



#### Address:

4903 – 45<sup>th</sup> 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:

Tuesdays, Wednesdays & Thursdays at 9:00am

#### Saturdays

5:00 pm Confessions 6:00 pm Vespers

# ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

MAY 23<sup>RD</sup>, 2021

### **Descent of the Holy Spirit. Holy and Glorious Pentecost**

Feast of the Lord. Holy Day of Obligation.

#### Antiphon 1

The heavens tell the glory of God, and the firmament declares the work of his hand.

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

Day to day pours forth the message and night proclaims this knowledge to night.

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

Their utterance has gone forth into all the earth, and their words unto the ends of the world.

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

Glory... Now... Only-begotten Son...

#### Antiphon 3

O Lord, by Your power the king shall rejoice and greatly exult in Your salvation.

Troparion, Tone 8: Blessed are You, O Christ our God who revealed the fishermen as most wise\* by sending them the Holy Spirit;\* through them You caught the entire world.\* Loving Master, glory to You.

You gave him his heart's desire and did not deny the request of his lips.

Troparion, Tone 8: Blessed are You, O Christ our God who revealed the fishermen as most wise\* by sending them the Holy Spirit;\* through them You caught the entire world.\* Loving Master, glory to You.

For You have gone before him with gracious blessings, you have placed upon his head a crown of precious stones.

Troparion, Tone 8: Blessed are You, O Christ our God who revealed the fishermen as most wise\* by sending them the Holy Spirit;\* through them You caught the entire world.\* Loving Master, glory to You.

#### Entrance

Be exalted, O Lord, in Your strength; we will sing and make music to Your might.

#### Troparia and Kontakia

Troparion, Tone 8: Blessed are You, O Christ our God who revealed the fishermen as most wise\* by sending them the Holy Spirit;\* through them You caught the entire world.\* Loving Master, glory 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 8: When the Most High came down and confused the tongues,\* He parted the nations.\* When He divided the tongues of fire,\* He called all to unity;\* thus with one voice\* we glorify the all-Holy Spirit.

#### **Instead of Holy God:**

All you who have been baptized into Christ, you have put on Christ! Alleluia!

All you who have been baptized into Christ, you have put on Christ! Alleluia!

All you who have been baptized into Christ, you have put on Christ! Alleluia!

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

You have put on Christ! Alleluia!

All you who have been baptized into Christ, you have put on Christ! Alleluia!

#### Prokeimenon, Tone 8

Their utterance has gone forth into all the earth,\* and their words unto the ends of the world.

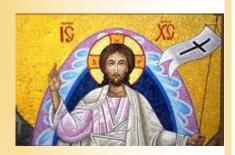
*verse*: The heavens tell the glory of God, and the firmament declares the work of His hand. *(Psalm 19:5,2)* 

#### **Epistle**

#### Acts 2:1-11

In those days, when the Day of Pentecost had fully come, they were all with one accord in one place. And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting. Then there appeared to them divided tongues, as of fire, and one sat upon each of them. And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.

And there were dwelling in Jerusalem Jews, devout men, from every nation under heaven. And when this sound occurred, the multitude came together, and were confused, because everyone heard them speak in his own language. Then they were all amazed and marveled, saying to one another, "Look, are not all these who speak Galileans? And how is it that we hear, each in our own language in which we were born? Parthians



#### **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**

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

#### HALL & KITCHEN

403-249-4818, ext. 6

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and Medes and Elamites, those dwelling in Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya adjoining Cyrene, visitors from Rome, both Jews and proselytes, Cretans and Arabs—we hear them speaking in our own tongues the wonderful works of God."

#### Alleluia, Tone 1

*verse*: By the Lord's words the heavens were established, and by the Breath of His mouth all their host.

*verse*: The Lord has looked down from heaven and beheld the whole human race.

#### Gospel

#### John 7:37-52; 8:12

On the last day, that great day of the feast, Jesus stood and cried out, saying, "If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water." But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.

Therefore many from the crowd, when they heard this saying, said, "Truly this is the Prophet." Others said, "This is the Christ."

But some said, "Will the Christ come out of Galilee? Has not the Scripture said that the Christ comes from the seed of David and from the town of Bethlehem, where David was?" So there was a division among the people because of Him. Now some of them wanted to take Him, but no one laid hands on Him.

Then the officers came to the chief priests and Pharisees, who said to them, "Why have you not brought Him?"

The officers answered, "No man ever spoke like this Man!"

Then the Pharisees answered them, "Are you also deceived? Have any of the rulers or the Pharisees believed in Him? But this crowd that does not know the law is accursed."

Nicodemus (he who came to Jesus by night, being one of them) said to them, "Does our law judge a man before it hears him and knows what he is doing?"

They answered and said to him, "Are you also from Galilee? Search and look, for no prophet has arisen out of Galilee."

Then Jesus spoke to them again, saying, "I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life."

#### Hymn to the Mother of God

O my soul, magnify the one Divinity in three Persons.

And the Irmos: Rejoice, O Queen, boast of the virgins and mothers, for every tongue, though capable and eloquent, cannot hymn you as is your due, and every mind is confounded in seeking to comprehend the way in which you gave birth. Wherefore with one accord we glorify you.

#### **Communion Hymn**

Your good Spirit will lead me\* to the land of righteousness.\* Alleluia, alleluia,\* alleluia. (*Psalm* 142:10)

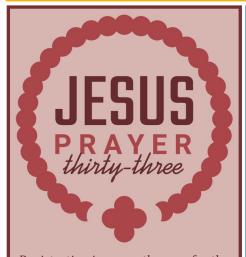
# COVID-19



- 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 13<sup>th</sup> at 9:00am. Parishioners may benefit from the livestreamed services being served at our Cathedral: <a href="https://stjosaphat.ab.ca/">https://stjosaphat.ab.ca/</a>
- 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.



- The Rosary will be prayed and live-streamed on Sundays at 10:05 AM.
- Pentecost Sunday Live-streaming link: https://youtu.be/Rh1H6jbx1vU
  The recording will be made available to watch later on Facebook and St. Stephen's website
- ❖ Moleben to the Theotokos—May 26 Live-streaming link: <a href="https://youtu.be/necc1d7CZ-s">https://youtu.be/necc1d7CZ-s</a>
- ❖ Sunday Divine Liturgy sign-up: <a href="https://bit.ly/2N4HICh">https://bit.ly/2N4HICh</a>.
- Tuesdays, Wednesdays and Thursdays 9:00 am Divine Liturgies are canceled, will be resumed on Tuesday, May 25th, 2021
- 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!
- If you would like to add something to the bulletin, please submit your request to the office no later than WEDNESDAY, 2:00pm.
- 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.



Registration is currently open for the

## Jesus Prayer 33 Challenge

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

# Register at: www.lesusprayer33.com/

The Jesus Prayer, also know 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.



### Catnolic Christian OUTREACH

Hello Brothers and Sisters in Christ,

Our names are Angelo Zidan and Chady Elias. We are new missionaries for Catholic Christian Outreach (CCO), a non-for-profit organization dedicated to the evangelization of University students. We challenge young adults to live in the fullness of the Catholic faith with a strong emphasis on becoming leaders in the renewal of the world.

Our mission is to spread the gospel in Universities, helping young people build personal relationships with God, ultimately leading them back to the Catholic Church.

This coming year, we are going to go to the University of Saskatchewan and Dalhousie University to help in the evangelization for the kingdom of God. We are going out to build new leaders for the renewal of the world. Pope John Paul II said "a new generation of builders is needed. Moved not by fear or violence but by the urgency of genuine love, they must learn to build, brick by brick, the city of God within the city of man." We want to be those builders, and we want to invite you to take part in that. We are taking the summer to each build a team of prayer and financial supporters so that we can report to campus in the Fall, ready to work as full-time missionaries. We would love to meet with you and tell you how we have seen God work through CCO to bring many young people back to the Catholic Church and how you can partner with us in this work. We can be contacted at 403-608-9817 or by email angelo.zidan@cco.ca.

Thank you and God Bless.



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

#### Professional & Business The deadline for applications is May 28, 2021.

Association of Calgary For eligibility criteria, please visit the website: https://bit.ly/3gP6Hnt



# DIVINE LITURGY INTENTIONS

#### Saturday, May 22:

- 6:00pm for the repose of the soul of +Leo Sprinkhuysen
- 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 Ficzycz 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 Woychyshyn
- 5:00pm for special birthday blessings for Marianna Offidani. Mnohaya Lita!

#### Tuesday, May 25:

 9:00am – for health and wellbeing for Sr. Laura Prokop

#### Wednesday, May 26:

9:00am - in memory of the repose of the soul of +John McLean

#### Thursday, May 27:

 9:00am – for the repose of the soul of +Gordon Hryhoryshen

#### Saturday, May 29:

- 6:00pm for the repose of the soul of +Leo Sprinkhuysen
- 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 30:

- \* 8:30am in memory of the repose of the soul of +John McLean
- 10:30am for special blessings for Connie Sakundiak in memory of the repose of the soul of +Adrian Sakundiak
- 5:00pm for health and wellbeing for Phil and Mary Dowhaniuk



#### 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, CoConvener, 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: 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: <a href="mailto:tysow@shaw.ca">tysow@shaw.ca</a>

# REFLECTION

## A New Heart, a New Spirit

PENTECOST SUNDAY AND TRINITY WEEK

Almighty One, renew a cherished and upright Spirit within us, to hold it eternally; the Spirit who is ever united with and ever proceeds from the Father, purging our minds of hateful matter, of burning defilements and uncleanness. (Matins of Pentecost Sunday, troparion of the sixth ode of the katavasias for Pentecost)

On the eve of Pentecost Sunday, we hear this reading from the Old Testament:

Thus says the Lord GoD: "... I will take you from among the nations, gather you out of all countries, and bring you into your own land. Then I will sprinkle clean water on you, and you shall be clean; I will cleanse you from all your filthiness and from all your idols. I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do *them*. Then you shall dwell in the land that I gave to your fathers; you shall be My people, and I will be your God. I will deliver you from all your uncleannesses." (Ezek. 36:22, 24–29)

Through this reading, the themes of water and renewal are again imparted to us, reminding us once more of our renewal in the waters of baptism:

O eternal and unceasing Spring that inexpressibly gushes forth an unending river of goodness, who by Your nature ever pour forth the water of life, water now my thirsty soul, and set me free from the furnace that burns with the flames of the passions. Thus redeem me from the fearful tribulation and dreadful torment of that fire. (Wednesday of Trinity Week, Vespers, third hymn of the aposticha)

Baptism is a rebirth and regeneration. It signifies dying to the world and living to Christ, which means that we live for Him who is not of this world (John 18:36). How unfortunate that so many Christians consider such commitment to be the vocation only of monks and clergy! In baptism, we are given the possibility of outgrowing the "old man" (Adam) and growing into the "new" (Christ):

Master, Lord our God, call Your servant ... to Your holy Illumination and count him/her worthy of the great grace of Your holy Baptism. Put off his/her old self and renew him/her unto eternal life, and fill him/her with the power of Your Holy Spirit for union with Your Christ, that he/she may no longer be a child of the body, but a child of Your kingdom. (Final prayer of the Service for Making a Catechumen)

It is never too late to respond to this sacred calling and to renew our hearts. But let us not make the error of thinking only of "my" baptism, "my" calling, "my" salvation, as though Pentecost spoke to each individual in the Church in isolation. Pentecost is the baptism of the whole Church in the fire of the Holy Spirit and a call to unity in the Spirit of God. This is made clear in the following hymn, which describes Pentecost—when the Apostles preached, and all heard and understood in their own language (Acts 2:1–12)—as a reversal of the curse of Babel, when the nations were divided by a multitude of languages (Gen. 11:1–9):

When the power of the divine Spirit came down, it divinely united in one harmony the voice divided of old of those who had wickedly agreed together, as to believers it gave understanding of knowledge of the Trinity, in which we have been established. (Matins of Pentecost Sunday, troparion of the third ode of the katavasias of Pentecost)

Are we responding as a Church to this gift of unity in the Holy Spirit? How often we prefer division with regard to language and culture over union in the Spirit of Truth! The Holy Spirit is a spirit of unity, and in this unity we find not a flattening of human variety, but harmonious diversity: rich and poor, erudite and simple, young and old, male and female. It is the human and sinful element of the Church that often tries to turn the Church into a gathering of like-minded people with common cultural interests: a church for a particular ethnic group, a church for the young, a church for the old, a church for the super-pious.

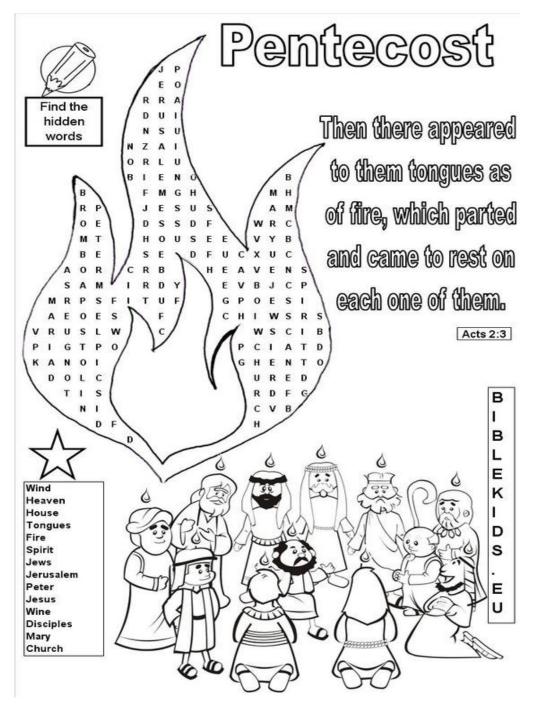
The Holy Spirit brings in all sorts and binds them together. It is not we but the Spirit of God who makes the Church the Body of Christ and fills it with truth, wisdom, and holiness:

The Holy Spirit bestows all things: makes prophecies flow, perfects priests, taught the unlettered wisdom, revealed fishermen to be theologians, welds together the whole institution of the Church. O Comforter, of one essence and equal in majesty with the Father and the Son, glory to You. (Small Vespers of Pentecost, third hymn of the stichera)

Whatever faults and errors we make as a church, let us not forget that we are yet the Church of the Holy Spirit, who is holy and divine, without sin or error. He is always with the Church, even when the Church appears to have forgotten itself, just as the disciples did: "You do not know what manner of spirit you are of" (Luke 9:55). But let us not be complacent, for though God is with us, we often refuse to be with Him, and so we must cry out daily for the Holy Spirit to come and dwell in us, to cleanse us, enlighten us, and guide us. For without Him, there can be no true Church, no true Christian, and no true baptism:

O Heavenly King, Comforter, Spirit of Truth, everywhere present and filling all things, Treasury of blessings and Giver of life, come and dwell in us, cleanse us from every stain, and save our souls, O Good One. (Vespers of Pentecost, third hymn of the aposticha). Come to us from on high, O Comforter, as You descended on the Apostles. Thus sanctify us all who proclaim You as true God. (Tuesday of Trinity Week, Matins, third hymn of the Praises for Pentecost)





When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting.

They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. Acts 2:1-4

**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

## The Ukrainian Festival is having a PEROGY Drive-thru

WHEN? Saturday, June 5th from 4:00 to 7:30 pm WHERE? St. Stephen Protomartyr Ukrainian Catholic Church 4903 45 St SW

Perogy Drive Thru - June 5 2021

Preorders only

https://shop.calgaryukrainianfestival.ca/



## JOIN US VIRTUALLY!





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 <a href="www.tryzub.ca">www.tryzub.ca</a> for more information and the link to the registration.



#### 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.