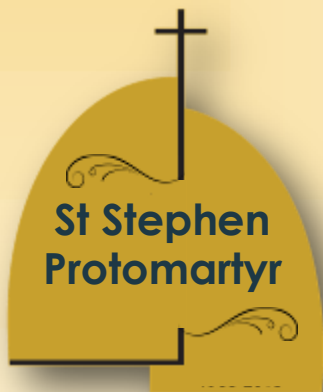


# ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

MAY 7, 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>

**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

## Fifth Sunday after Pascha - Sunday of the Samaritan Woman;

Commemoration of the Appearance of the Sign of the Precious Cross over Jerusalem at the Third Hour of the Day during the Reign of Constantine (351); the Holy Martyr Acacius (286-305)

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 4: When the disciples of the Lord learned from the angel\* the glorious news of the resurrection\* and cast off the ancestral condemnation,\* they proudly told the apostles:\* "Death has been plundered!\* Christ our God is risen,\* granting to the world great mercy."

Troparion, Tone 8: At the mid-point of the Feast, O Saviour,\* water my thirsty soul with streams of true godliness;\* for You cried out to all: Let any who thirst, come to Me and drink.\* O Source of Life, Christ our God, glory to You!

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

Kontakion, Tone 8: Drawn to the well by faith,\* the Samaritan woman beheld You, the Water of Wisdom,\* and drinking abundantly of You,\* she inherited the heavenly Kingdom for ever,\* becoming everlastingly glorious. Now and for ever and ever. Amen.

Kontakion, Tone 4: At the mid-point of the Feast according to the Law,\* Maker of all things and Master,\* You said to those present, O Christ God:\* Come, and draw the water of immortality.\* And so we fall before You crying out with faith: Grant us Your mercies , for You are the source of our life.

### **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)

### **Epistle—Acts 11:19-26, 29-30**

A reading from the Acts of the Apostles.

In those days, those who were scattered after the persecution that arose over Stephen traveled as far as Phoenicia, Cyprus, and Antioch, preaching the word to no one but the Jews only. But some of them were men from Cyprus and Cyrene, who, when they had come to Antioch, spoke to the Hellenists, preaching the Lord Jesus. And the hand of the Lord was with them, and a great number believed and turned to the Lord.

Then news of these things came to the ears of the church in Jerusalem, and they sent out Barnabas to go as far as Antioch. When he came and had seen the grace of God, he was glad, and encouraged them all that with purpose of heart they should continue with the Lord. For he was a good man, full of the Holy Spirit and of faith. And a great many people were added to the Lord.

Then Barnabas departed for Tarsus to seek Saul. And when he had found him, he brought him to Antioch. So it was that for a whole year they assembled with the church and taught a great many people. And the disciples were first called Christians in Antioch.

Then the disciples, each according to his ability, determined to send relief to the brethren dwelling in Judea. This they also did, and sent it to the elders by the hands of Barnabas and Saul.



## **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

## **Alleluia, Tone 4**

verse: Poise yourself and advance in triumph and reign in the cause of truth, and meekness, and justice.

verse: You have loved justice and hated iniquity. (Psalm 44:5,8)

### **Gospel—John 4:5-42**

At that time, Jesus came to a city of Samaria which is called Sychar, near the plot of ground that Jacob gave to his son Joseph. Now Jacob's well was there. Jesus therefore, being wearied from His journey, sat thus by the well. It was about the sixth hour.

A woman of Samaria came to draw water. Jesus said to her, "Give Me a drink." For His disciples had gone away into the city to buy food.

Then the woman of Samaria said to Him, "How is it that You, being a Jew, ask a drink from me, a Samaritan woman?" For Jews have no dealings with Samaritans. Jesus answered and said to her, "If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water."

The woman said to Him, "Sir, You have nothing to draw with, and the well is deep. Where then do You get that living water? Are You greater than our father Jacob, who gave us the well, and drank from it himself, as well as his sons and his livestock?"

Jesus answered and said to her, "Whoever drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life."

The woman said to Him, "Sir, give me this water, that I may not thirst, nor come here to draw."

Jesus said to her, "Go, call your husband, and come here." The woman answered and said, "I have no husband." Jesus said to her, "You have well said, 'I have no husband,' for you have had five husbands, and the one whom you now have is not your husband; in that you spoke truly." The woman said to Him, "Sir, I perceive that You are a prophet. Our fathers worshiped on this mountain, and you Jews say that in Jerusalem is the place where one ought to worship."

Jesus said to her, "Woman, believe Me, the hour is coming when you will neither on this mountain, nor in Jerusalem, worship the Father. You worship what you do not know; we know what we worship, for salvation is of the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. God is Spirit, and those who worship Him must worship in spirit and truth."

The woman said to Him, "I know that Messiah is coming" (who is called Christ). "When He comes, He will tell us all things."

Jesus said to her, "I who speak to you am He."

And at this point His disciples came, and they marveled that He talked with a woman; yet no one said, "What do You seek?" or, "Why are You talking with her?"

The woman then left her waterpot, went her way into the city, and said to the men, "Come, see a Man who told me all things that I ever did. Could

this be the Christ?" Then they went out of the city and came to Him.

In the meantime His disciples urged Him, saying, "Rabbi, eat."

But He said to them, "I have food to eat of which you do not know."

Therefore the disciples said to one another, "Has anyone brought Him anything to eat?"

Jesus said to them, "My food is to do the will of Him who sent Me, and to finish His work. Do you not say, 'There are still four months and then comes the harvest'? Behold, I say to you, lift up your eyes and look at the fields, for they are already white for harvest! And he who reaps receives wages, and gathers fruit for eternal life, that both he who sows and he who reaps may rejoice together. For in this the saying is true: 'One sows and another reaps.' I sent you to reap that for which you have not labored; others have labored, and you have entered into their labors."

And many of the Samaritans of that city believed in Him because of the word of the woman who testified, "He told me all that I ever did." So when the Samaritans had come to Him, they urged Him to stay with them; and He stayed there two days. And many more believed because of His own word.

Then they said to the woman, "Now we believe, not because of what you said, for we ourselves have heard Him and we know that this is indeed the Christ, the Savior of the world."

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

Virginity is alien to mothers and child-bearing 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**

Receive the Body of Christ,\* taste the fountain of immortality.\* Praise the Lord from the heavens; praise Him in the highest.\* Alleluia, alleluia,\* alleluia. (Psalm 148:1)

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 :** June 8 , 2023 @ 6:30 pm
- ❖ **UCWLC TAG DAY – Sunday May 28th, 2023**
- ❖ **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, 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

### Wednesday, May 10:

- ❖ 9:00am – Typica – no intentions

### Thursday, May 11:

- ❖ 9:00am – Typica – no intentions

### Saturday, May 13:

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

### Sunday, May 14:

- ❖ 8:30am – in memory of the repose of the souls of +Walter and +Ann Jumaga
- ❖ 10:30am – blessings and congratulations to Natalia Peniak on the occasion of her 100th birthday! Mnohaya Lita!

## 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 know 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



## ARE YOU PREPARED?

Don't know what questions to ask? Hard to discuss matters of death and dying?

Plus 50 is sponsoring a session on **FUNERAL PREPLANNING** in the hall on **Saturday, May 20 at 10 am.**

**There will be 2 parts:**

Fr. Mike will present the Ukrainian Catholic Church's guidelines, after which Evan Strong will present alternatives for funeral arrangements.

Q & A will follow. Coffee will be provided. Everyone is welcome.



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.

## ST. STEPHEN'S



**UKRAINE  
SUPPORT  
COMMITTEE  
(USC)**

Our parish provides support to recent newcomers from Ukraine. If you have any questions, 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 [адресою newcomers@protomartyr.ca](mailto:adresoynewcomers@protomartyr.ca), щоб отримувати інформацію про заходи для новоприбулих у нашій церкві від нашої координаторки для новоприбулих від Юлії Мороз.**

### 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\\_StStephens](https://t.me/UANewcomers_StStephens)

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

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



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.



We are grateful for your help  
with the yard cleanup!

**THANK  
YOU!**



## 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.**

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2. Search for **St. Stephen Protomartyr Parish.**
3. Enter your name and email and enjoy!

## 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



## ST. STEPHEN'S PUB NIGHT

### DON'T MISS OUT!

St. Stephen's Pub Night is on May 12th at 6:30 pm featuring the Award winning entertainers of the year!

## DUELING PIANO KINGS

All proceeds go to our Ukrainian Newcomer Support Committee Helping us help new Ukrainians to Calgary

Call Linda at 403-249-4818 ext. 0 to get your tickets today!

No tickets will be sold at the door—Limited tickets available - 18+ event



**LIVE**

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



# Ask Fr. Mike:

## What is the Difference between Mortal and Venial Sins?

Запитайте О. Михайла: Яка різниця між Смертним і Легким гріхом?

*If anyone sees his brother committing what is not a mortal sin, he will ask, and God will give him life for those whose sin is not mortal. There is sin which is mortal; I do not say that one is to pray for that. All wrongdoing is sin, but there is sin which is not mortal. (1 John 5:16-17)*

St. John the Theologian teaches that although all wrongdoing is sin, there are sins of various seriousness or gravity. Some sins are serious enough to “kill love in our hearts” and therefore are referred to as *mortal sins*. Sins which weaken, but do not kill love, are called *venial sins*. For a sin to be mortal, three conditions must be met:

The object of the sin (the thing you do) must be grave.

It must be committed with full knowledge.

You must deliberately consent.

Grave sins correspond to the Ten Commandments and are ordered specifically by Jesus to the Rich Young Man (Mark 10:19) and their gravity depends on the order given (murder is worse than theft) and who is affected (violence against parents is worse than against strangers). A short and unexhaustive list of grave matters include:

Idolatry, Divination, magic and sorcery, Disrespecting the Name of God or Holy Things, sacrilege

Deliberate failure of Sunday and Feast Day obligation

Euthanasia, Suicide, drug abuse, gluttony, alcohol abuse, extreme anger, hatred

Adultery, fornication, pornography use, any sexual acts outside of marriage

Theft, cheating, bribery, defrauding a worker of his wages, lying, adulation (encouraging others in sin), false witness and perjury.

For example, someone choosing not to attend Divine Liturgy on a Sunday or a Holy Day of Obligation (if they are well enough to attend) is a sin against God Himself, done with full knowledge and consent and therefore a *mortal sin*. If a sin involves grave matter but is not done with full knowledge or consent it remains a *venial sin*.

If you are aware of a mortal sin on your heart you should confess before approaching for Holy Communion. If you are unsure, I encourage you to refrain for now and come and chat with me. Metropolitan Andrey Sheptytsky encouraged his flock to confess monthly at a minimum. Remember, brothers and sisters, my goal here is not to condemn, but to help form your conscience and encourage you to participate worthily in the Most Holy Eucharist. God loves you and knows your sins better than you know them and wants to forgive all your sins!

«Коли хто бачить брата свого, що грішить гріхом не на смерть, нехай молиться за нього, і Він жяття йому дасть, тим, хто грішить не на смерть. Є й гріх на смерть, не про нього кажу, щоб молився. Усяка неправда то гріх. Та є гріх не на смерть.» (1 Івана 5:16-17)

Св. Іоанн Богослов навчає, що хоча всі злочини є гріхами, існують гріхи різної серйозності та тяжкості. Деякі гріхи настільки серйозні, що «вбивають любов у наших серцях», і тому їх називають смертними гріхами. Гріхи, які не вбивають любов, називаються легкими гріхами. Є три умови, які визначають, чи є гріх смертним:

1) Об'єкт гріха( те що ви робите) має бути серйозним.

2) Здійснено з повним усвідомленням.

3) Ви свідомо погоджуєтесь зі зробленим.

Тяжкі гріхи відповідають Десяти Заповідям, які надані Ісусом через Мудрого Молодого Чоловіка( Марк 10:19), і їхня тяжкість залежить від наказу( вбивство гірше за крадіжку) і від того, хто постраждав( насильство проти батьків гірше, ніж проти незнайомих).

Короткий і неповний перелік тяжких гріхів включає:

Ідолопоклонство, ворожіння, магія та чаклунство, неповага до Імені Бога чи Святих речей, святотатство, навмисне недотримання обов'язків у Неділю та Святкові Дні.

Евтаназія, самогубство, вживання наркотиків, обжерливість, зловживання алкоголем, злість, ненависть.

Подружня зрада, блуд, перегляд порнографії, будь-які сексуальні відношення поза шлюбом.

Крадіжка, шахрайство, хабарництво, виманювання зарплати працівників, брехня, лестощі ( спонукання інших до гріха), лжесвіжчення.

Наприклад, хтось вирішує не відвідувати Божествену Літургію у Неділю або у Святковий день( якщо він достатньо здоровий, щоб бути присутнім) є гріхом проти Самого Бога, вчинений свідомо, це і є смертний гріх. Якщо гріх пов'язаний із серйозною справою, але вчинений не з повним усвідомленням чи згодою, він залишається легким гріхом.

Якщо ви маєте сумнів, закликаю вас поки що утриматися від участі у Святому Причасті та поспілкуватися зі мною. Митрополіт Андрій Шептицький закликав своїх прихожан сповідатися принаймні щомісяця.

Пам'ятайте, брати та сестри, моя мета не засуджувати, а допомогти подолати ваше сумління та заохотити вас гідно брати участь у Пресвятій Євхаристії. Бог любить вас і знає ваші гріхи краще за вас і хоче пробачити всі ваші гріхи!

1 The Church has grown in her understanding of depression as a medical condition and so suicide is not necessarily a mortal sin. We continue to trust in the Lord's mercy in this situation. However, recourse to MAiD is premeditated (planned) and therefore the levels of knowledge and consent are raised.