



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 14TH, 2021

Fourth Sunday of the Great Fast - St. John Climacus

Our Venerable Father Benedict of Nursia (547)

Great Fast Day 28. The Divine Liturgy of St. Basil the Great is celebrated today.

Troparia and Kontakia

Troparion, Tone 8: You came down from on high, O Merciful One,* and accepted three days of burial* to free us from our sufferings.* O Lord, our life and our resurrection,* glory be to You.

Troparion, Tone 1: O John, our God-bearing father,* you were shown to be a citizen of the desert,* an angel in bodily form,* and a worker of miracles.* Through fasting, prayers and vigils you received heavenly gifts* to heal the sick and the souls of those who, in faith, run to you.* Glory to Him who gives you strength.* Glory to Him who crowned you.* Glory to Him who works healing for all through 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: On the heights of true abstinence,* the Lord established you as a reliable star,* giving light for guidance to the ends of the earth,* O father John, our teacher.

Prokeimenon, Tone 8

Pray and give thanks to the Lord our God.

verse: In Judea God is known; His name is great in Israel. (Psalm 75:12,2)

Prokeimenon, Tone 8

verse: The venerable ones will exult in glory* and they shall be joyful in their beds. (Psalm 149:5)

Epistle

Hebrews 6:13-20; Ephesians 5:9-19

Brothers and sisters, when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, saying, "Surely blessing I will bless you, and multiplying I will multiply you." And so, after he had patiently endured, he obtained the promise. For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute. Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us.

This *hope* we have as an anchor of the soul, both sure and steadfast, and which enters the *Presence* behind the veil, where the forerunner has entered

for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

Alleluia, Tone 8

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

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

verse: They who are planted in the hose of the Lord shall flourish in the courts of our God. (Psalm 91:14)

Gospel

Mark 9:17-31; Matthew 4:25-5:12

At that time, one of the multitude came to Jesus, bowed before Him, and said, "Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not."

He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth.

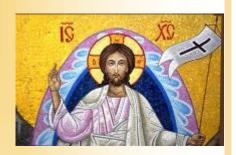
So He asked his father, "How long has this been happening to him?"

And he said, "From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us."

Jesus said to him, "If you can believe, all things *are* possible to him who believes."

Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!"

When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: "Deaf and dumb spirit, I command you, come out of him and enter him no more!" Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose.



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 And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?"

So He said to them, "This kind can come out by nothing but prayer and fasting."

Then they departed from there and passed through Galilee, and He did not want anyone to know *it*. For He taught His disciples and said to them, "The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day."

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)* The just man shall be in everlasting remembrance;* of evil hearsay he shall have no fear.* Alleluia, alleluia,* alleluia. (Psalm 111:6)



We are now opening the amount of people to 50 in the church (+ 50 in the hall for our 10:30 am Sunday 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.
- 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.

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!**

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.



DIVINE LITURGY INTENTIONS

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

Wednesday, March 17:

- ❖ 9:00am Lenten Typica no intentions
- 6:00pm Liturgy of Presanctified Gifts - for the repose of the soul of +Anna Borys

Saturday, March 20:

- ❖ 5:00pm − Confessions
- ♦ 6:00pm Great Vespers / Lenten Mission #1

Sunday, March 21:

- 8:30am Lenten Mission #2
- for blessings and good health for Ann Kostiuk
- 10:30am Lenten Mission #2
- for the repose of the soul (40 days) of +Elaine Karlonas
- in memory of the repose of the soul of +Carolyn Taillon
- 5:00pm for a full and speedy recovery from surgery for Don Bobyn



UCWLC Zoom Meeting

on Thursday, March 18th at 7p.m. **Guest Speaker from Street Sisters.**

Social Mission Commission of the Edmonton Eparchy Survey

Are asking each parish to fill out a short survey to help direct the work they do. This should take less than 10 minutes to complete and will be very helpful as we go forward.

Please complete this by March 28, 2021.

More information can be found here: https://eeparchy.com/social-mission/ To complete the survey click here:

https://forms.gle/CoVCnDATfgNqrn5t8



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 $ARC \ldots$

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 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 people targeting asking for monev 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

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 streetsisterssociety@gmail.com



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: <u>ivanweleschuk@hotmail.com</u> 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 Canon of St. Andrew

CLEAN WEEK AND THE FIFTH THURSDAY OF LENT

The end is at hand, my soul, is at hand! But you neither care nor prepare. The time is growing short. Arise! The Judge is at the door! Like a dream, like a flower, the time of this life passes. Why do we bustle about in vain? (Fourth ode of the Canon of St. Andrew)

As we saw in chapter two, the central theme of Lent is repentance. This theme is at the heart of one of the best-loved texts of Great Lent, the Great Canon of St. Andrew of Crete. This text is heard during the first week of Lent as part of Great Compline, in which an extract of the Canon is chanted each day. In the middle of the fifth week of Lent, the Canon is chanted in its entirety.

The Canon is a dialogue between the Christian and his soul. The central theme is the urgent exhortation to change one's life. Thus the Canon is repeated in its entirety toward the end of Lent. If by now we have not begun to repent, then now is the time.

The Church knows that repentance is not easy. Even the holy author of the Canon is persistently reminding himself of his lack of repentance, striving to persuade himself to change his ways. The Church invites us to make his words our own. It is never too late to repent, as we are reminded in the Paschal Sermon of St. John Chrysostom:

Have any wearied themselves with fasting? Let them now enjoy their payment. Has anyone labored since the first hour? Let him today receive his due. Did any come after the third hour? Let them feast with gratitude. Did any arrive after the sixth hour? Let them not hesitate: for there is no penalty. Did any delay until after the ninth hour? Let them approach without hesitating. Did any arrive only for the eleventh hour? Let them not fear because of their lateness: for the Lord is generous and receives the last as the first: He gives rest to the worker of the eleventh hour as to those of the first. He has pity on the latter, He cares for the former. He gives to the one, He is generous to the other. He accepts the work done, He welcomes the intention. He honors the achievement, He praises the purpose. (The Paschal Vigil Service)

Yet the time for repentance is ever at hand. We are urged not to put it off any longer. At the beginning of Holy Week we hear the hymn:

Behold, the Bridegroom comes at midnight, and blessed is the servant whom He shall find watching. And again, unworthy is the servant whom He shall find heedless. Beware, therefore, O my soul, do not be weighed down with sleep, lest you be given up to death, and lest you be shut out of the kingdom. But rouse yourself, crying, "Holy, holy, holy are You, our God." (First troparion of Matins, Great and Holy Monday)

This hymn is based on the parable of the ten virgins (Matt. 25:1–13), which is a parable about the readiness of the soul to meet its Maker: "Behold, the bridegroom is coming; go out to meet him!" (Matt. 25:6).

In the Canon of St. Andrew, we are reminded that death is always at the door, and Christ, the Bridegroom of the Church, is near. Are you ready to meet Him? "Repent, for the kingdom of heaven is at hand" (Matt. 3:2).





What to do during the Great Lent

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Have some friends over for family home evening		Really listen to someone		Give a sincere compliment	2
		Visit the sick	,	Forgive someone	8 C C C C C C C C C C C C C C C C C C C	Call and cheer someone up
311	Volunteer to do the dishes	0000	Share your smile	Sollieone Sparter	Think good thoughts about someone	Someone up
Write to a		Make a treat for		Send a letter		Take a meal to someone
missionary	Share a talent	the bishopric	Hug someone	to someone	Try to understand someone's feelings	who is sick
Give someone a ride to church	0 0 0	Bake 2 and share 1		Read to a small child		Make a new friend
Make someone feel welcome at church	4000	Tell a friend what you like about him or her	Do someone a favor	STRAIL CHILD	Smile at a frowning face	Visit an elderly neighbor
203	Share a treat for family home evening	La Misterna Commencia de la Co		Show someone you care		
Help a busy mother with her children at church	{(°.≥°),}	Clean your room		you care		- 7 77
	Say "I love you"	without being asked				



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**: <u>dchelack@shaw.ca</u> or <u>Office@Protomartyr.ca</u>

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



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

Every Sunday and will replace the recorded Liturgies.

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

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



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:

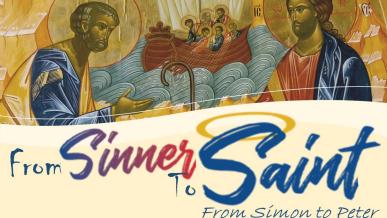
Full Schedule can be found here: shorturl.at/iBDJ8

K of C 50/50 Raffle



Please support your St. Nicholas Byzantine K of C Council by purchasing 50/50 tickets.

Go to www.koc5050.com click on the "in support of" button, scroll down, select "07659 St. Nicholas Byzantine" and then continue with your online purchase. This will ensure that proceeds from your purchase will be directed to our Council. Last year's proceeds were directed to youth programs in our Parish. Thank you for supporting our Council by purchasing tickets. The winner will receive between \$20,000 and \$50,000 (depending on how many tickets sold). Tickets are limited so please act quickly.



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:



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