



ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

FEBRUARY 21ST, 2021

First Sunday of the Great Fast - Sunday of Orthodoxy

Our Venerable Father Timothy of Symbola (8th c.);

Our Holy Father Eustathius, Archbishop of Great Antioch (338)

Great Fast Day 7. The Divine Liturgy of St. Basil the Great is celebrated today.



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/2N4HICb>

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.

Troparia and Kontakia

Troparion, Tone 5: 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.

Troparion, Tone 2: We bow before Your most pure image, O kind Lord,* and beg pardon for our sins, O Christ our God.* Of Your own will You consented to ascend the Cross in the flesh to free Your handiwork from enslavement to the enemy.* In thanksgiving we cry aloud to You:* by coming to save the world, our Saviour, You filled all things with joy.

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

Kontakion, Tone 8: The uncircumscribed Word of the Father* became circumscribed when He took flesh of you, O Mother of God,* and when He restored the divine image to its ancient glory,* He suffused it with the beauty of God.* Therefore, confessing our salvation in deed and word,* we portray it in images.

Prokeimenon, Tone 4

Blessed are You, Lord God of our fathers,* and praised and glorified is Your Name for ever.

verse: For You are righteous in everything You have done to us. (*Daniel 3:26,27*)

Epistle

Hebrews 11:24-26,32-40; 12:1-2

Brothers and sisters, by faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward.

And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became

valiant in battle, turned to flight the armies of the aliens. Women received their dead raised to life again.

Others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented— of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth.

And all these, having obtained a good testimony through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect apart from us.

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Alleluia, Tone 4

verse: Moses and Aaron are among His priests and Samuel among those who call upon His name.

verse: They called on the Lord, and He heard them. (*Psalms 98:6*)

Gospel

John 1:43-51

At that time, Jesus wanted to go to Galilee, and He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found Him of whom Moses in the law, and also the prophets, wrote—Jesus of Nazareth, the son of Joseph."

And Nathanael said to him, "Can anything good come out of Nazareth?"

Philip said to him, "Come and see."

Jesus saw Nathanael coming toward Him, and said of him, "Behold, an Israelite indeed, in whom is no deceit!"



HOLY MYSTERIES

CONFESSION:

Saturdays 5:00 to 5:45 pm
or by Appointment
403-249-4818, ext. 2

MARRIAGE, BAPTISM-CHRISMATION- EUCCHARIST, FUNERALS :

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

ANointing of the Sick:

For emergencies call
403-249-4818, ext. 9

DIVINE LITURGY INTENTIONS :

Arrangements with the office

CLERGY & RELIGIOUS

Pastor :

Fr. 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

Nathanael said to Him, "How do You know me?"

Jesus answered and said to him, "Before Philip called you, when you were under the fig tree, I saw you."

Nathanael answered and said to Him, "Rabbi, You are the Son of God! You are the King of Israel!"

Jesus answered and said to him, "Because I said to you, 'I saw you under the fig tree,' do you believe? You will see greater things than these." And He said to him, "Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man."

Hymn to the Mother of God

In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider that all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

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)

2nd Week of Great Lent – Lenten Services

No meat or meat products Mon-Wed-Fri throughout the Fast

February 24 Wednesday

- 9:00am Lenten Typica w/Eucharist
- 6:00pm Liturgy of the Presanctified Gifts

February 27 Saturday

- 6:00pm Great Vespers

February 28 Sunday

- 8:30am Divine Liturgy (Ukrainian w/English homily)
- 10:30am Divine Liturgy (English - Choir)
- 5:00pm Divine Liturgy (English - Family Choir)

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.

**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/yvwouvzx>

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



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



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.

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 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

Wednesday, February 24:

- ❖ 9:00am – Lenten Typica – no intentions
- ❖ 6:00pm – Liturgy of the Presanctified Gifts
- ❖ for blessings for Phil & Mary Dowhaniuk
- ❖ for the repose of the soul of +Lena Wojcichowski

Saturday, February 27:

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

Sunday, February 28:

- ❖ 8:30am – for the repose of the souls of +Harry and +Natalie Kostiuik
- ❖ 10:30am – for the repose of the soul (40 days) of +Lydia Krill
- ❖ 10:30am – for blessings and congratulations to Marlene and Harvey Myk on their 50th Wedding Anniversary. Mnohaya Lita!
- ❖ 5:00pm – for the repose of the soul of +Jim Reinhart

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 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.

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=gLF2nnvKeo>

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

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



Віртуальний Шевченківський Концерт

March 14 березня, 2021р. о 15:00
На Facebook сторінці UCC Calgary, або
на YouTube каналі Echoes of Ukraine TV

Annual Taras Shevchenko Concert 2021

For more information
Для додаткової інформації:
calgaryucc2020@gmail.com





REFLECTION

The Virtue of Joy

CLEAN WEEK

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: bohdatyrawski@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: tysow@shaw.ca

Let us joyfully begin the all-hallowed season of abstinence; and let us worship with the bright radiance of the holy commandments of Christ our God, with the brightness of love and the splendor of prayer, with the purity of holiness and the strength of good courage. So, clothed in raiment of light, let us hasten to the Holy Resurrection on the third day, which shines upon the world with the glory of eternal life. (Kathisma of Matins, Clean Monday)

ONE VIRTUE THAT FOR CENTURIES Christians have been quite suspicious of is joy. During Lent particularly, Christians become very suspicious of this virtue indeed. In fact, it is often viewed as a sin rather than a virtue. Yet St. Paul includes it amongst the fruits of the Holy Spirit (Galatians 5:22).

Christians tend to think of Lent as a time of sorrow, but the above hymn refers to it insistently as a time of joy and brightness. Our Lord Himself reminds us that we are to fast joyfully:

"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." (Matt. 6:16-18)

This lesson is echoed also by the Triodion:

O faithful, with joy let us enter upon the beginning of the Fast. Let us not be of sad countenance, but let us wash our faces in the water of dispassion; and let us bless and exalt Christ above all for ever. (Second Canon of Matins, Clean Monday)

Lent is characterized by what the Greek Fathers call *harmolypti* ("bright sadness" or "joyful sorrow"). This is because Lent, like repentance, is at the same time both sad and bright, both sorrowful and joyful.

Thus the purpose of Lent is to lead us into the joy of the Lord. The joy of which we speak is not the joy of the world, which comes and goes and depends on outward conditions. It is a deep, spiritual joy that springs from our loving relationship with Christ.

Those who think of Lent purely in terms of fasting and obligations can never fully experience the joy of Lent. The joy of Lent is offered to us in Lenten worship, through the services of Great Compline and the Liturgy of the Presanctified Gifts. These solemn services help us gradually to change our hearts and lives by entering into the bright sadness of Lent, through which we are able to make our own the joy of repentance, the joy of returning to God.



Kids Bulletin

What Kind of Fig Tree are You?



In today's Gospel reading, we hear a parable about a fig tree. The owner waited three years for it to grow some figs, but it still wasn't producing any. He told the gardener to cut it down. But the gardener said he would try just for one more year to get it to bear fruit- and if it didn't give any then he would cut it down.



The fig tree is like a person who can do good things but doesn't. The owner shows the justice of God- he has given the tree enough chances so its time is up. But the gardener is like God's mercy. He wants to give the tree one more chance. And he's going to give it extra fertilizer to try to help it.



Lent is a good time to look at our own life and see if we are doing all the good things we can. Maybe there's something nice that we know we could do for someone but we just never bother to. Or maybe we aren't praying quite as much as we know we should. God is giving us a chance to become better people this Lent, and it's your job to make it happen!



*What's wrong with this fig tree?
See what the two men want to do with it by
reading what they say in a mirror.*

www.thekidsbulletin.com



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



2021 Lenten Services

2nd Week of Great Lent –

Sunday of St. Gregory of Palamas

No meat or meat products Mon-Wed-Fri throughout the Fast

- ❖ **February 24 Wednesday**
 - ❖ 9:00am Lenten Typica w/Eucharist
 - ❖ 6:00pm Liturgy of the Presanctified Gifts
- ❖ **February 27 Saturday**
 - ❖ 6:00pm Great Vespers
- ❖ **February 28 2nd Sunday**
 - ❖ 8:30am Divine Liturgy (*Ukrainian w/English homily*)
 - ❖ 10:30am Divine Liturgy (*English - Choir*)
 - ❖ 5:00pm Divine Liturgy (*English - Family Choir*)

3rd Week of Great Lent –

Sunday of the Holy Cross

- ❖ **March 3 Wednesday**
 - ❖ 9:00am Lenten Typica w/Eucharist
 - ❖ 6:00pm Liturgy of the Presanctified Gifts
- ❖ **March 6 Saturday**
 - ❖ 10:00am Sorokousty
 - ❖ 5:00pm Confessions
 - ❖ 6:00pm Great Vespers
- ❖ **March 7 3rd Sunday**
 - ❖ 8:30am Divine Liturgy (*Ukrainian w/English homily*)
 - ❖ 10:30am Divine Liturgy (*English - Choir*)
 - ❖ 5:00pm Divine Liturgy (*English - Family Choir*)

4th Week of Great Lent –

Sunday of St. John Climacus

- ❖ **March 10 Wednesday**
 - ❖ 9:00am Lenten Typica w/Eucharist
 - ❖ 6:00pm Liturgy of the Presanctified Gifts
- ❖ **March 13 Saturday**
 - ❖ 6:00pm Great Vespers
- ❖ **March 14 4th Sunday**
 - ❖ 8:30am Divine Liturgy (*Ukrainian w/English homily*)
 - ❖ 10:30am Divine Liturgy (*English - Choir*)
 - ❖ 5:00pm Divine Liturgy (*English - Family Choir*)

5th Week of Great Lent –

Sunday of St. Mary of Egypt

- ❖ **March 17 Wednesday**
 - ❖ 9:00am Lenten Typica w/Eucharist
 - ❖ 6:00pm Liturgy of the Presanctified Gifts/Sorokousty
- ❖ **March 20 Saturday**
 - ❖ 10:00am Akathist to the Theotokos (*Akathistos Saturday*)
- Lenten Mission: From Simon to Peter, From Sinner to Saint, Conversations with St. Peter.**
 - ❖ 5:00pm Confessions
 - ❖ 6:00pm Great Vespers + Lenten Mission w/Bishop David (*Day 1*)
- ❖ **March 21 Sunday**
 - ❖ 8:30am + Lenten Mission (*Day 2*) – Divine Liturgy (*Ukr. w/ Eng. homily*)
 - ❖ 10:30am + Lenten Mission (*Day 2*) – Divine Liturgy (*Bilingual - Choir*)
 - ❖ 5:00pm Divine Liturgy (*English - Family Choir*)