



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/2N4HICh

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

MARCH 7TH, 2021

Third Sunday of the Great Fast - Veneration of the Holy Cross

the Holy Priest-Martyrs and Bishops of Cherson Basil, Ephrem, Capiton, Eugene, Etherius and Others (284-305); Passing into Eternal Life (1935) of Blessed Leonid Fedorov Great Fast Day 7. The Divine Liturgy of St. Basil the Great is celebrated today.

Troparia and Kontakia

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

Troparion, Tone 1: Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross.

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

Kontakion, Tone 7: No longer does the flaming sword guard the gate of Eden;* the tree of the Cross has quenched its flames gloriously.* The sting of death and the victory of Hades are banished,* and You O my Saviour came and called to those in Hades: "Return again to Paradise!"

Instead of Holy God, we sing:

To Your Cross, O Master,* we bow in veneration,* and we glorify Your holy Resurrection!

Prokeimenon, Tone 6

Save Your people, O Lord, and bless Your inheritance.

verse: Unto You I will cry, O Lord my God, lest You turn from me in silence. (Psalm 27:9,1)

Epistle

Hebrews 4:14-5:6

Brothers and sisters, seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast *our* confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are, yet* without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

For every high priest taken from among men is appointed for men in things *pertaining* to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer *sacrifices* for sins. And no man takes this

honor to himself, but he who is called by God, just as Aaron was.

So also Christ did not glorify Himself to become High Priest, but *it was* He who said to Him:

"You are My Son, Today I have begotten You."

As He also says in another place:

"You are a priest forever, According to the order of Melchizedek."

Alleluia, Tone 8

verse: Remember Your congregation which You acquired from the beginning.

verse: But God is our king before the ages; He has wrought salvation in the midst of the earth. (Psalm 73:2,12)

Gospel

Mark 8:34-9:1

The Lord said, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels."

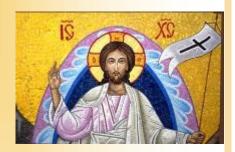
And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."

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

Let the light of Your countenance, O Lord* shine upon us.* Alleluia, alleluia,* alleluia. (*Psalm 4:7*)



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



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.



Sunday Divine Liturgy Registration: https://bit.ly/2N4HICh

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

https://tinyurl.com/yywouvzx

(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.



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.

This week's link is: https://youtu.be/2QtQYUwCacE

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 is serving our Parish as a member of Council. We appreciate your consideration.

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

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

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

AGM 2021

March 21st, 2021 after the 10:30am liturgy (12noon approximate time)

It's that time of year again and we would like to welcome you to join our Annual General Meeting, find out what's going on, ask questions and have your voice heard! Many things have changed this year and we would like to keep you informed and up to date with all these changes!

You can attend:

- 1: **Online** If you plan to attend remotely you are required to register in advance using the following link: https://tinyurl.com/48a2bndx
- 2: **Parish hall** physically distanced we can accommodate up to 80 people, face masks mandatory (Lunch cannot be provided due to Covid-19 restrictions, but you are welcome to bring your own bagged lunch)

A quorum of 34 eligible parish members is required in order to conduct this meeting.

so we strongly urge you to attend in person or online.

Every voice counts!



Inviting All Saint Stephens' Youth

(ages 15 years - 25 years) Please join us on

Saturday, March 20 from 10 am - 1 pm for a Charitable Event to Assemble Gift Bags to Be Distributed to

Expectant Young Families in Need Fellowship & Pizza To Follow Please contact

Saint Stephen's membership coordinator, Deanne by texting 403 701 3187 to express your interest

From the ARC....

Share in a pilgrim's journey with "The Way of the Pilgrim", the story of a pilgrim learning to pray the Jesus Prayer or travel to the Holy Land with a copy of "Closed for Renovation" by Peter Sabella a pictorial spiritual guide of the Holy Land. Learn about or revisit the places in the life of Jesus and His Ministry as they appear in scriptural readings with a reflection and accompanying prayer. Copies are available for purchase from the church office. Pysanky supplies also available.



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, March 6:

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

Sunday, March 7:

- 8:30am for good health, comfort and daily strength for Ann Kostiuk and faith to sustain her
- 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

Wednesday, March 10:

- 9:00am Lenten Typica no intentions
- 6:00pm Liturgy of the Presanctified Gifts for the repose of the souls of +Harry and +Natalie Kostiuk

Saturday, March 13:

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

Sunday, March 14:

- 8:30am for the peaceful repose of the souls of +Peter, +Cecelia, +Harry and +Natalie Kostiuk and comfort for their families
- 10:30am for the repose of the souls of +Jan and +Anna Karchut
- 5:00pm for the repose of the soul of +Jim Reinhart

It is with sadness that we announce the repose of the soul of long time parishioner and friend, +Patricia Elaine Ficzycz.

Our thoughts and prayers for peace and strength are with her family and friends at this time..

Вічная Память * Vichnaya Pamyat * Everlasting Memory



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: lornein@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: bohdantyrawski@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

THE THIRD SUNDAY OF LENT is dedicated to the Cross. The reason for this is given to us in the Synaxarion for the day:

On this third Sunday of the Great Fast we celebrate the Veneration of the precious and lifegiving Cross. Since during the forty days of the Fast we are also in a way crucified, mortified to the passions, contrite, abased and despondent, the precious and life-giving Cross is offered to us as refreshment and confirmation, calling to mind the Passion of our Lord Jesus Christ and comforting us.... Just as those who have traveled a long hard road, weighed down by the labors of their journey, in finding a shady tree, take their ease for a moment and continue their journey rejuvenated, so now in this time of the Fast, this sorrowful and laborious journey, the Holy Fathers have planted the life-giving Cross before us, for our relief and refreshment, to encourage and make easier the labors that lie ahead.

It is clear, then, that the Sunday of the Veneration of the Cross is directly connected to our Lenten effort. If we have taken Lent seriously so far, by now we are probably feeling the strain of this effort. Our fasting is perhaps becoming harder to maintain, our acts of charity are perhaps dwindling or growing cold, sloth may be persuading us to stay at home rather than attend the evening Lenten services. We may be missing the worldly things in our lives that we may have chosen to cut back on or cut out altogether during Lent. And so the Cross is placed before us to remind us of the suffering Christ endured for us.

Furthermore, this day reminds us not only of the Cross but also of the Resurrection—the ultimate goal of our ascetic struggle and of the Lenten season—Pascha. The theme-hymns, or hirmoi, for this day all make reference to the Resurrection, and the canon for the day is chanted according to exactly the same melody as the canon of Pascha. Thus the Church reminds us, not only in words but even through melody, that Lent is the necessary journey to Pascha, and we cannot reach the joy of the Resurrection without going through the Cross. And so we hear in the Gospel reading for this day the words of our Lord: "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me" (Matt. 16:24).

The Cross and Resurrection are not to be seen in isolation. From the moment we see the Cross, we see also the impending Resurrection. Thus the Cross is a symbol not of sorrow, but of joyful expectation. As we say at every Sunday Matins service:

Having seen the Resurrection of Christ, let us worship the Holy Lord Jesus, the only sinless one. We worship Your Cross, O Christ, and we praise and glorify Your holy Resurrection. For You are our God; we know no other but You; we name You by name. Come, all the faithful, let us worship the holy Resurrection of Christ; for behold, through the Cross, joy has come into all the world. Ever blessing the Lord, we sing His Resurrection. For having endured the Cross for us, by death He has destroyed death. (Prayer after the reading of the Sunday Matins Gospel)

Having thus been encouraged and inspired by the memory and veneration of the Cross on which Christ suffered for our sakes, we are persuaded to continue our own Lenten effort, to carry on bearing our cross for His sake, and to walk with our Lord to Calvary, that we may truly participate in the Passion, Death, and Resurrection of Christ. Only then, having followed Christ throughout the Lenten journey into Holy Week, will we truly be able to participate in the joy of His life-giving Resurrection.



























At every ordination, whether it be to the subdiaconate, diaconate or priesthood, the man receiving Holy Orders is configured to Christ in a unique way by the Holy Spirit. As part of the ordination rite he is presented with the tools and vestments of his office, and the bishop proclaims "Axios!" ("he is worthy" in Greek) to which the people add their acclamation with a resounding and thrice repeated

Yet, brothers and sisters, in a certain sense we are wrong every time. No one is truly worthy to stand before the Lord. All have sinned and fallen short of the glory of God. St. Paul reminds us that in fact, the failings and weakness of the Levitical priests of the Old Covenant allowed them to act with compassion and mercy towards those who they are interceding for. In a similar way we can take confidence in the perfect High Priesthood of Christ. Our Lord was tested in every way that we are. Just like us, He was not above temptation as a man, but unlike us He did not succumb, meaning that He is the perfect High Priest who is seated in glory on the right hand of His Father.

This is the amazing mystery of the Christian priesthood. We are unworthy, and yet the Lord has made us worthy and is continuing to make us worthy. With this in mind let us continue to take joy and security from the fact that our Heavenly Father has not left us orphans, but has called men out of the world to intercede for us, and at the same time let us keep our clergy in prayer that they may remain open to Divine Grace in their ministry.



Kids Bulletin

FOLLOW JESUS

The Lord said, "If you believe in me, follow everything I have taught you. What I have taught you is to be kind instead of mean. This isn't easy. You will find that some people do not like you because you are a good person, and because you are kind even to those who are not kind to you. I have also taught you to serve one another.

"You will find that it is difficult to do this because you must think about what others want, first. You must not be selfish. When you follow me, you will learn that it isn't easy. It is like carrying the cross. But, whenever you are following me, I will be with you to help you. And one day you will be with me in heaven because you followed me."

WHAT DO YOU THINK?

- 1. Jesus taught us that instead of being mean, we should be kind. What is one kind thing you have done?
- 2. Jesus taught us we must serve others. When a friend comes to play at our house, we can serve them by letting them make some choices about what to do. We can offer them our toys to play with. Is it easy to share?
- 3. When it is hard to do what Jesus wants us to, we can say a prayer, "Jesus, help me now." Then we need to do the right thing.
- 4. Jesus said it would not always be easy to follow him. What did He say it is like?
- 5. Where did Jesus say He would be when we follow Him?





iges courtesy of Iconographics (www.theologic.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



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 w. Bishop David

- ❖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)

6th Week of Great Lent - Palm Sunday

March 24 Wednesday

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

March 25 Thursday

- ❖7:00pm Vesperal Divine Liturgy † Feast of the Annunciation
- ❖ March 27 Saturday
- ❖9:00am Divine Liturgy w/anointing of the sick (Lazarus Saturday)

March 28 Sunday

- *8:30am † Divine Liturgy (Ukrainian w/English homily) Distribution of Willows
- ❖10:30am † Divine Liturgy (English Choir) Distribution of Willows
- 5:00pm † Divine Liturgy (English Family Choir) Distribution of Willows

Great and Holy Week

Full Schedule can be found here : shorturl.at/iBDJ8





From Simon to Peter

Lenten Mission with Bishop David

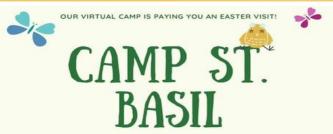
March 20 Saturday

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



Coming together through ZOOM for games, activities crafts and religion lessons with an Easter theme!



Register by March 25 on our website: http://tinyurl.com/campstbasil

For more information visit our website, call or email: campsaintbasils@gmail.com 1-780-434-8010

Camp St. Basil welcomes children aged 7 to 14 years old to our

FIRST EVER ONLINE EASTER CAMP!

Running from April 1,2,3 and 5th 2021 That's Holy Thursday, Good Friday, Holy Saturday and Holy Monday!
http://tinyurl.com/campstbasil