

ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

OCTOBER 31TH, 2021



Address:
4903 – 45th Street S.W.
Calgary, Alberta T3E 3W5 Canada

Office Hours
Mon-Thurs 9:00am -2:00pm

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

Parish Calendar:
www.saintstephencalgary.ca/calendar1.html

Facebook:
<https://www.facebook.com/protomartyr.ca>

Eparchy Website:
www.edmontoneparchy.com

DIVINE LITURGIES:

Sunday Services:
8:30 am—Ukr/Eng
10:05—Rosary
10:30 am—English
(live-streamed on Facebook &
www.saintstephencalgary.ca/)
5:00 pm—English

Weekday Services:

Wednesdays & Thursdays at 9:00am
Saturdays
5:00 pm Confessions
6:00 pm Vespers

Twenty-Third Sunday after Pentecost

The Holy Apostles Stachys, Amplias and others with them; the Holy Martyr Epimachus (250)

Troparia and Kontakia

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

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

Kontakion, Tone 6: With His life-giving hand* Christ our God, the Giver of life,* raised all the dead from the murky abyss* and bestowed resurrection upon humanity.* He is for all the Saviour,* the resurrection and the life, and the God of all.

Now and for ever and ever. Amen.

Theotokion, Tone 6: Undaunted patroness of Christians,* O steadfast intermediary with the Creator,* turn not away from the suppliant voices of sinners,* but in your kindness come to help us who cry out to you in faith.* Be quick to intercede, make haste to plead,* for you are ever the patroness of those who honour you, O Mother of God.

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

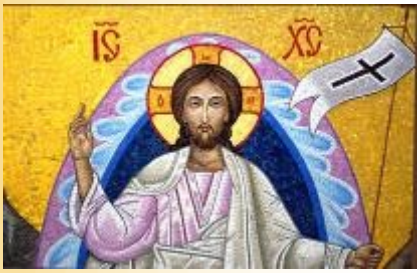
Ephesians 2:4-10

Brothers and sisters, God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus, that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus. For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Alleluia, Tone 6

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

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



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

Sacramental Coordinator:
Kim Bombak
Sacraments@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

Gospel

Luke 8:26-39

At that time, the Lord sailed to the country of the Gadarenes, which is opposite Galilee. And when He stepped out on the land, there met Him a certain man from the city who had demons for a long time. And he wore no clothes, nor did he live in a house but in the tombs. When he saw Jesus, he cried out, fell down before Him, and with a loud voice said, "What have I to do with You, Jesus, Son of the Most High God? I beg You, do not torment me!" For He had commanded the unclean spirit to come out of the man. For it had often seized him, and he was kept under guard, bound with chains and shackles; and he broke the bonds and was driven by the demon into the wilderness.

Jesus asked him, saying, "What is your name?"

And he said, "Legion," because many demons had entered him. And they begged Him that He would not command them to go out into the abyss.

Now a herd of many swine was feeding there on the mountain. So they begged Him that He would permit them to enter them. And He permitted them. Then the demons went out of the man and

entered the swine, and the herd ran violently down the steep place into the lake and drowned.

When those who fed *them* saw what had happened, they fled and told *it* in the city and in the country. Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. They also who had seen *it* told them by what means he who had been demon-possessed was healed. Then the whole multitude of the surrounding region of the Gadarenes asked Him to depart from them, for they were seized with great fear. And He got into the boat and returned.

Now the man from whom the demons had departed begged Him that he might be with Him. But Jesus sent him away, saying, "Return to your own house, and tell what great things God has done for you." And he went his way and proclaimed throughout the whole city what great things Jesus had done for him.

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest.* Alleluia, alleluia,* alleluia. (*Psalms 148:1*)

The Church will be limited to 110 people, with overflow seating in the hall (pre-registration/registration are not required). We will keep counts of attendees.

Sunday October 31st Divine Liturgy will be livestreamed on this link at 10:00 am:

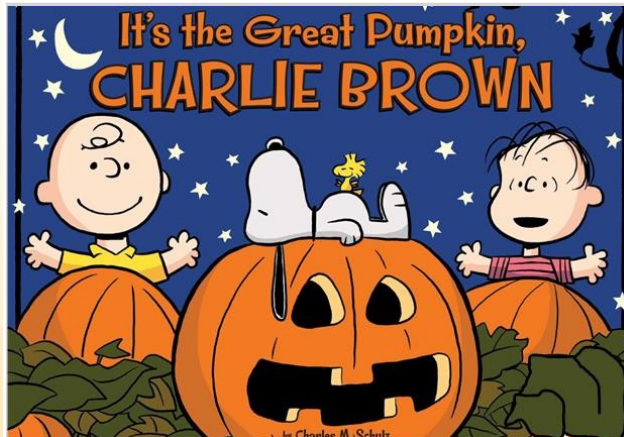
<https://youtu.be/D2og-vDYkCM>

With the support of Fr. Michael and Parish Pastoral Council, St. Stephen now has a Chotki ministry.



Chotki (knotted prayer ropes) are an aid to praying the Jesus Prayer in helping to keep track of the number the prayer recitations. They also act as a reminder to pray unceasingly. The chotki made for this ministry have been tied by members of our local church community and are available to anyone. Should you be inspired to have a chotki for yourself or to give someone, they are available upon request through the church office, the Pastoral ministry or by contacting Donna Chelack dchelack@shaw.ca

We pray that the Holy Spirit guide this ministry through its infancy and that it bears much fruit!



KNIGHTS OF COLUMBUS ANNUAL PUMPKIN CARVING

Unfortunately due to current Covid restrictions, the annual KofC pumpkin carving event has been cancelled.

The GREAT news is that we are still giving away free pumpkins. **So after Liturgy, please take a FREE pumpkin from the narthex for your family.**

VOLUNTEER

All that's missing is **U**!

UCWLC announcing that the
CABBAGE ROLL WORKBEE is ON
for Wednesday, Nov 3 @ 9:00am.

Please



Jesus Prayer 33 challenge starting soon!

Nov. 15th to Dec. 25th, 2021

Weekly Zoom meetings on Wednesdays at 6:00 pm MT

Lord, Jesus Christ, Son of God, have mercy on me, a sinner." 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.

We hope that you will join us in this challenge

Registration is currently open.
Numbers are limited.

Please register ASAP on:

<https://www.jesusprayer33.com/signup-help>



DIVINE LITURGY INTENTIONS

Saturday, October 30:

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

Sunday, October 31:

- ❖ 8:30am – in memory of the repose of the souls of +Joseph and +Maria Dobish
- ❖ 10:30am – in memory of the repose of the soul of +Andrew Ewachow
- ❖ 5:00pm – for the repose of the soul of +James Kinsley and peace and comfort for his family

Wednesday, November 3:

- ❖ 9:00am – for the repose of the soul of +Robert (Murray) Grant and peace and comfort for his family

Thursday, November 4:

- ❖ 9:00am – for the repose of the soul of +James Kinsley and peace and comfort for his family

Saturday, November 6:

- ❖ 1:00pm – Wedding ceremony – Kristen Toporowsky & David Cloutier
- ❖ 5:00pm - Confessions
- ❖ 6:00pm - Great Vespers

Sunday, November 7:

- ❖ 8:30am – for the repose of the soul of +Nestor Gray and peace and comfort for his family
- ❖ 10:30am – in memory of the repose of the soul of +Eleanor Bergen
- ❖ 10:30am – in memory of the repose of the soul of +John James McLean
- ❖ 5:00pm – in memory of the repose of the souls of +Joseph and +Maria Dobish

Winter Clothing Collection at St Stephen's Oct 24 and Oct 31, 2021

PASS IT ON is requesting donations of **ONLY** the following **winter clothing items** for men, women, teens, children and infants:

- Winter coats and snow pants
- Accessories (hats, scarves and mitts/gloves)
- Winter boots
- Running shoes; and
- Adult-sized sleeping bags

Please drop off your clean gently-used donations on **Sunday Oct 31 at the front (south) entrance to St Stephen's church**. It would be so helpful to our sorters if you could put an elastic band around your pairs of footwear and mark the size on the toes with masking or painter's tape.

This clothing collection will be distributed to Jacket Racket, CSSD St. John Reception Centre (for families newly arrived to Canada), and Street Sisters.

If you require more information, please contact Theresa Lewchuk (lewchukt@hotmail.com 403-815-6055) or Deborah Johnson (lornejn@telusplanet.net 403-863-0941)



Clothing Collection
Shared with
Calgary Families
in Need

Please Support Our UCWLC Poinsettia and Greener Fundraiser Beautiful Poinsettias, Wreaths or Holiday Planters are available to purchase on-line.



Important Dates: Order by: November 1-26, 2021, **Pick Up** at Church December 11 & 12

Orders:

***Online:** <https://ssucwlc.growingsmilesfundraising.com/home>

***Cheque:** Complete order form, make payable to: St. Stephen's UCWLC, give order form and cheque to Executive member in Atrium after liturgies or in UCWLC mailbox.

***Cash:** Complete order form and give to Executive member in Atrium after liturgies or in UCWLC mailbox.

Who Can Order?: Please invite family, friends, co-workers etc as this is an online fundraiser

For more information: Please contact Jennifer Stadnyk at Jennifer.stadnyk@gmail.com

*All funds are directed to UCWLC'S Commitment to Catholic Faith/
Ukrainian Culture/Social Development/Charitable Activities*

WE NEED YOUR HELP! Sandwich / Snack Sunday

2nd Sunday of each month—November 14



UCWLC request parish members and families to participate in supporting the "Street Sisters" who are in need of 65 lunches.

WHAT is NEEDED? A loaf of sandwiches, ONLY peanut butter and jam/jelly, Cheeze Whiz or Nutella. Pack each sandwich in individual sandwich bags. ALSO: granola bars, juice boxes, bottled water, bags of apples or oranges and fruit cups.

For further information contact Katherine Letwin 403-922-9768 Cell/Text



Photo Credit : Stan K.

National Internment Commemoration Celebrated on October 24th, 2021

What is the “Kiss of Peace” in the Liturgy and why do we do it?



Have you ever noticed how many times the priest gives the blessing of peace in the Divine Liturgy? Take a couple of seconds to see if you can count from memory how many times (without peaking at the next line!).

Many times, that's right! Let's count them: Before the reading of the Epistle, before the proclamation of the Gospel, before reciting the Creed, and before the prayer of inclination (bowing) just before receiving the Eucharist. Basically, every time we are about to begin a new important moment in the journey of the Liturgy. In fact, peace is the first thing we pray for in the very first litany and we ask it that we may pray the entire liturgy in peace.

There is also an important part within the liturgy where people give each other peace, and that is referred to as the “Kiss of Peace.” This is done not primarily as an opportunity to welcome everyone or be inviting (although this can be a happy secondary effect) but that we can begin the Eucharistic movement of the Liturgy in *love* and *truth*. Just before the priest turns around and invites everyone to participate in the “Kiss of Peace” the deacon (or priest if there is no deacon) has given the command: “Let us love one another so that we may be of one mind in confessing.” In other words, we must *love* one another, *forgive* one another, and become one in spirit and belief so that we can *confess* the creed together and partake in Communion together. If we can't love and forgive and strive to become one in belief, we shouldn't approach the Chalice of Salvation until we repent and are ready.

The Kiss of Peace is not a “meet and greet” or even a warm-hearted welcome (as good as that is!) but is essential to worshipping in spirit, truth, and love. The next time we approach the Creed and the beginning of the Communion Rite of our Liturgy, let us truly approach Christ and one-another in repentance, unity, and love!



The Fifth World Day of the Poor will be marked on November 15.

Pope Francis message for the occasion focuses on the theme of: The poor you will always have with you (Mk 14:7)

At the best of times, and especially during COVID-19, many families and individuals struggle to put food on the table. As a sign of solidarity with the those in need, and to live out our Christian vocation to see the face of Christ in each other, parishes and families are encouraged to support their local food bank (or similar agency) by making a food or cash donation. This eparchy-wide social outreach activity “Feeding the Poor of Today” also honours the memory of the millions who perished in the Holodomor Famine (1932-1933) in Ukraine – commemorated this year on Saturday, November 27 – and in other like genocides throughout the world by providing food for the hungry today.

~Bishop David

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.**