

ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

MARCH 27TH, 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

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



Fourth Sunday of the Great Fast: St. John Climacus.

Our Holy Mother Matrona of Thessalonica

Troparia and Kontakia

Troparion, Tone 3: Let the heavens be glad, let the earth rejoice,* for the Lord has done a mighty deed with His arm.* He trampled death by death. He became the first-born of the dead;* He saved us from the abyss of Hades* and granted great mercy to the world.

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 3

Sing to our God, sing; sing to our King, sing.

verse: Clap your hands, all you nations; shout unto God with the voice of joy. (Psalm 46:7,2)

Prokeimenon, Tone 8

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

A reading from the Epistle of the Holy Apostle Paul to the Hebrews.

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.

Brethren, the fruit of the Spirit is in all goodness, righteousness, and truth, finding out what is acceptable to the Lord. And have no fellowship with the unfruitful works of darkness, but rather expose them. For it is shameful even to speak of those things which are done by them in secret. But all things that are exposed are made manifest by the light, for whatever makes manifest is light. Therefore He says:



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
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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

"Awake, you who sleep, Arise from the dead,
And Christ will give you light."

See then that you walk circumspectly, not as fools
but as wise, redeeming the time, because the days
are evil.

Therefore do not be unwise, but understand what
the will of the Lord *is*. And do not be drunk with
wine, in which is dissipation; but be filled with the
Spirit, speaking to one another in psalms and hymns
and spiritual songs, singing and making melody in
your heart to the Lord.

Alleluia, Tone 3

verse: In You, O Lord, have I hoped that I may not be
put to shame for ever.

verse: Be a protector unto me, O God, and a house
of refuge to save me. (*Psalms 30:2,3*)

verse: They who are planted in the hose of the Lord
shall flourish in the courts of our God. (*Psalms 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. 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."

At that time, great multitudes followed Him—from
Galilee, and *from* Decapolis, Jerusalem, Judea, and
beyond the Jordan.

And seeing the multitudes, He went up on a
mountain, and when He was seated His disciples
came to Him. Then He opened His mouth and
taught them, saying:

"Blessed *are* the poor in spirit, For theirs is the
kingdom of heaven.

Blessed *are* those who mourn, For they shall be
comforted.

Blessed *are* the meek, For they shall inherit the
earth.

Blessed *are* those who hunger and thirst for
righteousness, For they shall be filled.

Blessed *are* the merciful, For they shall obtain
mercy.

Blessed *are* the pure in heart, For they shall see
God.

Blessed *are* the peacemakers, For they shall be
called sons of God.

Blessed *are* those who are persecuted for
righteousness' sake, For theirs is the kingdom of
heaven.

"Blessed are you when they revile and persecute
you, and say all kinds of evil against you falsely for
My sake. Rejoice and be exceedingly glad, for great
is your reward in heaven, for so they persecuted the
prophets who were before you.

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 than 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. (*Psalms 148:1*)* The just man shall be in
everlasting remembrance;* of evil hearsay he shall
have no fear.* Alleluia, alleluia,* alleluia. (*Psalms*
111:6)

Sunday Divine Liturgy Livestreaming at 10:05 am

<https://youtu.be/o34OaMC4RcY>



ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH
LENT AND

EASTER Liturgical Services

<https://tinyurl.com/26v6prdh>



LITURGY HELPERS

MARCH 27

EPISTLE READERS

8:30 am	Gerald Strashok
10:30 am	David & Arlene Franko
5:00 pm	Roy Drynych

HOSTS/USHERS

8:30 am	David Ostopowich Gerald Strashok
10:30 pm	David & Arlene Franko Bohdan Tyrawski
5:00 pm	Robert Cavers

ROSARY 10am William Lewchuk

APRIL 3

EPISTLE READERS

8:30 am	Gerald Strashok
10:30 am	Annette Kozicki
5:00 pm	Dalyce Zuk

HOSTS/USHERS

8:30 am	Val S., Laryssa G. Bernadette L.
10:30 pm	Annette Kozicki Josie Demchuk
5:00 pm	Dalyce Zuk Evangeline Lejan

ROSARY 10am Teri Macken



DIVINE LITURGY INTENTIONS

Saturday, March 26:

- ❖ 10:00am - Sorokousty
- ❖ 5:00pm - Confessions
- ❖ 6:00pm - Great Vespers

Sunday, March 27:

SUNDAY OF ST. JOHN CLIMACUS

- ❖ 8:30am - in memory of the repose of the souls of +Nettie and +Joseph Tysowski
- ❖ 9:00am - First Solemn Communion - Lesson 9
- ❖ 10:30am - for the repose of the soul of +Ed Zederayko and peace and comfort for Donna and family
- ❖ 5:00pm - for the repose of the souls of +Julian Sanchez Amador and +Estacio Sanchez Munoz and peace and comfort for their family

Wednesday, March 30:

- ❖ 9:00am - Lenten 6th Hour Typica w/ Eucharist
- ❖ 6:00pm - Liturgy of the Presanctified Gifts - in memory of the repose of the souls of +Jerry and +David Jumaga

Thursday, March 31:

- ❖ 9:00am - Lenten Typica w/ Eucharist

Saturday, April 2:

- ❖ 5:00pm - CANCELED - Confessions
- ❖ 6:00pm - Akathist to the Theotokos

Sunday, April 3:

SUNDAY OF ST. MARY OF EGYPT

- ❖ 8:30am - for the repose of the soul of +Arvin Schnirer
- ❖ 9:00am - First Solemn Communion - Lesson 10
- ❖ 10:30am - in memory of the repose of the soul of +Adrian Sakundiak
- ❖ 5:00pm - for recovery and good health and prayers of gratitude for a safe return to Canada for Michael Ostopowich



HOCKEY IS BACK



THE UHL IS BACK! – PLAYER DRAFT NIGHT IS COMING ON TUESDAY MARCH 29th in the PARISH HALL from 6pm-9pm.

Come join us for a fun event. Watch your favorite Ukrainian player get drafted!

We will also be doing the infamous “UHL FANTASY DRAFT” when anyone can play (\$20 fee). Scan this bar code and follow the instructions. We hope to see you on Tuesday for some fun, laughs and player highlights.

UCWLC Easter Bake Sale April 3, 2022

We would like to invite all parishioners to bring a bake table item, which can be dropped off on April 3, 2022 before liturgy.

Hours: Between 9:30am – 12:30 pm

Items include: Babkas (while supplies last), Sausage, Bake Table items, Raffle table.

You will also be able to pick up your pre-orders during this time.

Pre-Order forms for Easter are now available at the back of the church or online at:

<https://tinyurl.com/2p8kwdb3>



STAND WITH UKRAINE



SCAN ME

All donations to the “Aid for Humanitarian Crisis in Ukraine” will be directed to regional organizations in Ukraine, who support all people in need including refugees fleeing their homes to other parts of Ukraine. The Eparchy is forwarding funds through CNEWA Canada who collaborates closely with local churches and Caritas Ukraine. They supply aid by accessing and delivering food, shelter, medical supplies and providing spiritual and psychological support for those in need.

A generous family from Alberta has pledged to match all donations in support of humanitarian aid in Ukraine up to \$500000. Help us meet this goal.

Please donate generously!

The Knights of Columbus is inviting you!

Founded by Blessed Fr Michael J. McGivney in 1882, we have grown to be the largest Catholic Fraternal organization in the world. With the four cornerstones of Charity, Unity, Fraternity and Patriotism we put our faith, our families our community and our country in the forefront of all we do. We encourage all men to become better husbands, fathers and community leaders. We are not a politically motivated organization but support our Bishops and clergy.

On Sunday 27th March, 2022 we will be hosting an information session, and exemplification for those men wishing to be part of the Knights of Columbus. The session will commence at 12 noon in the upper hall of St Stephen's parish and should last about 30-35 mins. **We encourage all family members to attend.** It is being hosted at 12 noon to accommodate St Stephen parishioners after the 10:30 liturgy as well as St Basil parishioners prior to their 1pm liturgy. For any additional information please contact Bill at 403-850-5859.





The national March For Life will be held in Ottawa on May 14th. The Campaign Life Coalition will be presenting a series of FREE movies on pro-life topics starting on March 27th to May 8th. These FREE movies can be accessed at <https://marchforlife.ca/life-on-film-series/>. For more information about March For Life go to <https://www.campaignlifecoalition.com/>. Please pray the Rosary for the preservation of life.

Session-2

Eparchial Lenten Series is coming up March 31 @ 7:00 pm!



Join Fr. Danylo Kuc as he leads us toward and through the Liturgy of the Word within the Divine Liturgy. We will delve into the prayers that the priest prays on our behalf as we prepare to hear the Word of God. There will be some familiar prayers that hold a deeper meaning than we perhaps ever thought of and prayers that we may never have heard prayed aloud.

JOIN US ONLINE : [Learn from the Liturgy Zoom](#) or go to the Eparchy of Edmonton website: www.eeparchy.com or the Eparchy of Edmonton Facebook page for the link. You are welcome to attend any or all of the sessions. No registration necessary.

CONTACT: education@edmontoneparchy.com if you have other questions.

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

HEALING In Christ

The Physician of our Souls and Bodies

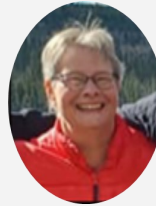


- ❖ **Wednesday, April 6th :**
Presanctified Liturgy at 5 PM - with opening talk beginning at 6 PM
- ❖ **Thursday, April 7th :**
Talk #2 7 PM
- ❖ **Friday, April 8th :**
Talk #3 and healing (anointing) service with confessions beginning at 7 PM

SENIORS PRESENTATION

- ❖ **Location:** St. Stephen Protomartyr
- ❖ **Title of Topic:** We need not be overcome by fear
- ❖ **Date & Time:** March 30 (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."

What Master Couples Do

couples night out

Saturday, April 30
7:00-9:30 pm
at St. Stephen Protomartyr
Ukrainian Catholic Church.

While couples nurse warm drinks and tasty treats, Marriage and Family Therapist Brian O'Neill will present on the habits of master couples that make for strong, healthy, lasting relationships. Through various activities, couples will have the opportunity to begin fostering these habits for themselves. (A livestream link will be provided for those unable to attend in person.)

Early-bird rate: \$50 (until March 31).
Thereafter: \$75. (Live stream option: \$40)
To register or for more information, contact brian@intotheheart.ca

- All are welcome to attend 6 pm
vespers before the evening begins.

*"For I was hungry and you gave me food, I was thirsty and you gave me drink.
As you did it to one of the least of these my brothers, you did it to Me" Matthew 25: 37-40*

UCWLC Lenten Food collection

UCWLC is sponsoring a Lenten food collection **from March 6th to April 10th inclusive**. We are inviting you to share and fill these boxes for the less fortunate in our community. In addition to high-protein items like peanut butter and canned fish/meat, it would be greatly appreciated if we could also collect individual pack items of Ensure, protein drinks, as well as individual packets of fish, meat and cheese with crackers.

We will also be providing to those who help others including Sisters Seeds of the Word, Franciscan Sisters Of Mary and Street Sisters Outreach Program. Adults can deposit their donations in the Narthex.

We are encouraging all children to partake in this collection. A suggestion would be to have them go to your pantry on Sunday morning and pick out one item and bring it with them. A special basket will be placed in front of the icon of St. Nicholas. Children can come up to hold a candle at the time of the proclamation of the Gospel and place their items in the basket just before the reading.

For more information call or text Theresa at 403-815-6055.

