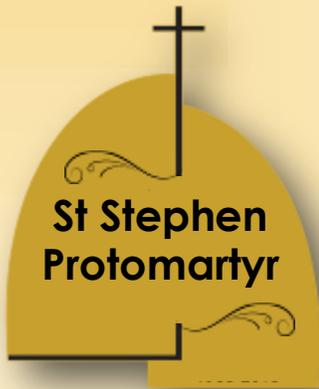


# ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

JANUARY 8<sup>TH</sup>, 2023



**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](mailto:Office@Protomartyr.ca)  
[Coordinator@Protomartyr.ca](mailto: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](https://www.facebook.com/protomartyr.ca)

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

## **DIVINE LITURGIES:**

**Sunday Services:**  
8:30 am—Bilingual  
10:05—Rosary  
10:30 am – English  
Vigil Liturgy, **Saturday** at 5:00 pm

**Weekday Services:**  
**Wednesday and Thursdays**  
9:00am

## **SUNDAY AFTER THEOPHANY**

*Our Venerable Father George the Chosebite (610-41).  
Our Venerable Mother Dominica (474-91). Emilian the Confessor*

### **Antiphon 1**

When Israel came forth from Egypt, the house of Jacob from an alien people.

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

Judah became His sanctuary, Israel His dominion.

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

The sea beheld this and fled,\* the Jordan turned back on its course.

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

Why was it, O sea, that you fled,\* that you, O Jordan, turned back on your course?

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

Glory... Now... Only-Begotten Son...

### **Antiphon 3**

Come, let us sing joyfully to the Lord, let us acclaim God, our Saviour.

*Son of God, baptized by John in the Jordan, save us who sing to You: Alleluia.*

Let us come before His face with praise, and acclaim Him in psalms.

*Son of God, baptized by John in the Jordan, save us who sing to You: Alleluia.*

For God is the great Lord, and the great king over all the earth.

*Son of God, baptized by John in the Jordan, save us who sing to You: Alleluia.*

### **Entrance**

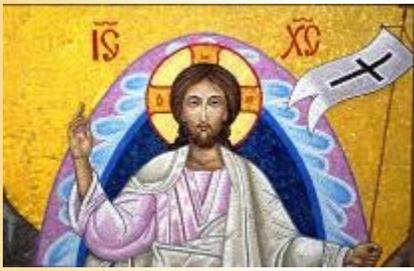
Come, let us worship and fall down before Christ.

*Son of God, baptized by John in the Jordan, save us who sing to You: Alleluia.*

### **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!

*Troparion, Tone 1:* When You, O Lord, were baptized in the Jordan,\* worship of the Trinity was revealed;\* the voice of the Father bore witness to You,\* naming You the beloved Son,\* and the Spirit in the form of a dove confirmed the word's certainty.\* Glory to You, O Christ God,\* who



## **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- EUCCHARIST, FUNERALS :**

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

### **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. 1

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

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:**

Julia Moroz  
newcomers@protomartyr.ca

## **HALL RENTAL INQUIRIES**

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

appeared and enlightened the world.

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

*Kontakion, Tone 4:* Today, You have appeared to the world\* and Your light, O Lord, has been signed on us,\* who with knowledge sing Your praises.\* You have come, You have appeared, O unapproachable Light.

### **Prokeimenon, Tone 1**

Let your mercy, O Lord, be upon us\* as we have hoped in you.

*verse:* Rejoice in the Lord, O you just; praise befits the righteous. (Psalm 32:2,1)

### **Epistle—**

*Ephesians 4:7-13*

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

Brothers and sisters, to each one of us grace was given according to the measure of Christ's gift. Therefore He says:

"When He ascended on high, He led captivity captive, And gave gifts to men."

(Now this, "He ascended"—what does it mean but that He also first descended into the lower parts of the earth? He who descended is also the One who ascended far above all the heavens, that He might fill all things.)

And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ.

### **Alleluia, Tone 5**

*verse:* Your mercies, O Lord, I will sing for ever; from generation to generation I will announce Your truth with my mouth.

*verse:* For You have said: Mercy shall be built up for ever; in the heavens Your truth shall be

prepared. (Psalm 88:2,3)

### **Gospel—**

*Matthew 4:12-17*

At that time, Jesus heard that John had been put in prison, He departed to Galilee. And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea, in the regions of Zebulun and Naphtali, that it might be fulfilled which was spoken by Isaiah the prophet, saying:

"The land of Zebulun and the land of Naphtali, By the way of the sea, beyond the Jordan, Galilee of the Gentiles:

The people who sat in darkness have seen a great light, And upon those who sat in the region and shadow of death Light has dawned."

From that time Jesus began to preach and to say, "Repent, for the kingdom of heaven is at hand."

### **Hymn to the Mother of God**

O my soul, magnify Christ the King, baptized in the Jordan.

*and the Irmos:* Every tongue is at a loss to praise you as is your due, O Mother of God. Even a spirit from above is filled with dizziness when seeking to sing your praises. But since you are good accept our faith, for you know well our love inspired by God. For it is you who protect all Christians; therefore, we magnify you.

### **Communion Hymn**

The grace of God has appeared\* bringing salvation to all. (Titus 2:11)\* Praise the Lord from the heavens;\* praise Him in the highest.\* Alleluia, alleluia,\* alleluia. (Psalm 148:1)

***Instead of "We have seen the true light..." we sing:***

All creation is filled with rejoicing today, for Christ is baptized in the Jordan.

***Instead of "May our mouths..." and "Blessed be the Name..." we sing:***

All creation is filled with rejoicing today, for Christ is baptized in the Jordan. (3)

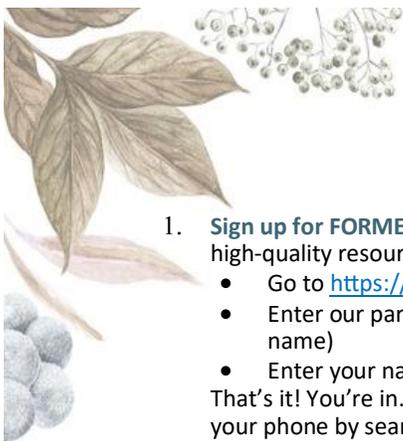
## **Announcements and Upcoming Events**

- ❖ **PICK UP TODAY...** 2023 donation envelopes and calendars are available for pick up in the atrium. Thank you for your continued generosity – May God bless you always!



### **UPCOMING UCWLC MEETINGS**

- January 11th – 7:00 pm
- February 9th - 7:00 pm
- March 2nd - 7:00 pm
- April 13th - 7:00 pm
- May 4th - 7:00 pm



# NEW YEAR RESOLUTION *Resources*

1. **Sign up for FORMED** - Commit to growing in your faith through the high-quality resources available to you free from the parish.
  - Go to <https://signup.formed.org/>
  - Enter our parish's zip code (T3E 3W5- or type our parish name)
  - Enter your name and your email address
 That's it! You're in. Now you can get the free FORMED app for your phone by searching *FORMED Catholic* in your app store.

2. **Spend some time daily in prayer, working your way through the scriptures or the catechism.** This is made easy through the "Bible in a Year" or "Catechism in a year" reading plan/podcast from Ascension Press: [All Bible in a Year Episodes - Ascension Press Media](#) and [The Catechism in a Year – Ascension \(ascensionpress.com\)](#). These make great new year's resolutions!

In The Bible in a Year podcast, Fr. Mike Schmitz walks you through the entire Bible in 365 episodes, providing commentary, reflection, and prayer along the way.

Sign up here to receive the bible reading plan:

<https://ascensionpress.com/pages/biy-registration>



## DIVINE LITURGY INTENTIONS

**Saturday, January 7:**

4:00pm – Confessions

5:00pm – for the intentions and needs of all parishioners

**Sunday, January 8:**

8:30am – in memory of the repose of the soul of +Arnie Wawruch

10:30am – prayers for all the living and deceased members of the Borys and Dowhaniuk families

**Wednesday, January 11:**

9:00am – for the repose of the soul of +Andrija Plancak

**Thursday, January 12:**

9:00am – for improved health and healing of Phil Dowhaniuk

**Saturday, January 14:**

4:00pm – Confessions

5:00pm – for the intentions and needs of all parishioners

**Sunday, January 15:**

8:30am – in memory of the repose of the soul of +Maria Dobish

10:30am – for the repose of the souls of +Vera and John Chyzowski

**THE ALPHA PROGRAM** will be offered on Sundays starting on January 15th at 9am for the parents of the First Communicants. Alpha is an 11-week course that creates space where people are excited to bring their friends for a conversation about life, faith and Jesus. This program is open to all parishioners, so please consider joining us!

ALPHA COURSE STARTS THURSDAY 4 JUNE.  
7:30PM AT THE RINGLES CROSS PUB, INCLUDING A MEAL.

**REGISTER HERE:** <https://tinyurl.com/2p894639>

Watch the trailer here : [https://www.youtube.com/watch?v=fViYK\\_Xb3Wg](https://www.youtube.com/watch?v=fViYK_Xb3Wg)

## Sandwich & SNACK SUNDAY January 8th, 2023

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. Contact Katherine Letwin 403-922-9768 Cell/Text

## Ukrainian Catholic Eparchy of Edmonton

<https://tinyurl.com/3tv34av8>

Winter Program  
Guide 2022-2023



**IT'S HOUSE-BLESSING SEASON!**  
If you would like Fr. Michael to bless your house this Theophany season, please contact him through his email: [fathermichael@protomartyr.ca](mailto:fathermichael@protomartyr.ca)



## ST. STEPHEN'S UKRAINE SUPPORT COMMITTEE (USC)

The USC is dedicated to providing support to recent newcomers from Ukraine. Our efforts and funds are directed towards providing newcomers with basic needs, English language classes and accommodation. We also provide different instructional presentations and workshops to help assist newcomers as they adjust to their new lives in Calgary. If you are helping a Ukrainian Newcomer family and would like help in supporting them, please contact us at [ukrainesupport@protomartyr.ca](mailto:ukrainesupport@protomartyr.ca).

**Newcomers:** Please register with Julia Moroz at [newcomers@protomartyr.ca](mailto:newcomers@protomartyr.ca) to get information about how we can help and newcomer events at our church.

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

### HOST FAMILIES URGENTLY NEEDED:

Calgary has become a preferred city of choice for arrivals from the war in Ukraine. The flow of evacuees to Calgary is not slowing, and many Ukrainian newcomers are arriving in our city daily, without a place to stay. Please consider hosting Ukrainian arrivals in your home. There are a few settlement agencies that can assist:

- Register with Centre for Newcomers at <https://refugeeshousedhere.ca/registration/register-as-a-host/> or email the Centre for Newcomers at: [n.shen@centrefornewcomers.ca](mailto:n.shen@centrefornewcomers.ca)
- Register with PIA (a settlement agency) by calling Marie at 403-668-0299 ext 7, or
- Contact Marianna at CCIS at 403-262-2006

To become a host home, the Centre for Newcomers simply requires registration, a security check, and a tour (can be a video tour) of your home to ensure we can make an appropriate match to a person or a family. A person from the Centre for Newcomers will also be able to answer any of your questions about becoming a host home.

### \*\*\*\* JOBS FOR UKRAINIAN NEWCOMERS—JANUARY 27\*\*\*\*

- If you have a job for Ukrainian newcomers please post it at <https://uatoabinfo.ca/>
- St. Stephen's will be hosting a Job Fair in conjunction with UCC on Friday, January 27, 2023.

If you are a Ukrainian Newcomer to Calgary, we hope you will attend.

**DONATIONS WELCOME** Please consider a small donation to support our initiative. Please visit our [website](#) for details.

**A ST STEPHEN'S TELEGRAM CHANNEL** has been created to provide information for newcomers. It can be found at [https://t.me/UANewcomers\\_StStepnens](https://t.me/UANewcomers_StStepnens)

### ВІД ЦЕРКВИ СВ. СТЕФАНА ДЛЯ НОВОПРИБУЛИХ УКРАЇНЦІВ

[https://t.me/UANewcomers\\_StStepnens](https://t.me/UANewcomers_StStepnens)

Це - офіційно найкращий канал для новоприбулих у Калгарі! Новини залітають як свіженьки пиріжки



## ST. STEPHEN'S MALANKA

**FRIDAY, JANUARY 13, 2023**

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

6:00 PM - COCKTAILS & APPETIZERS  
7:00 PM - BUFFET MEAL  
8:30 PM - DANCE (Music by ABSOLUTE)  
LATE LUNCH - ASSORTED TREATS

ENTERTAINMENT: ABSOLUTE UNPLUGGED & TRYZUB (Ukrainian Dance Ensemble)

TICKETS: \$70 / person [Dinner & Dance] [Tables of 8 or 10]  
\$15 / person [Dance Only]

Reservations for tables of 8 or 10 (\$560 or \$700)

For tickets or information contact:  
Ambrose Comchi 403-862-3269 [awc@shaw.ca](mailto:awc@shaw.ca)  
David Franko 403-547-3226 [d\\_franko@telus.net](mailto:d_franko@telus.net)  
Linda Buck 403-279-4818 (Ext. 0; Parish Office)  
(Linda can accept cash, cheque, e-transfer, or credit card)

LAST CHANCE FOR REGISTRATION



## FIRST HOLY COMMUNION 2023

**Classes are set to begin on Sunday, January 15, 2023.**

Lessons will take place on Sunday mornings at 9:00 am. For more information please contact **Kathy Livesey** at [kalivesey@shaw.ca](mailto:kalivesey@shaw.ca).

**For registration, please visit our website at :**

[www.saintstephencalgary.ca/  
first-solemn-communion.html](http://www.saintstephencalgary.ca/first-solemn-communion.html)



## UPCOMING EVENTS

January, 14th, 6:45 pm – 7:45 pm

**TAX AND FINANCIAL PRESENTATION FOR UKRAINIAN NEWCOMERS.**  
ПРЕЗЕНТАЦІЯ ПРО ПОДАТКИ В КАНАДІБ ДЛЯ УКРАЇНСЬКИХ НОВОПРИБУЛИХ

Please register here : <https://tinyurl.com/msss635n>