

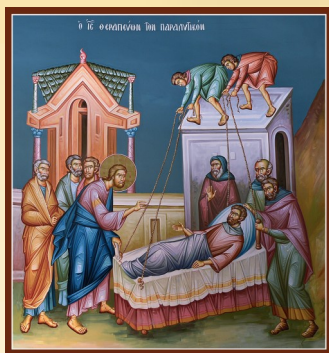
ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

FEBRUARY 28TH, 2021

Second Sunday of the Great Fast - St. Gregory of Palamas

Our Venerable Father and Confessor Basil, Ascetical Companion of Procopius (716-40)

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/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.

Troparia and Kontakia

Troparion, Tone 6: Angelic powers were upon Your tomb* and the guards became like dead men;* Mary stood before Your tomb* seeking Your most pure body.* You captured Hades without being overcome by it.* You met the Virgin and granted life.* O Lord, risen from the dead,* glory be to You!

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

Kontakion, Tone 4: The time for action is now revealed;* the Judge is at the door.* Let us rise and keep the fast,* offering tears of contrition with alms and crying aloud:* our sins are more numerous than the sands of the sea,* but forgive us, O Maker of all, that we may receive incorruptible crowns.

Prokeimenon, Tone 5

You, O Lord, will guard us* and will keep us* from this generation* and forever.

verse: Save me, O Lord, for there is no longer left a just man. (Psalm 11:8,2)

Epistle—Hebrews 1:10-2:3

Brothers and sisters, “You, LORD, in the beginning laid the foundation of the earth, And the heavens are the work of Your hands. They will perish, but You remain; And they will all grow old like a garment; Like a cloak You will fold them up, And they will be changed. But You are the same, And Your years will not fail.”

But to which of the angels has He ever said:

“Sit at My right hand, Till I make Your enemies Your footstool”?

Are they not all ministering spirits sent forth to minister for those who will inherit salvation?

Therefore we must give the more earnest heed to the things we have heard, lest we drift away. For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him.

Alleluia, Tone 6

verse: He who lives in the aid of the Most High, shall dwell under the protection of the God of

heaven.

verse: He says to the Lord: You are my protector and my refuge, my God, in Whom I hope. (Psalm 90:1,2)

Gospel—Mark 2:1-12

At that time, Jesus entered Capernaum after some days, and it was heard that He was in the house. Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four men. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.

When Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven you.”

And some of the scribes were sitting there and reasoning in their hearts, “Why does this Man speak blasphemies like this? Who can forgive sins but God alone?”

But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, “Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk’? But that you may know that the Son of Man has power on earth to forgive sins”—He said to the paralytic, “I say to you, arise, take up your bed, and go to your house.” Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, “We never saw anything like this!”

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 than 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.* Alleluia, alleluia,* alleluia. (Psalm 148:1)



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

Please



3rd Week of Great Lent – Lenten Services

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

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)

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/2N4HICb>

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)

**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.

LIVE STREAM

We're excited to announce that
the 10:30 am Divine Liturgy will be live-streamed

Every Sunday starting Sunday February 28th,
and will replace the recorded Liturgies.

Please go to : <https://bit.ly/3dM1yLq> to virtually attend.

The recording will be made available to watch later on Facebook and the website

Parish Council Nominations

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

- ♦ 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.



Please beware of scam emails or messages using Fr. Mike or Sr. Yvonne

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 825-7353099



DIVINE LITURGY INTENTIONS

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 Kostiuk
- ❖ 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

Wednesday, March 3:

- ❖ 9:00am – Lenten Typica – no intentions
- ❖ 6:00pm – Liturgy of the Presanctified Gifts
- ❖ for blessings for Phil & Mary Dowhaniuk
- ❖ for special intentions for Annette Kozicki

Saturday, March 6:

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

Sunday, March 7:

- ❖ 8:30am – for good health, comfort and daily strength for Ann Kostiuk in memory of the repose of the souls of four deceased relatives
- ❖ 10:30am – in memory of the repose of the soul of +Mary Josephs
- ❖ 10:30am - for blessings and congratulations to Metro Lukie in celebration of his 97th birthday. Mnohaya Lita!
- ❖ 5:00pm – in memory of the repose of the souls of +Joseph and +Julia Cachay



Join us **LIVE**
on YouTube & Facebook
on February 28th at 10:30 am
as we begin

LIVE STREAMING
the Divine Liturgy

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

Annual Taras Shevchenko Concert 2021

For more information
Для додаткової інформації:
calgaryucc2020@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

God With Us ✦ ONLINE ✦

**Catechetical resources
and Upcoming events**

can be found here :

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



REFLECTION

Passions and Virtues

THE PRAYER OF ST. EPHREM



Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit, may we persevere with love, and so be counted worthy to see the solemn Passion of Christ our God, and with great spiritual gladness to behold His holy Passover. (Second troparion of Vespers, Forgiveness Sunday)

AT THE HEART OF THE LENTEN EFFORT is the struggle against the passions. The passions are spiritual or physical inclinations or instincts which, when uncontrolled, are destructive to both soul and body. Christian life is one of spiritual warfare against the passions, and during Lent, we are called to intensify our efforts in this war. The virtues are the positive counterparts of the passions, which Christians must struggle to attain and increase.

One of the weapons Christians have in this spiritual war is prayer. It is therefore no coincidence that during Lent Christians increase and intensify their prayer. During Lent, as well as during other periods of fasting, the Church increases the number of services. In Lent (ideally), Great Compline is held daily, and the Liturgy of the Presanctified Gifts is held every Wednesday and Friday. These services are unique to Lent, and through this Lenten worship we are able to participate in its "bright sadness," in the joyful repentance by which we are liberated from the mad rush, obsessive consumption, and thoughtless routines of daily life.

Of all Lenten prayers, one prayer holds a central position throughout the Lenten worship. It is known as the Prayer of St. Ephrem the Syrian:

Lord and Master of my life, do not give me a spirit of sloth, idle curiosity, love of power, and useless chatter. Rather grant to me, Your servant, a spirit of chastity, humility, patience, and love. Yes, Lord and King, grant me to see my own faults and not to condemn my brother; for You are blessed to the ages of ages. Amen. (Service of Great Compline)

This prayer occupies such an important place in Lenten devotion because it sums up the very purpose of Lent and keeps us focused on our spiritual struggle against the passions. It is at the same time a prayer and a lesson. As we say this prayer day by day during Lent, we become increasingly aware that we are not acting upon it, and so our prayer becomes more ardent as it becomes more and more obvious that we need God's help to become better Christians.

The prayer begins by addressing some of the passions or spiritual illnesses that shape our life and character and prohibit us from true repentance. The passions mentioned in the prayer are four: sloth, idle curiosity, love of power, and useless chatter.

The first passion is sloth, which is, according to Fr. Alexander Schmemmann:

... that strange laziness and passivity of our entire being which always pushes us 'down' rather than 'up'—which constantly convinces us that no change is possible and therefore desirable. It is in fact a deeply rooted cynicism which to every spiritual challenge responds, 'what for?' and makes our life one tremendous waste. It is the root of all sin because it poisons the spiritual energy at its very source.

For as long as we are slothful, we will not make a beginning of repentance or of Lent. We will not bother fasting, going to church, giving time, money, and energy to others, or even praying. This is why it is the first passion addressed in the prayer.

Sloth leads to idle curiosity. Because we are spiritually lazy, not concerned enough with our own repentance and spiritual improvement, we become curious about everyone else's sins and shortcomings. This leads easily to the propensity for gossip and slander.

Love of power comes next. Because we do not accept God as the Lord and Master of our life, we wish to become the lord and master of ourselves and of others. We begin to see others as a means to our own satisfaction. This can take many forms: desire for admiration, sexual gratification, financial gain, a sense of superiority, in which we see other people as necessary only to justify and glorify ourselves.

Finally, useless chatter. Words are powerful tools. They can bring comfort, illumination, laughter, joy, and healing. But they can also be very harmful. Words, when we are not careful, can wound, poison, and destroy. Therefore we are called to abstain from needless words during Lent, remembering the warning of our Lord: "But I say to you that for every idle word men may speak, they will give account of it in the day of judgment" (Matt. 12:36).

The prayer then turns us to four key virtues Christians should struggle to attain. During Lent, we are to intensify our efforts to acquire them: humility, chastity, patience, and love.

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: bohdaytyrawski@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

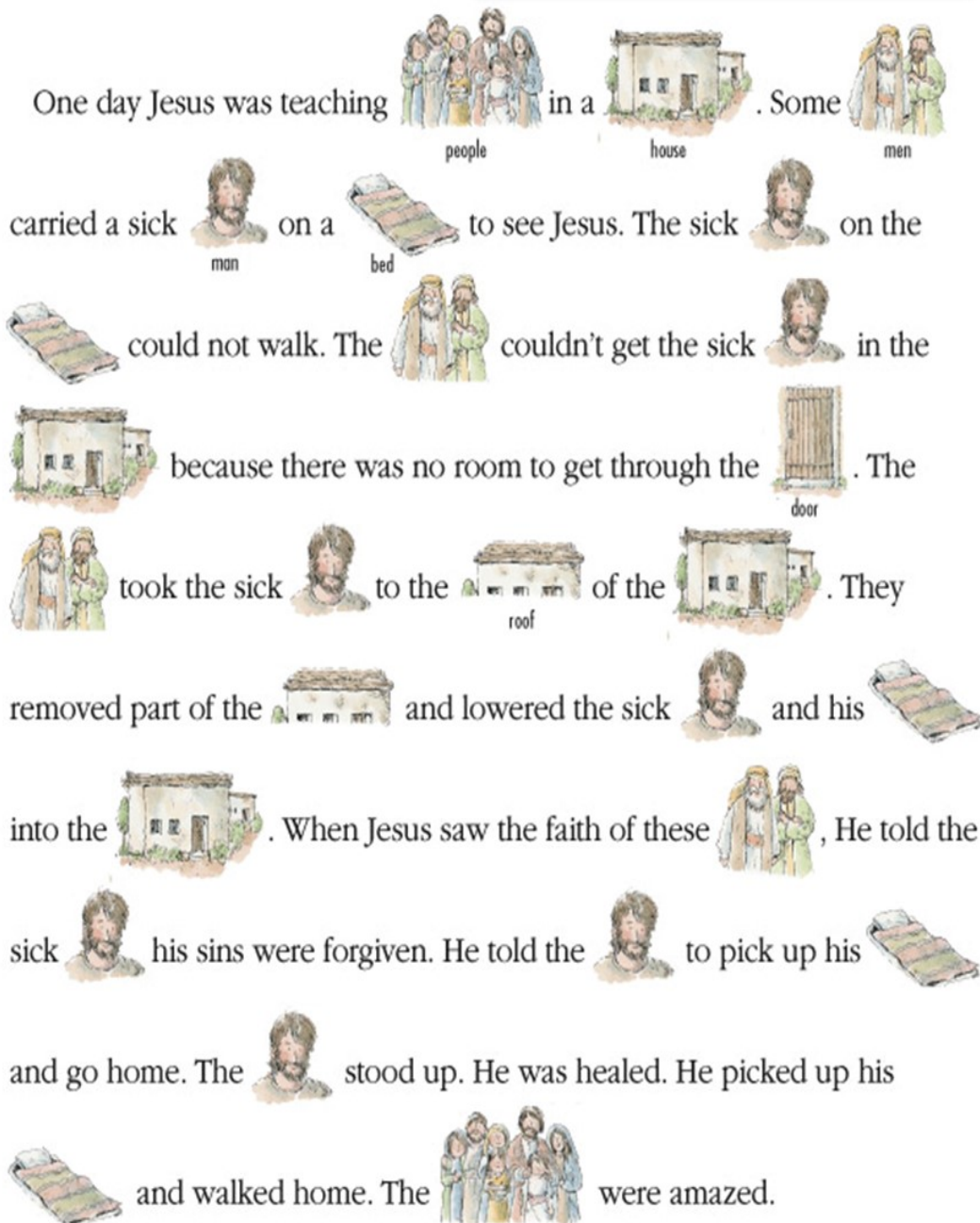
E-mail: tysow@shaw.ca



Kids Bulletin



Jesus Heals a paralyzed man



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

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)



From Sinner To Saint

From Simon to Peter

Lenten Mission with Bishop David

March 20 Saturday

6:00pm Great Vespers + Lenten Mission (Day 1)

March 21 Sunday

8:30am + Lenten Mission (Day 2) – Divine Liturgy

10:30am + Lenten Mission (Day 2) – Divine Liturgy

Online Livestreaming is available here:

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

A Lenten Webinar Series Presented by the Ukrainian Catholic Eparchy of Edmonton

Growing in Grace

Caring for the soil of our hearts so that we may produce fruit for His Kingdom.

Join this year's Lenten Webinar Series!

Thursdays, March 4, 11, 18, 7:00 – 8:00 pm. NO COST

- ❖ **March 4 – Preparing the Soil.** Presenter: Rt. Rev. Fr. Stephen Wojcichowsky
- ❖ **March 11 – Sowing the Seeds.** Presenter: Dr. Theresa Zolner
- ❖ **March 18 – Bearing Fruit.** Presenter: Sr. Dr. Zoe Bernatsky SSMI

Register here and a zoom link will be sent to you prior to the sessions: <https://bit.ly/2ZNGWdI>

Email education@edmontoneparchy.com if you have questions