

ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

MAY 16TH, 2021

Seventh Sunday of Pascha

**Sunday of the Holy Fathers of the First Ecumenical Council of Nicaea,
Our Venerable Father Theodore the Sanctified, Disciple of Saint Pachomius (364)**



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:

Tuesdays, Wednesdays & Thursdays
at 9:00am

Saturdays
5:00 pm Confessions
6:00 pm Vespers

First Antiphon

Clap your hands, all you nations;* shout to God with the voice of joy.

Through the prayers of the Mother of God, O Saviour, save, us.

For the Lord most high is awesome,* a great king over all the earth.

Through the prayers of the Mother of God, O Saviour, save, us.

He has subdued peoples to us,* and nations under our feet.

Through the prayers of the Mother of God, O Saviour, save, us.

God ascended amid shouts of joy;* the Lord at the sound of the trumpet.

Through the prayers of the Mother of God, O Saviour, save, us.

Glory... Now... Only-Begotten Son...

Third Antiphon

Come, let us sing joyfully to the Lord,* let us acclaim God, our Saviour.

Son of God, who ascended in glory, save us who sing to You: Alleluia.*

Let us come before His face with praise,* and acclaim Him in psalms.

Son of God, who ascended in glory, save us who sing to You: Alleluia.*

For God is the great Lord,* the great king over all the earth.

Son of God, who ascended in glory, save us who sing to You: Alleluia.*

Entrance

Come, let us worship* and fall down before Christ.

Son of God, who ascended in glory, save us who sing to You: Alleluia.*

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!

Troparion, Tone 4: You ascended in glory, O Christ

our God,* giving joy to Your disciples by the promise of the Holy Spirit,* and assuring them through your blessing* that You are the Son of God,* the Redeemer of the world.

Troparion, Tone 8: Christ our God, You are glorified above all,* You established our fathers as beacons on earth* and through them guided all of us to the true faith.* Glory to You, most compassionate Lord.

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

Kontakion, Tone 8: The apostles' preaching and the Fathers' doctrine* confirmed the Church's one faith,* and wearing the garment of truth* woven from theology that descends from on high,* she rightly imparts* the mystery of godliness* and sings its glory.

Now and for ever and ever. Amen.

Kontakion, Tone 6: When you had fulfilled Your plan for us* and united things on earth with those in heaven,* You ascended in glory, O Christ our God,* in no way distant, but remaining in separable,* You cried to those who love You:* I am with You and there is none against you.

Prokeimenon, Tone 4

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

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

Epistle

Acts 20:16-18, 28-36

In those days, Paul had decided to sail past Ephesus, so that he would not have to spend time in Asia; for he was hurrying to be at Jerusalem, if possible, on the Day of Pentecost.

From Miletus he sent to Ephesus and called for the elders of the church. And when they had come to him, he said to them: "You know, from the first day that I came to Asia, in what manner I always lived among you.

"Therefore take heed to yourselves and to all the flock, among which the Holy Spirit has made you overseers, to shepherd the church of God which He purchased with His own blood. For I know this, that after my departure savage wolves will come in among you, not sparing the flock. Also from among yourselves men will rise up, speaking perverse things, to draw away the disciples after



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

Maria Dwulit, cell: 403-816-5610,
email: Hall@Protomartyr.ca

HALL & KITCHEN

403-249-4818, ext. 6

themselves. Therefore watch, and remember that for three years I did not cease to warn everyone night and day with tears.

"So now, brethren, I commend you to God and to the word of His grace, which is able to build you up and give you an inheritance among all those who are sanctified. I have coveted no one's silver or gold or apparel. Yes, you yourselves know that these hands have provided for my necessities, and for those who were with me. I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.'"

And when he had said these things, he knelt down and prayed with them all.

Alleluia, Tone 1

verse: The God of gods, the Lord, spoke and summoned the earth from the rising of sun to its setting.

verse: Gather to Him His devout ones, who with sacrifice make covenant with Him. (Psalm 49:1,5)

Gospel— John 17:1-13

At that time, Jesus lifted up His eyes to heaven, and said: "Father, the hour has come. Glorify Your Son, that Your Son also may glorify You, as You have given Him authority over all flesh, that He should give eternal life to as many as You have given Him. And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent. I have glorified You on the earth. I have finished the work which You have given Me to do. And now, O Father, glorify Me together with Yourself, with the glory which I had with You before the world was.

"I have manifested Your name to the men whom You have given Me out of the world. They were

Yours, You gave them to Me, and they have kept Your word. Now they have known that all things which You have given Me are from You. For I have given to them the words which You have given Me; and they have received *them*, and have known surely that I came forth from You; and they have believed that You sent Me.

"I pray for them. I do not pray for the world but for those whom You have given Me, for they are Yours. And all Mine are Yours, and Yours are Mine, and I am glorified in them. Now I am no longer in the world, but these are in the world, and I come to You. Holy Father, keep through Your name those whom You have given Me, that they may be one as We are. While I was with them in the world, I kept them in Your name. Those whom You gave Me I have kept; and none of them is lost except the son of perdition, that the Scripture might be fulfilled. But now I come to You, and these things I speak in the world, that they may have My joy fulfilled in themselves."

Hymn to the Mother of God

O my soul, magnify the Lord who in glory ascended bodily into the heavens.

And the Irmos: O Mother of God,* you transcended both mind and word,* and in time, ineffably bore the Timeless One:* it is you who, with one accord,* we, the faithful, magnify.


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. (Psalm 32:1) Alleluia, alleluia,* alleluia.

Instead of "We have seen the true light" and "Let our mouths be filled" we sing:

Be exalted, O God, above the heavens, above all the earth be Your glory.

CORONA VIRUS COVID-19



- First Communion has been postponed.
- Funerals/Baptisms/Weddings are all down to 10 people.
- We can accommodate 15 people (this number includes the priest, cantor and server) in the Church and 15 in the Hall (since it has its own entrance/parking lot/bathroom etc.). Two separate preregistrations will be issued for each weekend Liturgy - **one for the Church proper at 12 people and one for 14 people in the Hall (this number includes the usher)**. A second chalice will always be prepared to distribution of Communion upstairs via the minor cleric. **Please note that if you have already pre-registered for any upcoming Liturgy you will be contacted by the office to confirm attendance.**
- Weekday Liturgies and Molebens are cancelled at this time with the exception of Ascension Thursday, May 13th at 9:00am. Parishioners may benefit from the livestreamed services being served at our Cathedral: <https://stjosaphat.ab.ca/>
- In an attempt to allow more people to participate in the Liturgy during these more strict restrictions, **the 6 PM Saturday Vespers will become an evening liturgy**. Please use the appropriate preregistration signups for the Liturgy. **Confessions are cancelled during this time**. Once these restrictions have lifted, we will return to Saturday evening Great Vespers at the same time.
- Those with medical conditions who are unable to wear a mask will be allowed to attend this week but they will need to obtain a medical exemption letter from a health professional if they are planning to attend in the upcoming weeks.

Please



Announcements

- ❖ The Rosary will be prayed and live-streamed on Sundays at 10:05 AM.
- ❖ Sunday of the Holy Fathers Live-streaming link : https://youtu.be/RIB2kAWne_M
The recording will be made available to watch later on Facebook and St. Stephen's website
- ❖ Sunday Divine Liturgy sign-up : <https://bit.ly/2N4HlCh>.
- ❖ Tuesdays, Wednesdays and Thursdays 9:00 am Divine Liturgies are canceled.
- ❖ UCWLC General Zoom Meeting Thursday, May 20th at 7pm.
- ❖ If you would like to add something to the bulletin, please submit your request to the office no later than WEDNESDAY, 2:00pm.

Every measure will continue to be taken to keep everyone safe from the virus with social distancing, sanitizing and mandatory face masks. We look forward to you joining us!

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, Len Beblow by email at liturgical@protomartyr.ca or the office by phone 403-249-4818.



DIVINE LITURGY INTENTIONS

Saturday, May 15:

****NEW**-- Divine Liturgy**

- ❖ 6:00pm – for the repose of the soul of +Aurele St. Godard and peace and comfort for his family
- ❖ 6:00pm - for blessings, speedy recovery, and good health for Annette Kozicki

Sunday, May 16:

- ❖ 8:30am – for the repose of the soul of +Patricia Ficzytz and peace & comfort for her family
- ❖ 10:30am – in memory of the repose of the soul of +Joseph Luzney
- ❖ 10:30am – in memory of the repose of the soul of +Nancy Korchinski
- ❖ 5:00pm – for peace and comfort for Jeanette Schnirer & family

Tuesday, May 18:

- ❖ ****CANCELED**** 9:00am – intentions rescheduled to Saturday, May 22

Wednesday, May 19:

- ❖ ****CANCELED**** 9:00am – intentions rescheduled to Saturday, May 22

Thursday, May 20:

- ❖ ****CANCELED**** 9:00am – intentions rescheduled to Sunday, May 23

Saturday, May 22:

****NEW**-- Divine Liturgy**

- ❖ 6:00pm – in thanksgiving for generosity to KofC and continued good health to Emil & Roselyn Arabsky
- ❖ 6:00pm – for health and wellbeing for Phil & Mary Dowhaniuk

Sunday, May 23:

- ❖ 8:30am – for the repose of the soul of +Patricia Ficzytz and peace & comfort for her family
- ❖ 10:30am – for good health and speedy recovery from surgery for Joe Sakundiak
- ❖ 10:30am – for good health and wellbeing for Lorne Nicholas Woychysyn
- ❖ 5:00pm – for special birthday blessings for Marianna Offidani. Mnohaya Lita!



The Jesus Prayer, also known as "The Prayer of the Heart" is an ancient and beautiful prayer of the Christian East.

Repeated many times consecutively, it is a prayer which allows us to stand in the presence of the Lord, focusing on Him and asking for His mercy. This prayer has been an incredible guide for many people as they come to know the Lord and a true weapon for engaging in spiritual combat.

Registration is currently open for the

Jesus Prayer 33 Challenge

May 23 to June 30th
Zoom meetings on Tuesdays at 7:00 pm MT

Register at :

www.jesusprayer33.com/

NEW HORIZONS FOR SENIORS PROGRAM



St. Stephen's has applied for and received a small grant from New Horizons Seniors Program, a federal grant that provides funding for projects that make a difference in the lives of seniors.

The federal designation of a senior is anyone who is 55 yrs and over. Funds must be used by no later than April 30, 2022.

If you are presently involved in or would like to start a senior project you are invited to apply for funding from the received grant. Your proposal must meet at least one of the following objectives:

Program objectives

- seniors will lead or play a vital role in its planning and/or delivery
 - * promoting volunteerism among seniors and other generations
 - * engaging seniors in the community through the mentoring of others
- seek to benefit seniors and communities
 - * expanding awareness of elder abuse, including financial abuse
 - * supporting the social participation and inclusion of seniors
- providing capital assistance for new and existing projects and programs for seniors
- demonstrate cost effectiveness

More information can be found here:

<https://bit.ly/3xT54va>



The UCPBA is excited to announce that we are now accepting applications for the annual scholarship fund.

The deadline for applications is May 28, 2021.

For eligibility criteria, please visit the website: <https://bit.ly/3gP6Hnt>



REFLECTION



Divine Ascent

LEAVE-TAKING OF PASCHA AND ASCENSION THURSDAY

Pascha concludes with the Leave-taking of Pascha, when we again celebrate the Paschal liturgy, and for the last time we greet one another with the words, "Christ is risen!"—"Truly the Lord is risen!"

The following day, forty days after Pascha, we celebrate our Lord's Ascension into heaven. Some have come to think of this day as a sorrowful one, because the Lord is physically no longer present with us on earth but returns to the Father. But it is by no means a day of sorrow, for in ascending to the heavenly

Father, our Lord took with Him our human nature, which He assumed for our salvation. Because He shares in our humanity, we share in His divinity; because He became our brother, we are children of His Father:

"I am ascending to My Father and your Father, and to My God and your God." (John 20:17)

"I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, *there* you may be also." (John 14:2-3)

Because Christ took flesh, died, and rose in the body and raised it up to heaven, we are able to follow Him to God the Father:

When You came down from heaven to things on earth and as God raised up with You Adam's nature, which lay below in the prison of Hades, You brought it to heaven by Your Ascension, O Christ, and made it sit with You on Your Father's throne, for You are merciful and love mankind. (Matins of the Ascension, kathisma)

As St. Paul writes:

Now this, "He ascended"—what does it mean but that He also first descended into the lower parts of the earth? He who descended is also the One who ascended far above all the heavens, that He might fill all things. (Eph. 4:9-10)

Far from being a day of sorrow, the Ascension is a feast of joy and eager anticipation. We cannot think of the Ascension without remembering that Christ is returning to the Father to pour the Holy Spirit upon us:

You were taken up in glory, Christ our God, giving joy to Your Disciples by the promise of the Holy Spirit, when through the blessing they had been assured that You are the Son of God, the Redeemer of the world. (Apolitikion of the Ascension)

In ascending to heaven, O Lord, from where You also descended, do not leave us orphans; may Your Spirit come, bringing peace to the world; show to the sons of men Your powerful deeds, O Lord, for You love mankind. (Vespers for Ascension Thursday, first hymn of the aposticha)

As our Lord said:

"It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you." (John 16:7)

With Pentecost approaching, again we are reminded of baptism through the image of water in our church services. In the third Old Testament reading for the Vespers of the Ascension, we hear:

Behold, the day of the LORD is coming,
And in that day His feet will stand on the Mount of Olives,
Which faces Jerusalem on the east.
And in that day it shall be *That* living waters shall flow from Jerusalem,
Half of them toward the eastern sea And half of them toward the western sea;
In both summer and winter it shall occur.
And the LORD shall be King over all the earth.
In that day it shall be—
"The LORD is one,"
And His name one. (Zech. 14:1, 4, 8-9)

While the Ascension invites us to strengthen our preparation for Pentecost, at the same time it reminds us strongly of our Lord's Second Coming:

Your angels, O Lord, said to Your Apostles: Men of Galilee, why do you stand looking up to heaven? This is Christ our God, who is taken up from you into heaven; He will come again in the same way that you have seen Him going to heaven; serve Him in holiness and righteousness. (Vespers for Ascension Thursday, third hymn of the aposticha)

This double preparation characterizes the Feast of the Ascension: We prepare for the coming of the Holy Spirit while remembering also the Second Coming of Christ. Again, Pentecost and baptism are placed within the context of the last things. For through the Holy Spirit, we are given a foretaste of the world to come. Therefore, the Church calls us always to be ready for the coming of the Lord.

Charity

Coordinates and markets the efforts of all parish charitable activity.

Contact: Mary Chudyk, Charity Director

Email: Charity@Protomartyr.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: bohiantyrawski@gmail.com

Plus 50 Club: *Provides social interaction for seniors. Also promotes programs and activities relevant to seniors.*

Contact: Ed Tysowski, President

Phone: 403-547-3226

E-mail: tysov@shaw.ca



Kids Bulletin

Forty days after Jesus rose from the dead he went up a hill with His followers and disappeared through the clouds and went up into Heaven.



Jesus had promised to send a Comforter to them after He left them.

Can you find your way through the cloud maze?



www.Kidsbulletin.com



Jesus disappeared into a cloud forty days after He rose from the dead. Where did He go?

Colour in the spaces with crosses (+) to find out!

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: Education@Protomartyr.ca

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

Contact: John Siroishka

Telephone: 403-271-2128

Email: johnsiroishka@shaw.ca



Happy Birthday

Fr. Mike, May God grant you a long, healthy and happy life filled with His peace, love and joy. Mnohaya Lita!



LOCATION
TRYZUB STUDIOS
115, 3953 112 AVE SE
CALGARY AB

REGISTER ONLINE
WWW.TRYZUB.CA

OUR CAMPS
July 12 - 16
AGES 4-6: 9AM-12PM
AGES 1-12: 1PM-4PM
July 19-23
AGES 7-9: 9AM-12PM
AGES 13+: 1PM-4PM

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www.tryzub.ca

DANCE FOOTWEAR IS RECOMMENDED
(NO RUNNING SHOES ALLOWED).
USED DANCE SLIPPERS ARE AVAILABLE TO BE
SIGNED OUT (BORROWED) IN LIMITED SIZES.

JOIN US VIRTUALLY!



CALGARY 
UKRAINIAN FESTIVAL

JUNE 5TH & 6TH, 2021



Calgary Friends of UCU
invite you to an update on
UCU Strong! – Beyond Covid

Zoom Meeting – May 27, 2021, 7 PM

Calgary Friends of the Ukrainian Catholic University invite the community to a Zoom conversation on Thursday May 27 at 7 pm. The Friends of UCU will provide a short presentation and update on UCU Strong! – Beyond Covid. To register visit:

<https://www.facebook.com/CalgaryFriendsofUCU/>

Відділ друзів Українського Католицького Університету в Карґарі запрошує громаду на коротку презентацію та оновлення новин про УКУ через «Zoom» у четвер 27 травня о 19:00. Щоб зареєструватися відвідайте

<https://www.facebook.com/CalgaryFriendsofUCU/>.



Tryzub Ukrainian Dance Society's 2nd Annual Wine & Spirits Survivor is open for registration until Thursday, June 3rd. Winning teams share 50% of the proceeds and receive gift cards from J Webb Wine Merchants.

Form a team of 6 (\$240) or enter as singles (\$40) and we'll put you on a team. Buy an immunity for \$20.

Go to www.tryzub.ca for more information and the link to the registration.

**SCAM
ALERT** 

PLEASE BEWARE OF SCAM EMAILS OR MESSAGES USING FR. MIKE.

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 the office directly if you are in any way uncertain.