on to Street Sisters Society. This volunteer run, non-profit does weekly outreach in downtown Calgary to support vulnerable women and help meet their unique and complex needs.

- | | |
|-------------------------|---------------------------|
| • Ladies Winter jackets | • NEW ladies underwear |
| • Ladies Winter boots | • Travel size toiletries |
| • NEW socks | • Feminine hygiene items: |
| • Gloves | • Tampons/pads |
| • Purses/backpacks | • Deodorant |
| • Juice boxes/water | • Razors |
| • soft granola bars | |

Drop off items in the St. Stephen's Church Atrium

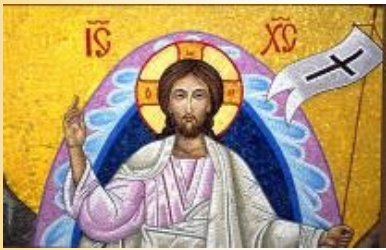
Contact: Dalyce.Zuk@albertahealthservices.ca
or
streetsisterssociety@gmail.com



God With Us ✠ ONLINE ✠

**Catechetical resources
and Upcoming events
can be found here :**

[https://godwithusonline.org/
upcoming-events/](https://godwithusonline.org/upcoming-events/)



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: tysov@shaw.ca

REFLECTION



Forgive and You Will Be Forgiven

FORGIVENESS SUNDAY

Let us all make haste to humble the flesh by abstinence, as we set out upon the God-given course of the holy Fast; and with prayers and tears let us seek our Lord and Savior. Laying aside all memories of evil, let us cry aloud, "We have sinned against You, Christ our King; save us like the people of Nineveh in days of old, and in Your compassion make us sharers in Your heavenly Kingdom." (First troparion of Vespers, Forgiveness Sunday)

THE DAY BEFORE LENT is Forgiveness Sunday, when we hear this Gospel lesson:

"If you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses" (Matt. 6:14-15).

Fasting is not exclusive to Christianity. People of other religions and even of no religion also fast or abstain from certain foods for a variety of reasons, and many of them fast more rigorously than we do. If Lent is to be a truly Christian fast, it must be accompanied by love and forgiveness. Thus, before Lent begins, we are called to forgive everyone who has injured or offended us from the bottom of our hearts. Only then can we have a truly Christian Lent. Only then can our fast be pleasing to God.

The above hymn calls us to lay aside all memories of evil. The memory of evils or wrongs (*mnisikakia*) is something the saints and fathers of the Church constantly warn us against. How often we hear people say things like, "I forgive but I do not forget!" Is this not another way of saying, "I forgive, but not really"? Surely, if we refuse to forget the sins committed against us, we have not truly forgiven them. We are still bearing a grudge in our hearts.

Forgiveness is intimately connected with the love of our enemies. We are to forgive our enemies, which means we are not to bear a grudge or hold their wrongs against them, we are not to return evil for evil; we are to show them mercy and compassion. This divine love and forgiveness is the imitation of God, and our Lord refers to it as spiritual perfection:

"You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust. For if you love those who love you, what reward have you? Do not even the tax collectors do the same? And if you greet your brethren only, what do you do more than others? Do not even the tax collectors do so? Therefore you shall be perfect, just as your Father in heaven is perfect." (Matt. 5:43-48)

Lent calls us to spiritual perfection, which is impossible without love and forgiveness. Thus, before Lent begins, we are called to forgive all those who have wronged us. Only then can we hope to attain perfection, which is the likeness of God.



Kids Bulletin



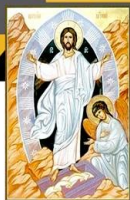
Journeying together through
GREAT LENT



ROAD TO PASCHA

Today is the joyful forefeast of the time of abstinence, the bright threshold of the Fast. Therefore, brethren, together let us run the race with confident hope and with great eagerness.

— Ode I, First Canon of Cheesefare Monday



HOLY WEEK

Focus on Christ's Passion

REMAIN SILENT

Spend the week in silence, thought and prayer

Attend Holy Week Services

Wednesday: Holy Unction

Thursday: Mystical Supper & Washing of feet

(Reading of 12 Passion Gospels)

Friday: Crucifixion and burial of Christ

(Vespers)

Saturday: Harrowing of Hades

Sunday: The Resurrection of Christ!

Christ is Risen! Indeed He is Risen!

THIRD WEEK

Focus on Sacrifice and Charity

DONATE

Each day this week purchase a tasty food item to donate to the hungry

Each day take one item from your closet and donate it to those in need

Turn off the television all week - sacrifices are not easy

Put aside a tenth of this week's paycheck, and donate it

Offer to help at church

Offer to help a neighbor

Donate books

Donate a pair of nice shoes

GO ONE DAY WITHOUT COMPLAINING

TRY AGAIN - to go all day without complaining

Sacrifices are not meant to be easy

SECOND WEEK

Focus on Prayer

Be disciplined with your Prayer Routine

Memorize the Lenten Prayer of St. Ephrem

PRAY

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.

But give rather the spirit of chastity, humility, patience, and love to Thy servant.

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art Thou, unto ages of ages. Amen.

While it is good to avoid places of temptation, it is better to seek places of inspiration. While it is good to avoid individuals, who may lead you to sin, it is better to seek out individuals who will lead you to virtue. While it is good to shun those things which tend to control us, it is better to seek self-control over things which have no power over us unless we give them that power.

FIFTH WEEK

Focus on God

SPEND TIME GETTING TO KNOW GOD

Attend Presanctified Liturgy on Wednesday

Read the prescribed readings:

Monday: Proverbs 14:27-15:4

Tuesday: Proverbs 15:7-19

Wednesday: Proverbs 15:20-16:9

Thursday: Proverbs 16:17-17:17

Friday: Proverbs 17:17-18:5

March 27 Lazarus Saturday

March 21
St. Mary of Egypt

FOURTH WEEK

Focus on Family

SPEND TIME GETTING TO KNOW YOUR FAMILY

Pray Evening Prayers with your family

Each evening tell your child a story from your childhood

During dinner share a story about each child

Tell each of your children what makes them unique

Tell your parents why you appreciate them

Find a family recipe and prepare it together

Ask, "If you could go anywhere, where would you go?"

March 7
Veneration of the Holy Cross

March 14
St. John of the Ladder

Let not one think, my fellow Christian, that only priests and monks need to pray without ceasing...
- St. Gregory of Palamas

February 28
St. Gregory Palamas

February 21
Sunday of Orthodoxy

FIRST WEEK

Monday - Strict Fast
Try to attend services

Focus on Self-Improvement

You are a living icon of Christ

Do not GOSSIP

If anyone comes up to gossip, do not participate. This is harder than you think.

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: kallivesey@shaw.ca

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

Contact: John Siroishka
Telephone: 403-271-2128

Email: johnsiroishka@shaw.ca



UKRAINIAN ORTHODOX CHURCH OF THE USA

We are excited! ALPHA has arrived!

Alpha

St Stephens is hosting its first ever Alpha as an online outreach program.

Have you ever wondered what, is your purpose in life?

Or, what proof is there that Jesus actually existed?

To explore the answers to these and many additional questions, join others in a video series from the comfort of your own home.

The series will begin Monday March 1st and will be hosted from 7:30 – 9:00pm. Come as an individual, a couple or family.

There is NO cost and NO homework.

A great time to explore during the COVID-19 lock down! Please register online at <https://bit.ly/3pRhGi4> or contact Theresa or Bill at 403-850-5859 by Sunday Feb 21st. We recommend you view a couple of short 2 minute video trailers to give you a bit of insight into Alpha.

<https://www.youtube.com/watch?v=gLF2nnvcKeo>

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



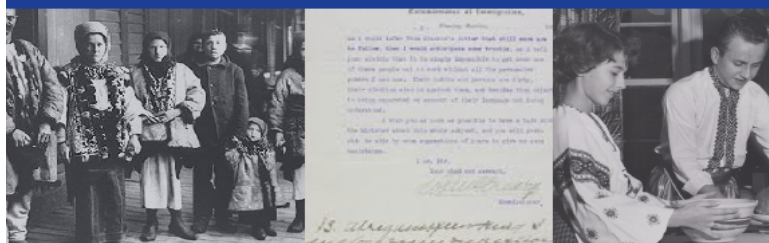
We are excited to announce that Jesus Prayer 33 Challenge & Jesus Prayer 100 Challenge (For those who have completed JP33)

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/

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

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!**

2021 Liturgical Services for the Lenten and Easter Season

[www.saintstephencalgary.ca/
lenten-service.html](http://www.saintstephencalgary.ca/lenten-service.html)