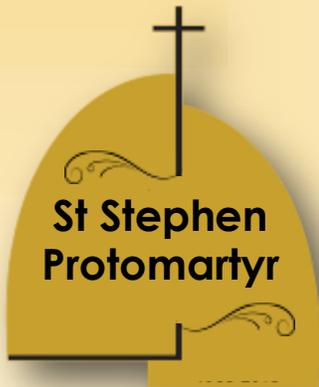


ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

FEBRUARY 12TH, 2023



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

Weekday Services:
Wednesday and Thursdays
9:00am

Meatfare Sunday (of the Fearful Judgment)

Our Holy Father Meletius, Archbishop of Antioch (379-95)

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.

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.

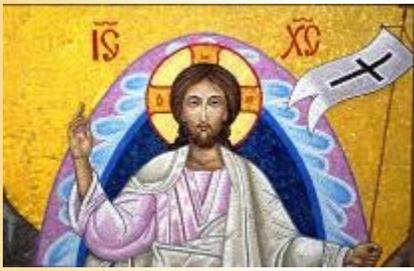
But beware lest somehow this liberty of yours become a stumbling block to those who are weak. For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols? And because of your knowledge shall the weak 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.

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)



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

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)

Announcements and Upcoming Events

- ❖ **Church History Course :** Please join Dr. Peter Russell as he takes us through an Introduction to the History of the Christian Church: East and West. Classes will be on Tuesday evenings at 7pm in the St. Anne's Room (at the back of the church). We look forward to seeing you there!
- ❖ **The Old Testament Prophets Bible Study:** Classes are on Thursdays at 10 am after Divine Liturgy in the hall. We welcome all to join!
- ❖ **Children's Summer Bible Camp July 24-28—VOLUNTEERS REQUIRED**
We are working hard to reignite our Children's Summer Bible Camp! For this program to run smoothly we require 8 adult volunteers to help in a fulltime capacity from Mon July 24-Fri July 28. This exciting program is essential to our parish which supports the future of our Church. Will you help in order to make this program a success? Please contact Kathryn Livesey" <kalivesey@shaw.ca>, "Lynsey Lowey, Children's Programs" <childrensprogram@protomartyr.ca> to offer your support or raise any questions you have.



CHOIR TRIP TO EDMONTON

On Sunday March the 26th, St. Stephen's choir will be travelling to Edmonton to celebrate the Divine Liturgy at the Holy Spirit Ukrainian Catholic Seminary with Father Greg and the seminarians. The bus will depart 6:00 am with return by 6:00 pm. We pray for a successful trip and journey for Linda and the choir.

Sandwich & SNACK SUNDAY February 12th, 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



UPCOMING UCWLC MEETINGS

- March 2nd - 7:00 pm
- April 13th - 7:00 pm
- May 4th - 7:00 pm

Mark Your Calendars & Join Us for this Eparchial Lenten Series:

Prayer



Fasting



Almsgiving



We are encouraged to focus on Prayer, Fasting and Almsgiving especially during Great Lent, but have you ever wondered why or how? In this 3-part series, we will explore the origins of these disciplines, how we might undertake them and learn about the benefits that they can hold for our spiritual life and our personal growth in holiness.

Each session will be comprised of a presentation, discussion, and prayer. Attend any or all sessions. No registration necessary.

- March 16 – Prayer – Fr. Bo Nahachewsky
- March 23 – Fasting – Deacon Cyril Kennedy
- March 30 – Almsgiving - Staff of the Madonna House community

LOCATION: St. Nicholas Parish, Edmonton.

ZOOM : Go here <https://tinyurl.com/Lent-series-2023> or email: familyandlife@eeparchy.com



DIVINE LITURGY INTENTIONS

Saturday, February 11:

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

Sunday, February 12:

MEATFARE SUNDAY

- ❖ 8:30am – in memory of the repose of the souls of +John and +Lydia Krill and +John Nedoszytko
- ❖ 10:30am – for the repose of the soul of +Michael Oliver

Wednesday, February 15:

- ❖ 9:00am – Lenten 6th hour Typica with Eucharist

Thursday, February 16:

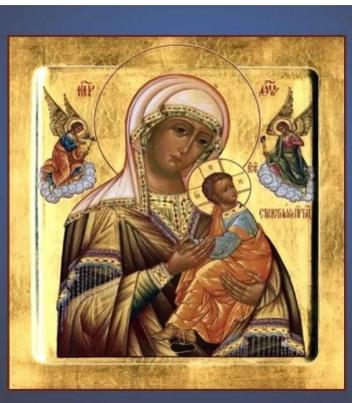
- ❖ 9:00am – Lenten 6th hour Typica with Eucharist

Saturday, February 18:

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

Sunday, February 19:

- ❖ **CHEESEFARE SUNDAY**
- ❖ 8:30am – for health and healing for Mary Jenny (Jan) Hempel
- ❖ 10:30am – for continued health, happiness and special blessings for Steve Groch as he celebrates his 80th birthday. Mnohaya Lita!



Start the Great Fast with us at our upcoming

Iconography Workshop

Learn the painting process and also the theology and spirituality of Byzantine iconography. No prior experience necessary.

Friday, Feb. 17 - Monday, Feb. 20, 2023 (Family Day Long Weekend)
At Dormition of the Most Holy Mother of God, Ukrainian Catholic Church
15608 -104 Avenue, Edmonton, AB

Write a traditional Egg Tempera Icon with 24K gold gilding. This year we shall paint the icon of the Theotokos of the Passion, commonly known in the Catholic Church as "Our Lady of Perpetual Help".

Instructor: Fr. Bo Nahachewsky
Cost: \$400 per person. Materials and simple meals provided. 10-12 hours each day.

For more information and to register go to:
dormition.eeparchy.com

Communion:

Our Journey and Encounter of the Lenten Season

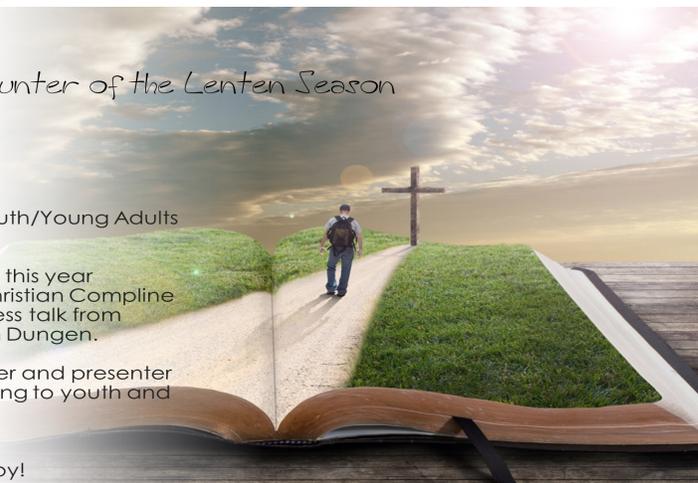
February 24th, at 6:00 pm
At St. Stephen Protomartyr
Ukrainian Catholic Church

Lenten preparation talk for Youth/Young Adults by Fr. Warren.

Start Great and Holy Lent right this year through praying an Eastern Christian Compline service and listening to a witness talk from our missionary priest Fr. Warren Dungen.

Fr. Warren is a dynamic speaker and presenter with lot of experience ministering to youth and young adults.

Come join us at St. Stephens and let us enter the Fast with joy!



Medjugorje

Fr. Daniel Wach, OSBM will be taking a group of pilgrims to Medjugorje, a Marian Shrine in Bosnia Herzegovina. We will fly out on **May 8/23** and return on **May 18/23**. Please email Larry / Patrick

Blomme at info@venite.ca and read the information provided. For any other questions, please call them at 403-354-0751, or you can email them as well. If you need help to buy your airplane tickets, call Maria Blomme at 403-724-6084, or email her at maria.blomme@ama.ab.ca. You will need to fly out from your Canadian "gateway city" on May 8th, to Split, Croatia (SPU) and arrive there before the bus leaves (Split) at 3:00 pm, May 9th. Fr. Daniel has gone on many pilgrimages with the Blomme family and highly recommends them. Please come & join us! "For me, it is like a 'touch of heaven!"

Source is a group study that explores the Holy Spirit and His role in our daily lives. Surely it is necessary to give our best efforts in striving for sanctity and in rejecting sin. However, we won't be able to achieve anything if we don't also receive graces and guidance from the Holy Spirit.

Source invites participants to experience the Holy Spirit in a profound way, where participants receive the fruits, gifts, and guidance of the Holy Spirit. Source will start on Sat, Feb 25th, at St. Stephen's; this program will run from 6:30 pm-7:30 pm for seven consecutive weeks.

Registration for Source is open to everyone. Former participants of Alpha or Discovery are strongly encouraged to sign up for Source. Spots for Source are limited so make sure to sign up soon.

SOURCE

Seven week sessions running from March 4, 2023

From 6:30 to 7:30 pm

At St. Stephen Protomartyr

Please email : Evangelist@protomartyr.ca for registration and questions

JESUS PRAYER 100 CHALLENGE



REGISTER HERE :

<https://tinyurl.com/mr2kk4jb>

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 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.

In person at St. Stephen Protomartyr Ukrainian Catholic Church in Calgary and on ZOOM (link will be provided)

Date and Time : starting February 22, 2023 on Wednesdays at 6 PM MT (except March 15, moved to Thursday March 16th) Concluding April 5th, 2023.

Register HERE :<https://tinyurl.com/mr2kk4jb>

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.

2023 CALGARY STAMPEDE PARADE

"GLORY TO UKRAINE"

INVITATION – DEADLINE
FEBRUARY 28, 2023



Tryzub Ukrainian Dance Society is excited to announce that it will once again organize a "Glory to Ukraine" community entry to the 2023 Calgary Stampede Parade. We are inviting you to join us.

Building on the success of last year, we are increasing our goal to get 100+ participants dressed in the colours of the Ukrainian flag (blue and yellow) to march the parade route to show support for Ukrainians in this longstanding war and their struggle for peace and liberty. The march will honor the courage and bravery of those who fought, those who fight, and those who **#StandWithUkraine**.

For more information and registration go to :

<https://tinyurl.com/4ubmrh4>



SCAN ME

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.

Newcomers: Please register with Julia Moroz at 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 [адресою newcomers@protomartyr.ca](mailto:adresounewcomers@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
- 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.

SUBSCRIBE TO OUR ST STEPHEN'S TELEGRAM CHANNEL

- ✓ Actual vacancies
- ✓ Announcements of events for new arrivals
- ✓ Current and verified news

It can be found at

https://t.me/UANewcomers_StStepnens

ПІДПИСУЙТЕСЬ НА НАШ ОФІЦІЙНИЙ
ТЕЛЕГРАМ-КАНАЛ УКРАЇНСЬКОЇ ЦЕРКВИ СВ.
СТЕФАНА

- ✓ Актуальні вакансії
- ✓ Анонси заходів для новоприбулих
- ✓ Актуальні та перевірені новини



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TEPNENS