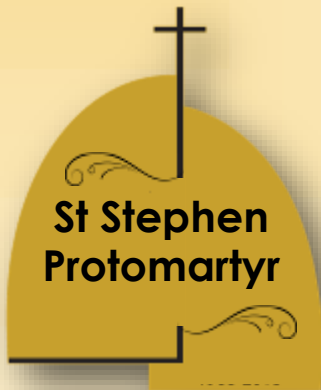


# ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

SEPTEMBER 11<sup>TH</sup>, 2022



**Address:**  
4903 – 45<sup>th</sup> 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](http://www.saintstephencalgary.ca)

**Parish Calendar:**  
[www.saintstephencalgary.ca/calendar1.html](http://www.saintstephencalgary.ca/calendar1.html)

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

**Eparchy Website:**  
[www.edmontoneparchy.com](http://www.edmontoneparchy.com)

## **DIVINE LITURGIES:**

### **Sunday Services:**

8:30 am—Ukr/Eng  
10:05—Rosary  
10:30 am – English

### **Weekday Services:**

**Tuesday - Thursdays** at 9:00am  
**Saturdays** 4:00 –4:45pm Confessions  
(or by appointment)  
5:00 pm Vespers



## **Sunday before the Exaltation of the Cross.**

Post-feast of the Nativity of the Mother of God;  
Our Venerable Mother Theodora of Alexandria (474-91)

### ***Troparia and Kontakia***

***Troparion, Tone 5:*** Let us the faithful acclaim and worship the Word,\* co-eternal with the Father and the Spirit,\* and born of the Virgin for our salvation.\* For He willed to be lifted up on the cross in the flesh, to suffer death\* and to raise the dead by His glorious resurrection.

***Troparion, Tone 4:*** Your nativity, O Virgin Mother of God,\* has made joy known to all the world,\* for from you dawned the Sun of Righteousness, Christ our God.\* He abolished the curse and gave the blessing;\* and by making death of no effect He bestowed on us eternal life.

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

***Kontakion, Tone 5:*** You, my Saviour, descended to Hades,\* and as the Almighty, You shattered its gates.\* With Yourself You, as the Creator, raised the dead and shattered the sting of death,\* and delivered Adam from the curse, O Lover of Mankind.\* And so we cry out: "Save us, O Lord."

Now and for ever and ever. Amen.

***Kontakion, Tone 4:*** By your birth, O immaculate one,\* Joachim and Anna were freed from the reproach of childlessness,\* and Adam and Eve\* from the corruption of death.\* And your people, redeemed from the guilt of their sins,\* celebrate as they cry out to you:\* "The barren one gives

birth to the Mother of God\* and nourisher of our life."

### ***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. (*Psalms 27:9,1*)

### ***Epistle—Galatians 6:11-18***

*A reading from the Epistle of the Holy Apostle Paul to the Galatians.*

Brothers and sisters, see with what large letters I have written to you with my own hand! As many as desire to make a good showing in the flesh, these *would* compel you to be circumcised, only that they may not suffer persecution for the cross of Christ. For not even those who are circumcised keep the law, but they desire to have you circumcised that they may boast in your flesh. But God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom the world has been crucified to me, and I to the world. For in Christ Jesus neither circumcision nor uncircumcision avails anything, but a new creation.

And as many as walk according to this rule, peace and mercy *be* upon them, and upon the Israel of God.



## HOLY MYSTERIES

### CONFESSION:

Saturdays 4:00 to 4:45 pm  
Sundays before the 8 am and 10 am  
Liturgies OR by appointment  
403-249-4818, ext. 2

### MARRIAGE, BAPTISM-CHRISMATION-EUCHARIST, FUNERALS :

Contact the Sacramental Coordinator,  
Kim Bombak:  
Sacraments@Protomartyr.ca

### ANOIDING 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. 1

### Pastor, St. Basil's Melkite Greek Catholic Church

Pastor: Fr. Samer Naaman  
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  
403-249-4818 ext 2  
Sacraments@Protomartyr.ca

### Communications Coordinator:

Mirna Farahat  
coordinator@Protomartyr.ca

### Ukrainian Newcomer Coordinator:

newcomers@protomartyr.ca  
403-249-4818 ext 3

## HALL RENTAL INQUIRIES

Maria Dwulit,  
403-249-4818 ext 5  
email: Hall@Protomartyr.ca

From now on let no one trouble me, for I bear in my body the marks of the Lord Jesus.

Brethren, the grace of our Lord Jesus Christ be with your spirit. Amen.

### Alleluia, Tone 1

*verse:* I have exalted one chosen from the people and with my holy oil anointed him.

*verse:* My hand shall always be with him and my arm shall make him strong. (Psalm 88:20-21,22)

### Gospel—John 3:13-17

The Lord said, "No one has ascended to heaven but He who came down from heaven, *that is*, the Son of Man who is in heaven. And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only

begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved."

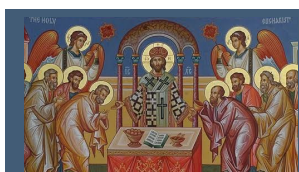
### Hymn to the Mother of God

O my soul, magnify the Virgin Mary, born from a barren womb.

*And the Irmos, Tone 8:* Virginité is alien to mothers\* and childbearing is foreign to virgins;\* yet in you, O Mother of God, both of them came together.\* Therefore we and all the nations of the earth\* without ceasing magnify you.

### Communion Hymn

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



## LITURGY HELPERS

### Saturday 5pm

Epistle - Beverley butler  
Host - Len Beblow

### Sunday 8:30am

Epistle - Vince Letwin  
Host - Del Yaskiw  
Host - Donna Yaskiw

### Sunday 10:30am

Rosary - bill Lewchuk  
Epistle - Josie Demchuk  
Host - David Franko  
Host - Arlene Franko

Please consider volunteering by  
emailing  
liturgical@protomartyr.ca

## Announcements and Upcoming Events

- ❖ Fr. Mike will now be hearing **confessions** on Sundays before each Divine Liturgy starting at 8am and 10am. Confessions will continue on Saturdays starting at 4pm.
- ❖ **Altar Boys and Myrrh-Maids Girls Club** continue on the last Saturday of the month 3 PM for boys and girls who have completed their First Solemn Holy Communion.
- ❖ **"Family Fun Night"** continues following the Vespertal Liturgy on the first Saturday of the month.
- ❖ Please sign-up to either **bring a potluck** food item for or **volunteer to clean** up following our Festal Liturgy potluck Sept 13th 5:30 PM. If you can't make 5:30 PM- come later! Call Linda Buck to sign up.
- ❖ Join us for a joint **Feast of the Exaltation of the Holy Cross** with St. Basil's Parish- September 14th at 7 PM. Reminder- no morning liturgy that morning as we are celebrating with our Melkite brothers and sisters.

## UKRAINIAN LANGUAGE CLASSES

### FALL 2022—FOR ADULTS AND YOUTH:

**Do you want to be able to talk with the evacuees from Ukraine? Are you hoping for a trip to Ukraine in 2023 or 2024?** This fall, St. Stephen's is offering Ukrainian language classes in-person and via Zoom for adults and youth (at least 12 years of age, preferably together with a parent).

For further details and to register, go to:

<https://www.saintstephencalgary.ca/ukrainian-language-classes.html> or contact Deborah Johnson at lornejn@telusplanet.net, phone 403-863-0941.



## Upcoming Meetings

Hello members, please join us for the upcoming UCWLC meetings on: .  
October 6 - 7:00 pm UCWLC Monthly meeting  
November 10 - 7:00 pm UCWLC Monthly meeting

We are looking for to seeing you all after the Summer break.



We Welcome all to  
**ST. STEPHEN'S PRAZNYK**

SUNDAY, SEPTEMBER 18, 2022

ST. STEPHEN'S CULTURAL CENTER 4903 – 45 Street SW, Calgary

BUFFET LUNCH at NOON (After 10:30 AM Liturgy)

Ham, Potatoes, Vegetables, Salad, Buns & Butter, Desert, Coffee & Tea.

**TICKETS:** Adults: \$15 Children (6–12 Yrs): \$ 5 Children (Under 6 Yrs): FREE

Tickets will be available in the atrium after each Liturgy.

For tickets and information contact : Parish Office - Linda Buck: 403-249-4818 (Ext. 0; Parish Office)  
 (Linda can accept payment by e-transfer or credit card)

## Sandwich and Snack Sunday

September 11, 2022

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



KNIGHTS OF COLUMBUS 12th ANNUAL

## 2 FALL SUPPERS

SATURDAY, OCT. 15, 2022

MUSIC ENTERTAINMENT

ST. STEPHEN'S PARISH HALL

(4903 - 45 St. S.W., Calgary)



TIME: 1st Seating: 5:00 PM

2nd Seating: 7:00 PM

COST: \$25 / Adult

\$10 / Child (6 - 12 yrs)

Free / Under 6 yrs Old

MEAL TAKE-OUT: \$20 (No salad & no dessert)

### TICKETS

Ambrose: 403-862-3269 (nwc@shaw.ca)

Kerry: 403-585-9432 Ron: 403-239-5555

Linda: 403-249-4818 (Ext. 0; Parish Office)

(Linda can accept payment by cash, e-transfer, or credit card)



## DIVINE LITURGY INTENTIONS

Saturday, September 10:

- ❖ 4:00pm - Confessions
- ❖ 5:00pm – for the intentions and needs of all parishioners

Sunday, September 11:

- ❖ 8:30am – for health and wellbeing for Stan & Mary Jane Tysowski
- ❖ 10:30am – for the repose of the soul of +Leanne Horbachewski and peace and comfort for her family

Tuesday, September 13:

- ❖ 5:30pm – VESPERAL DIVINE LITURGY—potluck to follow

Wednesday, September 14:

EXALTATION OF THE HOLY CROSS

- ❖ 9:00am – NO DIVINE LITURGY
- ❖ 7:00pm – FESTAL DIVINE LITURGY w/ St. Basil's

Thursday, September 15:

- ❖ 9:00am – for health and a safe delivery for baby Delfin

Saturday, September 17:

- ❖ 4:00pm - Confessions
- ❖ 5:00pm – VESPERAL DIVINE LITURGY w/ Bishop David

Sunday, September 18:

- ❖ 8:30am – in memory of the repose of the soul of +Martha Laxdal
- ❖ 10:30am – for the intentions and needs of all parishioners

## UCWLC WORKBEES

Many UCWLC workbees are planned until the end of the year. Please check the dates on the UCWLC workbees page for opportunities to help out.

- September 7, 2022: Steam cabbage
- September 13, 2022: Cabbage roll making
- September 26, 2022: Cabbage roll making
- October 3, 2022: Perogy prep
- October 4, 2022: Perogy pinching
- October 18, 2022: Cabbage roll making

- November 1, 2022: Cabbage roll making
- November 7, 2022: Perogy prep
- November 8, 2022: Perogy pinching
- November 21, 2022: Perogy prep
- November 22, 2022: Perogy pinching
- December 4, 2022: Snowflake Bazaar

Join us and bring your friends!



# SUPPORT UKRAINE



## VOLUNTEERS REQUIRED!

Dear Parishioners: We are now experiencing more Ukrainian Newcomers who wish to attend Divine Liturgies at St. Stephens but do not have transportation. We are asking parishioners to specifically provide rides to and from Liturgies on Sundays. No other volunteer function is requested.

The Ukraine Support Committee will collect names of Newcomers wanting to attend St. Stephens and their locations. Under the coordination of Allan Oryschak, we ask parishioners in the various quadrants in the city to network with other parishioners in area to provide rides. Ideally the clusters could alternate Sundays to avoid being burdensome for any one person.

We request your support for this important work of evangelization to support the faith of our Newcomers!

Contact newcomers@protomartyr.ca and also text Allan Oryschak at 403-650-5081 to express your interest and support.

In addition, we still need help in the following areas:

- Accompanying Newcomers to seek and arrange permanent accommodation
- Translation support, even to speak over the phone
- Volunteer support as parish initiatives are developed to enable integration into our community.

The Newcomers have shown initiative and resourcefulness but nevertheless need our support. Please contact Allan Oryschak to volunteer in any of these areas.

## THE CALGARY CENTRE FOR NEWCOMERS NEEDS UKRAINIAN LANGUAGE TRANSLATORS

The Calgary Centre for Newcomers needs Ukrainian language speakers to volunteer to assist with Ukrainian refugee resettlement to Calgary. If you or someone you know is willing to volunteer to translate between Ukrainian or Russian and English, especially on Saturdays, please contact Jon Yee directly at: [j.yee@centrefornewcomers.ca](mailto:j.yee@centrefornewcomers.ca)

If you wish more information, please contact Deborah Johnson 403-863-0941.

## ЦЕНТР НОВОПРИБУЛИХ ДО КАНАДИ ШУКАЄ ВОЛОНТЕРІВ-ПЕРЕКЛАДАЧІВ

Центр для Новоприбулих до Канади шукає волонтерів-перекладачів, які можуть допомогти переселити українських біженців у Калгарі. Якщо Ви чи хтось із Ваших знайомих можете волонтером допомогти з перекладом між українською чи російською та англійською мовами, особливо суботами, будь ласка зв'яжіться (Англійською) з Джоном Йі безпосередньо за адресою: [j.yee@centrefornewcomers.ca](mailto:j.yee@centrefornewcomers.ca). Якщо Вам потрібна додаткова інформація, будь ласка, зв'яжіться з Деборою Джонсон 403-863-0941.

## HOST FAMILIES NEEDED

Many Ukrainian newcomers are arriving in our city daily, without a place to stay. The settlement agencies need more host families. Please contact Marie (at PIA) at 403-668-0299 ext 7 or Marianna (at CCIS) at 403-262-2006

## JOBS FOR UKRAINIAN NEWCOMERS

If you have a job for Ukrainian newcomers please post it at [jobhubukraine.ca](http://jobhubukraine.ca)

## DONATIONS WELCOME

Please consider a small donation to support our initiative. See our [website](#) for details.

Будь-ласка, відправте, будь-ласка, вашу контактну інформацію за адресою [newcomers@protomartyr.ca](mailto:newcomers@protomartyr.ca), щоб отримувати інформацію про заходи для новоприбулих у нашій церкві від нашої координаторки для новоприбулих від Юлії Мороз.

Newcomers: Please register your contact information with Julia Moroz at [newcomers@protomartyr.ca](mailto:newcomers@protomartyr.ca) to get information about newcomer events at our church.



The Alpha course is an evangelistic course which seeks to introduce the basics of the Christian faith through a series of talks and discussions. It is described by its organizers as "an opportunity to explore the meaning of life".

## Join Alpha!

Wednesday evenings

beginning Sept 28th 6- 7 PM and ending on Dec 7th

At St. Stephen Protomartyr Ukrainian Catholic Church

Address: 4903 45 St SW, Calgary, AB T3E 3W5

Please contact [fathermichael@protomartyr.ca](mailto:fathermichael@protomartyr.ca) for information



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.

## Join the JP 33 Prayer challenge to learn more!

Thursdays Nov 17- December 22<sup>nd</sup>  
6-7 PM

At St. Stephen Protomartyr Ukrainian Catholic Church

Address: 4903 45 St SW, Calgary, AB T3E 3W5

<https://www.jesusprayer33.com/>

Please contact Donna at [dchelack@shaw.ca](mailto:dchelack@shaw.ca) for information



Clothing Collection  
Shared with  
Calgary Families  
in Need

SPORTCHEK

## Ukrainian Evacuee Children Start off their School Year with Brand- new Free Shoes –

### A PASS IT ON Initiative

This fall, 305 absolutely delighted Ukrainian evacuee school children, aged 5 – 18, started school with a brand new pair of shoes, at no cost to the family.

On Tuesday, Wednesday and Thursday evenings (Aug. 30, 31 and Sep 1), 210 Ukrainian evacuee families brought their children to 1 of 4 Sport Chek locations in Calgary – South Centre Mall, Sunridge Mall, Crowfoot Crossing and Westbrook Mall. There, volunteers from St Stephens and Assumption of the Blessed Mary parishes as well as from the Ukrainian evacuee community helped the families select the shoes.

Funding for this initiative was generously provided to PASS IT ON by St. Stephen's Ukraine Support Committee from donations received in aid of Ukrainian evacuees in Calgary. PIO is grateful to Sport Chek for their great discount.