

**St Stephen
Protomartyr**

ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

FEBRUARY 20TH, 2022



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](http://www.saintstephencalgary.ca/calendar1.html)

Facebook:
[https://www.facebook.com/
protomartyr.ca](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

Sunday of Meatfare - Sunday of the Fearful Judgement

Our Venerable Father Leo, Bishop of Catania

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, now and for ever and ever. Amen.

Kontakion, Tone 1: When You come on earth, O God, in glory,* and the universe trembles,* while the river of fire flows before the seat of judgement,* and the books are opened and all secrets disclosed,* then deliver me from the unquenchable fire,* and count me worthy to stand at Your right hand,* O Judge who are most just.

Prokeimenon, Tone 3

Great is our Lord and great is His strength;* and of His knowledge there is no end.

verse: Praise the Lord, for a psalm is good; may praise be sweet to Him. (*Psalm 146:5,1*)

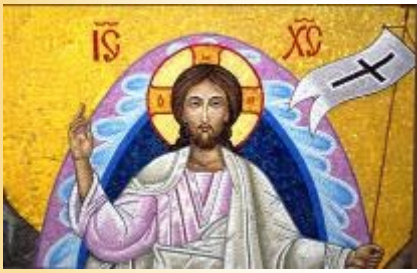
Epistle—1 Corinthians 8:8-9:2

A reading from the First Epistle of the Holy Apostle Paul to the Corinthians.

Brothers and sisters, food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse.

But beware lest somehow this liberty of yours become a stumbling block to those who are weak. For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols? And because of your knowledge shall the weak brother perish, for whom Christ died? But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ. Therefore, if food makes my brother stumble, I will never again eat meat, lest I make my brother stumble.

Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are you not my work in the Lord? If I am not an apostle to others, yet doubtless I am to you. For you are the seal of my apostleship in the Lord.



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

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

Alleluia, Tone 8

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

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

Gospel—Matthew 25:31-46

The Lord said, "When the Son of Man comes in His
glory, and all the holy angels with Him, then He will
sit on the throne of His glory. All the nations will be
gathered before Him, and He will separate them
one from another, as a shepherd divides *his* sheep
from the goats. And He will set the sheep on His
right hand, but the goats on the left. Then the King
will say to those on His right hand, 'Come, you
blessed of My Father, inherit the kingdom
prepared for you from the foundation of the
world: for I was hungry and you gave Me food; I
was thirsty and you gave Me drink; I was a stranger
and you took Me in; I was naked and you clothed
Me; I was sick and you visited Me; I was in prison
and you came to Me.'

"Then the righteous will answer Him, saying, 'Lord,
when did we see You hungry and feed You, or
thirsty and give You drink? When did we see You a
stranger and take You in, or naked and clothe You?
Or when did we see You sick, or in prison, and
come to You?' And the King will answer and say to

them, 'Assuredly, I say to you, inasmuch as you did
it to one of the least of these My brethren, you did
it to Me.'

"Then He will also say to those on the left hand,
'Depart from Me, you cursed, into the everlasting
fire prepared for the devil and his angels: for I was
hungry and you gave Me no food; I was thirsty and
you gave Me no drink; I was a stranger and you did
not take Me in, naked and you did not clothe Me,
sick and in prison and you did not visit Me.'

"Then they also will answer Him, saying, 'Lord,
when did we see You hungry or thirsty or a
stranger or naked or sick or in prison, and did not
minister to You?' Then He will answer them,
saying, 'Assuredly, I say to you, inasmuch as you
did not do *it* to one of the least of these, you did
not do *it* to Me.' And these will go away into
everlasting punishment, but the righteous into
eternal life."

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

Sunday Divine Liturgy Livestreaming at 10:05 am

https://youtu.be/d_sHPMFhWfE



EMIL ARABSKY

23-Aug-1930 - 24-Jan-2022

A private Funeral Service will take place.



ED ZEDERAYKO

Reposed Feb 10, 2022

St. Stephen's parish extend their condolences
to the families during this time of mourning.

May the Lord God grant eternal memory
to His faithful servants Emil and Ed.

~ Vichnaya Pamyat





FEBRUARY 20

EPISTLE READERS

8:30 am: Gerald Strashok
10:30 am: Glen Kulak
5:00 pm: Dalcy Zuk

HOSTS/USHERS

8:30 am— Bernadette Lukey
Val Strashok
10:30— Trudy Nibogie
Vacant

ROSARY 10am David & Arlene Franko

FEBRUARY 27

EPISTLE READERS

8:30 am: Bernadette Lukey
10:30 am: Vacant
5:00 pm: Brad & Karen Swidzinski

HOSTS/USHERS

8:30 am— Bernadette Lukey
Vacant
10:30— Vacant
Vacant

ROSARY 10:00 am Vacant

BIBLE STUDY

We will be starting our Bible Class on Thursday Mar. 3rd after the Divine Liturgy. This will be a great way to enter our Lenten journey.

The Bible class will be **The Great Adventure -- The Bible Timeline by Jeff Cavins**. If you're interested in joining, please text or phone your info to Bernadette @ 403-669-5280 or email at corolla2007@shaw.ca. AHS guidelines will be followed. Updates to follow.

An evening class can be held, perhaps on a Tuesday. If you are interested in the evening class please call Fr. Mike @ 403-249-4818 ext 2 OR EMAIL :

FatherMichael@Protomartyr.ca



Seniors Presentation

This is the 2nd Seniors presentation and will be held in the church unless restrictions change. Our guest speaker Alicia will be doing a mini art project with the participants so it should be exciting. This can also be shared in addition to the following bio. Our 1st seniors presentation was a success and now we extend an invitation for our second session scheduled for February 23rd following Liturgy.

- ❖ **Location:** St. Stephen Protomartyr
- ❖ **Title of Topic:** We need not be overcome by fear
- ❖ **Date & Time:** February 23rd (following the Divine Liturgy)
- ❖ **Activity:** Mini art activity
- ❖ **Please contact Linda Dudar for any additional information.** lindadudar@shaw.ca

Alicia Dykstra- Alicia is part of the newly formed Outreach Team at the FCJ Centre in Calgary. As such she reaches out to the wider community of Calgary with ecumenical resources to facilitate spiritual growth among all ages and denominations through presentations, workshops and retreats.

She was born and raised in the Netherlands, before emigrating with her husband Terry to Canada in 1989. They have three adult children and one grandson. Alicia received Bed's in Fine Arts and Religious Education and a Ma, in Spiritual Formation. "Travelling the world and various health crises have taught me some life lessons on how to deal with anxiety and fear. I am so thankful for the gifts of creativity and curiosity, which have helped me to not only overcome challenges, but to thrive and live life to the fullest. I would love for you to do the same and explore creativity as a way toward wholeness. We live in anxious times, but we need not be overcome by fear. Jesus does still calm storms and he has passed on tools for us to use in calming the storms in our lives and those of our neighbors."



Russian threats to invade Ukraine again pose the largest threat to international global security since WWII. The Ukrainian people will fight to defend their homeland and in doing so, will prevent the spread of Russian aggression. Russia's aggression will result in one of the largest humanitarian crises of this century. Hundreds of thousands, if not millions, of Ukrainians will be displaced, forced to flee their homeland.

This campaign is being run by the Canada-Ukraine Foundation (CUF) in partnership with the Ukrainian Canadian Congress.

Donate HERE : shorturl.at/bioqE



DIVINE LITURGY INTENTIONS

Saturday, February 19:

- ❖ 11:00am – Funeral service +Emil Arabsky
- ❖ 5:00pm - Confessions
- ❖ 6:00pm - Great Vespers
- ❖ 7:00pm – Marriage Enrichment Course w/ Brian O'Neill

Sunday, February 20:

- ❖ 8:30am – in memory of the repose of the souls of +Joseph and +Julia Cachay
- ❖ 10:30am – in memory of the repose of the souls of +Nestor and +Patricia Ficzyz
- ❖ 5:00pm – for the intentions and needs of all parishioners

Wednesday, February 23:

- ❖ 9:00am – in memory of the repose of the souls of +Mike Polly and +Joseph Wowke
- ❖ 10:00am – Seniors Guest Presentation

Thursday, February 24:

- ❖ 9:00am – in memory of the repose of the souls of +Maria and +Joseph Dobish

Saturday, February 26:

- ❖ 4:00pm – Altar Boys/ Myrrhbearing Girls
- ❖ 5:00pm - Confessions
- ❖ 6:00pm - Great Vespers

Sunday, February 27:

- ❖ 8:30am – for the intentions and needs of all parishioners
- ❖ 9:00am – First Solemn Communion – Lesson 5
- ❖ 10:30am – in thanksgiving and blessings for the kindness of Bill and Theresa Lewchuk
- ❖ 5:00pm – in memory of the repose of the soul (1 year) of +Patricia Ficzyz (w/ Panakhyda)



In response to a proposal from a parishioner, we are considering moving the Sunday evening 5 PM Liturgy to a Vigil Liturgy (combined with a short vespers) at 5 PM on Saturday evenings.

This would mean a Vespers Divine Liturgy Saturdays at 5PM and NO Divine Liturgy Sundays at 5PM.

Do you have a strong preference as to either of these two days?

Please let us know! Currently we are only in the discussion phase of this consideration and would like your feedback.

Please email Linda at office@protomartyr.ca

Jesus Prayer 100 Challenge



Will begin on February 28, 2021
ending the last day of Lent.

We are excited to announce that Jesus Prayer 100 will start the next stage of the JP 33 prayer challenge pilgrimage. Over the course of the next 40 days, we will commit to practicing the Jesus Prayer 100 times per day, as well read the spiritual classic "The Way of the Pilgrim." There will be short catechetical videos to introduce the various chapters and provide extra challenges throughout the week. Whereas JP 33 can be seen as a wider program to inspire interest in the Jesus Prayer and lay the foundations of a spiritual life, JP 100 is a more focused program requiring a greater commitment.

To participate you must:

- ❖ Have completed JP 33.
- ❖ Have permission from your Spiritual Director or be in the process of asking for Direction and have the blessing of your pastor (parish priest).
- ❖ Parish participation, including participation in liturgy and reception of the sacraments (as one is able) is presumed for this program.
- ❖ Although any version of "The Way of the Pilgrim" will work for our discussion, the copy Fr. Mike will use is "The Way of a Pilgrim: The Jesus Prayer Journey—Annotated & Explained" that can be found on Amazon. This version is interspersed with notes and quotes and provides a helpful glossary of terms.
- ❖ ZOOM discussion will take place on Thursdays at 6 PM MT or the occasional Friday, depending on Fr. Mike's availability.

I hope you will join us as we continue our journey together!

Find out more on :

<https://www.jesusprayer33.com/new-jp100>

St. Stephen's Lenten Mission – Led by Fr. Mykhailo Ozorovych

HEALING IN CHRIST

The Physician of our Souls and Bodies



- **Wednesday, April 6th** : Presanctified Liturgy at 5 PM - with opening talk beginning at **6 PM**
- **Thursday, April 7th** : Talk #2 **7 PM**
- **Friday, April 8th** : Talk #3 and healing (anointing) service with confessions beginning at **7 PM**

Healthy Kids - Happy Family: Parenting Workshop

Marriage and Family Therapist Brian O'Neill will present on parenting strategies that foster strong relationship, self-regulation, and social emotional development in our children. Participants will get to practice these research-based strategies through facilitated activities.

Early-bird rate: \$45 (until March 1).

Thereafter: \$60 (Live stream option: \$40)

To register or for more information,

contact brian@intotheheart.ca

**March 12, 2022. 1-4 p.m.
at St. Bernard's Parish,
711 37 Street NW, Calgary**

