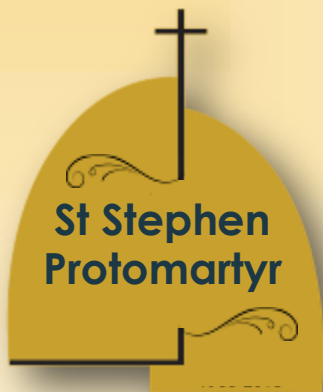


# ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

APRIL 30, 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  
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

## Fourth Sunday after Pascha - Sunday of the Paralytic; The Holy Apostle James, Brother of Saint John the Theologian (c. 44), Poyeleos Feast.

*After the priest has exclaimed, Blessed be the Kingdom... and the people have responded, Amen, the clergy sing the Paschal Troparion once and the people repeat it. Then, the clergy sing the first half, and the people conclude it.*

### **Paschal Troparion**

Christ is risen from the dead,\* trampling death by death,\* and to those in the tombs\* giving life.

### **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 3:** O James, worthy of all praise,\* chosen apostle of Christ and only brother of the beloved theologian.\* Ask God to bestow on those who hymn you forgiveness of sins\* and to grant our souls great mercy.

**Kontakion, Tone 3:** Lord, as of old You raised the Paralytic,\* lift my soul by Your divine presence,\* for by many sins and foolish actions,\* I, too, am now afflicted and crippled.\* Raise me, that being saved I may cry to You:\* Glory to Your power, O merciful Christ.

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

**Kontakion, Tone 2:** When you heard God's voice calling out to you,\* you spurned the love of your father\* and fled to Christ with your kinsman, O glorious James.\* With him you were favoured to see the Lord's divine transfiguration. Now and for ever and ever. Amen.

**Kontakion, Tone 8:** Though You descended into a tomb, O Immortal One,\* yet You destroyed the power of Hades;\* and You rose as victor, O Christ God,\* calling to the myrrh-bearing women: Rejoice!\* and giving peace to Your Apostles:\* You, who grant Resurrection to the fallen.

### **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 32:22,1)

### **Prokeimenon, Tone 8**

Their utterance has gone forth into all the earth, and their word unto the ends of the world.

### **Epistle—Acts 9:32-42; Acts 12:1-11**

*A reading from the Acts of the Apostles.*

In those days, as Peter went through all *parts of the country*, that he also came down to the saints who dwelt in Lydda. There he found a certain man named Aeneas, who had been bedridden eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus the Christ heals you. Arise and make your bed." Then he arose immediately. So all who dwelt at Lydda and Sharon saw him and turned to the Lord.

At Joppa there was a certain disciple named Tabitha, which is translated Dorcas. This woman was full of good works and charitable deeds which she did. But it happened in those days that she became sick and died. When they had washed her, they laid *her* in an upper room. And since Lydda was near Joppa, and the disciples had heard that Peter was there, they sent two men to him, imploring *him* not to delay in coming to them. Then Peter arose and went with them. When he had come, they brought *him* to the upper room. And all the widows stood by him weeping, showing the tunics and garments which Dorcas had made while she was with them. But Peter put them all out, and knelt down and prayed. And turning to the body he said, "Tabitha, arise." And she opened her eyes, and when she saw Peter she sat up. Then he gave her *his* hand and lifted her up; and when he had called the saints and widows, he presented her alive. And it became known throughout all Joppa, and many believed on the Lord.



## **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

In those days, Herod the king stretched out *his* hand to harass some from the church. Then he killed James the brother of John with the sword. And because he saw that it pleased the Jews, he proceeded further to seize Peter also. Now it was *during* the Days of Unleavened Bread. So when he had arrested him, he put *him* in prison, and delivered *him* to four squads of soldiers to keep him, intending to bring him before the people after Passover.

Peter was therefore kept in prison, but constant prayer was offered to God for him by the church. And when Herod was about to bring him out, that night Peter was sleeping, bound with two chains between two soldiers; and the guards before the door were keeping the prison. Now behold, an angel of the Lord stood by *him*, and a light shone in the prison; and he struck Peter on the side and raised him up, saying, "Arise quickly!" And his chains fell off *his* hands. Then the angel said to him, "Gird yourself and tie on your sandals"; and so he did. And he said to him, "Put on your garment and follow me." So he went out and followed him, and did not know that what was done by the angel was real, but thought he was seeing a vision. When they were past the first and the second guard posts, they came to the iron gate that leads to the city, which opened to them of its own accord; and they went out and went down one street, and immediately the angel departed from him.

And when Peter had come to himself, he said, "Now I know for certain that the Lord has sent His angel, and has delivered me from the hand of Herod and from all the expectation of the Jewish people."

### **Alleluia, Tone 1**

verse: Of Your mercies, O Lord, I will sing forever; with my mouth I will proclaim Your truth from generation to generation.

verse: For You have said, "Mercy will be established forever." (Psalm 32:22,1)

verse: The heavens shall confess our wonders, O Lord, and Your truth in the church of the saints. (Psalm 88:6)

### **Gospel—John 5:1-15; Luke 5:1-11**

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, Bethesda, having five porches. In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water. For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had. Now a certain man was there who had an infirmity thirty-eight years. When Jesus saw him lying there, and knew that he already had been *in that condition* a long time, He said to him, "Do you want to be made well?"

The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me."

Jesus said to him, "Rise, take up your bed and walk." And immediately the man was made well, took up his bed, and walked.

And that day was the Sabbath. The Jews therefore said to him who was cured, "It is the Sabbath; it is not lawful for you to carry your bed."

He answered them, "He who made me well said to me, 'Take up your bed and walk.'"

Then they asked him, "Who is the Man who said to you, 'Take up your bed and walk?'" But the one who was healed did not know who it was, for Jesus had withdrawn, a multitude being in *that* place.

Afterward Jesus found him in the temple, and said to him, "See, you have been made well. Sin no more, lest a worse thing come upon you."

The man departed and told the Jews that it was Jesus who had made him well.

At that time, as the multitude pressed about Jesus to hear the word of God, He stood by the Lake of Gennesaret, and saw two boats standing by the lake; but the fishermen had gone from them and were washing *their* nets. Then He got into one of the boats, which was Simon's, and asked him to put out a little from the land. And He sat down and taught the multitudes from the boat.

When He had stopped speaking, He said to Simon, "Launch out into the deep and let down your nets for a catch."

But Simon answered and said to Him, "Master, we have toiled all night and caught nothing; nevertheless at Your word I will let down the net." And when they had done this, they caught a great number of fish, and their net was breaking. So they signaled to *their* partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. When Simon Peter saw *it*, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord!"

For he and all who were with him were astonished at the catch of fish which they had taken; and so also were James and John, the sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid. From now on you will catch men." So when they had brought their boats to land, they forsook all and followed Him.

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

The Angel cried out to the One full of Grace: O chaste Virgin, rejoice! And again I say, Rejoice! Your Son has risen from the tomb on the third day, and raised the dead. Let all people rejoice! Shine, shine, O new Jerusalem, for the glory of the Lord has risen upon you! Exult now and be glad, O Sion! And you, O chaste Mother of God, take delight in the resurrection of your Son.

### **Communion Hymn**

Receive the Body of Christ;\* taste the fountain of immortality.\* Praise the Lord from the heavens; praise Him in the highest (Psalm 148:1).\* Their utterance has gone forth into all the earth,\* and their word unto the ends of the world.\* Alleluia, alleluia,\* alleluia. (Psalm 18:5)

*Instead of Blessed is He Who comes... we sing:*

Christ is risen from the dead,\* trampling death by death,\* and to those in the tombs\* giving life.

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

Christ is risen from the dead,\* trampling death by death,\* and to those in the tombs\* giving life.

*Instead of May our mouths be filled... we sing three times:*

Christ is risen from the dead,\* trampling death by death,\* and to those in the tombs\* giving life.

*Instead of Blessed be the name of the Lord... we sing three times:*

Christ is risen from the dead,\* trampling death by death,\* and to those in the tombs\* giving life.

*At the dismissal, instead of Glory be to the Father and the Son and the Holy Spirit, now and forever and ever. Amen. we chant:*

Christ is risen from the dead,\* trampling death by death,\* and to those in the tombs\* giving life.

*After the final Amen, the Troparion Christ is risen is sung as at the beginning of the Liturgy, but with the addition:*

And to us He has granted life eternal;\* we bow down before His resurrection on the third day.



# Announcements and Upcoming Events

- ❖ **Volunteers needed for Easter celebration on May 7:** We need people who can help do set up/ food preparation on Saturday morning, Sunday morning, and help with cleanup after the event. Sign up sheet will be in the atrium.
- ❖ **St. Stephen's Pub Night :** Friday, May 12, 2023. Bringing parishioners, family and friends together for a fun event for all 18+. Contact Linda at the office for tickets or more details 403-249-4818 ext 0.
- ❖ **Upcoming UCWLC Meetings :** May 4<sup>th</sup> - 7 pm, June 8 , 2023 @ 6:30 pm
- ❖ **UCWLC TAG DAY –** Sunday May 28th, 2023
- ❖ **Thank you** for all those who came to help with the Yard Cleanup.
- ❖ **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. Please contact Kathryn Livesey" <kalivesey@shaw.ca>, "Lynsey Lowey, childrensprogram@protomartyr.ca to offer your support or raise any questions you have.



## DIVINE LITURGY INTENTIONS

### Saturday, April 29:

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

### Sunday, April 30:

- ❖ 8:30am – for improved health and healing of Delmer Yaskiw
- ❖ 10:30am – for the repose of the soul of +John Lewchuk and peace and comfort for his family

### Wednesday, May 3:

- ❖ 9:00am – for the repose of the soul of +Timothy Contard and peace and comfort for his family

### Thursday, May 4:

- ❖ 9:00am – for health and healing for the Punsalen family

### Saturday, May 6:

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

### Sunday, May 7:

- ❖ 8:30am – for good health and healing of Stanislaw Dwilit
- ❖ 10:30am – in memory of the repose of the soul of +Octavio Sanchez Munoz

## St Stephen's UCWLC Scholarship for \$1000 Guidelines



- Eligibility : A 16-24 year old daughter or granddaughter of a St Stephen's UCWLC Member who will be attending an undergraduate Post Secondary program. (E.g.) University, College, Apprenticeship, Technical School or Specialized program (Cosmetology, Hairdresser, Secretarial, etc....)
- Include a resume and a reference letter
- Reasons for the choice and location of the Post Secondary School.
- Include a description of your Parish, Community and School Involvement .
- Explain your Financial Need to receive this scholarship.
- Submit to scholarship committee c/o nettielikost@gmail.com
- **Deadline is May 14, 2023**

## JESUS PRAYER 33 CHALLENGE — STARTING SOON

May 11<sup>th</sup> - June 15<sup>th</sup>, 2023

In-person and on Zoom on Thursdays at 6:00 pm MT

**Lord, Jesus Christ, Son of God, have mercy on me, a sinner."**

*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. We hope that you will join us in this challenge*

Registration is currently open. Numbers are limited.

Please register ASAP on: <https://tinyurl.com/2eudwe32>

If you have any questions, please text Arlene Franko at: 403-667-2306



## Parish Easter Celebration

Parish Council invites all Parishioners for an Easter Celebration, after the 10:30 am Liturgy on May 7, 2023.

This is your opportunity to meet the new Council and say hello.

**Refreshments will be served, and the cost is free!**

For further information please contact:

Oliver David email: [CouncilChair@protomartyr.ca](mailto:CouncilChair@protomartyr.ca) or by phone: 403 620 0441



## 2023 SUMMER STUDENT EMPLOYMENT

Our Property Management team is planning to hire two students for the coming summer to help out with maintenance jobs around the parish property.

This is a great opportunity for our young parishioners to help out at their church while gaining some practical work experience. The work will include general maintenance, cleaning, painting, landscaping and occasional office administration support.

### Applicant Eligibility:

- must be attending high school or post-secondary and planning to return to school in the fall
- available to work part-time (about 20 hrs per week) from June to end of August.

**If interested, please email your resume to:**

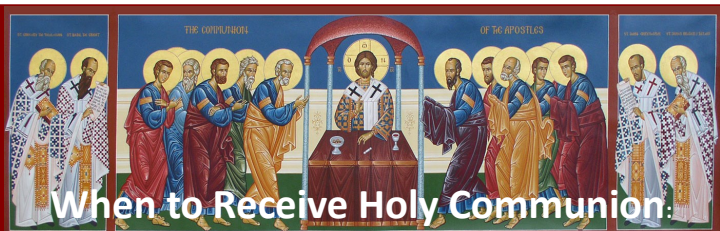
Andy Sakundiak, Director - Property Management at [PropertyMgmt@protomartyr.ca](mailto:PropertyMgmt@protomartyr.ca)

All resumes must be submitted by Wednesday May 17 for consideration.



**Please beware of scam emails or messages using Fr. Mike.** Hackers are constantly targeting people asking for money or information using other people's information. **Fr. Mike would never send an email or text message asking for money or a favor.** Always call the office directly if you are in any way uncertain.





## When to Receive Holy Communion:

We should approach Holy Communion with great reverence and contrition of heart. We recognize on one hand that we are unworthy sinners, but on the other that our loving Lord, who calls us to repentance, also calls us to communion with Him. We should never receive communion with unrepentant and unconfessed mortal sins. Any time we commit a mortal sin we should abstain from receiving Holy Communion, but rather as quickly as we can, make a confession; otherwise, receiving unworthily becomes a spiritual condemnation for us. St. Paul teaches that when we receive communion unworthily there may even be a temporal consequence: "That is why many of you are weak and ill, and some have died" (1 Cor. 11:30). Why would St. Paul believe that sickness, death, and damnation result from an unworthy reception of the Eucharist if it were merely a symbol? The Catholic Church has always believed and taught that the Holy Eucharist is the real presence of Christ.

If you are receiving Holy Communion regularly—Every Sunday and Holy Day of Obligation—you are encouraged to follow the good practice of confessing once a month. If at any time you feel in your conscience that you should not receive and if you have committed a mortal sin—(example: Deliberate failure of fulfilling our Sunday and feast day obligation) do not go to Holy Communion, but go quickly to confession. More information to follow on mortal and venial sins.

**Коли приймати Святе Причасття:** ми повинні підходити до Святого Причасття з великим благоговінням і розкаянням. Ми визнаємо, з одного боку, що ми негідні грішники, але з іншого, що наш люблячий Господь, який кличе нас до покаяння, також кличе нас до причасття з Ним. **Ми ніколи не повинні причащатися, якщо маємо нерозкаяні та невисповідані смертні гріхи.** Кожного разу, коли ми чинимо смертний гріх, ми повинні утримуватися від прийняття Святого Причасття, а радше якомога швидше посповідатися; інакше отримання Причасття в недостойному стані стає для нас духовним осудом. Св. Павло навчає, що коли ми приймаємо причасття недостойно, то можемо навіть відчувати фізичне осудження: «Тому багато з вас немічних і хворих, а деякі померли» (1 Кор. 11:30). Чому б святий Павло вірив, що хвороба, смерть і прокляття є результатом негідного прийняття Євхаристії, якби це було лише символом? Католицька Церква завжди вірила і навчала, що Свята Євхаристія є справжньою присутністю Христа. **Якщо ви регулярно приймаєте Святе Причасття — щонеділі та в обов'язкові свята — радимо дотримуватися доброї практики сповідатися раз на місяць. Якщо в будь-який час ви на своєму сумлінні відчуєте, що вам не слід приймати, і якщо ви вчинили смертний гріх — (приклад: навмисне недотримання зобов'язань неділі та свята), не приступайте до Святого Причасття, але швидко посповідайтеся. Слідкуйте за додатковими відомостями про смертні та легкі гріхи.**



Your support  
inspires appreciation  
for the sanctity of  
all human life.



## 43<sup>rd</sup> Annual Hike for Life · Prince's Island Park

The 43<sup>rd</sup> Annual Hike for Life will be held on May 13 at Prince's Island Park from 8:30 am - noon. Please use the QR code above, visit [www.calgaryprolife.com](http://www.calgaryprolife.com) (Hike for Life), or call (403) 243-0691 to register or pledge your support. This important fundraiser, supports the two **Respect Life** presentations brought to schools and community groups free of charge. The **Respect Life** messages reinforce our belief that **every human life, from conception until natural death, is a gift from God**. Last year, thousands of students heard the interactive presentations in their classrooms. Come join us at the Hike for Life and/or sponsor our parish priest. Pledge sheets are here in the church.



## UCWLC Spring Fundraiser

Calling all Gardeners – UCWLC is having a Spring Fundraiser. We are selling **beautiful plants** to raise money for our programs through Growing Smiles. Get out your garden boots and gloves!

Please place your orders by May 21, 2023 – for pick up at the church on June 8<sup>th</sup> & June 11<sup>th</sup>, 2023

Check out the Website: St. Stephen UCWLC Calgary  
[ssucwlc.growingsmilesfundraising.com](http://ssucwlc.growingsmilesfundraising.com)  
if you have any questions please contact : Jennifer Stadnyk  
by email : [Jennifer.stadnyk@gmail.com](mailto:Jennifer.stadnyk@gmail.com) or by phone : 403-540-9561

Thank you for your support! We couldn't do it without you.

## K of C Wine Raffle Winner – Carolyn L.

*Congratulations*

St. Nicholas Council 7659 was named Alberta K of C Council of the Year at the recent 2023 Alberta/NWT K of C Convention recognizing their Parish activities (Blessing of the Elbow River, Sts. Peter & Paul picnic, Moleben for Life, etc.) and community activities (stampede breakfast for evacuees and their host families, Coats for Kids, etc.).



Congratulations on behalf of our Parishes for your efforts.

MAY Friday  
**12** 6:30pm

## ST. STEPHEN'S PUB NIGHT

Tickets can be purchased on Sundays after the 8:30 am and 10:30 am Divine Liturgies or by calling the office : 403-249-4818, ext 0  
Cash, e-transfer or credit cards are accepted  
No tickets will be sold at the door.

Proudly presenting

## Dueling Piano Kings

Pub Food  
Cash bar  
\$50/Ticket

All  
proceeds  
go to St.  
Stephen's  
Ukraine Support  
Committee



**LIVE**

at St. Stephen Protomartyr  
Ukrainian Cultural Centre  
4903 45 St SW, Calgary