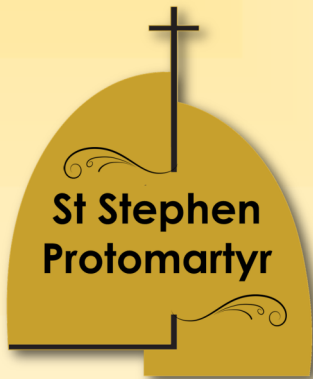


# ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

FEBRUARY 25, 2024



**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)

**Ukrainian Newcomers support**  
Anastasia Gyrshanovych  
[newcomers@protomartyr.ca](mailto:newcomers@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

**Saturday**  
4:00 pm—Great Vespers

**Weekday Services:**  
**Wednesdays and Thursdays** 9:00am  
**Sunday school, Sundays** at 10:15 am



## **Second Sunday of the Great Fast: St. Gregory Palamas.**

Our Holy Father Tarasius, Archbishop of Constantinople (806).  
Great Fast Day 14. The Divine Liturgy of St. Basil the Great is celebrated today.

**Anthology ribbons :** Green 349 (Troparion), Yellow 622 (Kontakion), Prokeimenon 623

### ***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!

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

**Kontakion, Tone 4:** The time for action is now revealed;\* the Judge is at the door.\* Let us rise and keep the fast,\* offering tears of contrition with alms and crying aloud:\* our sins are more numerous than the sands of the sea,\* but forgive us, O Maker of all, that we may receive incorruptible crowns.

### ***Prokeimenon, Tone 5***

You, O Lord, will guard us\* and will keep us\* from this generation\* and forever.

**verse:** Save me, O Lord, for there is no longer left a just man. (*Psalm 11:8,2*)

### ***Epistle***

**Hebrews 1:10-2:3**

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

Brothers and sisters, "You, LORD, in the beginning laid the foundation of the earth,  
And the heavens are the work of Your hands.  
They will perish, but You remain;  
And they will all grow old like a garment;  
Like a cloak You will fold them up,  
And they will be changed.  
But You are the same,  
And Your years will not fail."

But to which of the angels has He ever said:



## **HOLY MYSTERIES**

### **CONFESSION:**

Saturdays 3:00 pm  
Sundays 10:00 am  
OR by appointment  
403-249-4818, ext. 1

### **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:**

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

## **HALL RENTAL INQUIRIES**

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

"Sit at My right hand,Till I make Your enemies Your footstool?"

Are they not all ministering spirits sent forth to minister for those who will inherit salvation?

Therefore we must give the more earnest heed to the things we have heard, lest we drift away. For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard *Him*.

### **Alleluia, Tone 6**

*verse:* He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven.

*verse:* He says to the Lord: You are my protector and my refuge, my God, in Whom I hope. (*Psalm 90:1,2*)

### **Gospel—Mark 2:1-12**

At that time, Jesus entered Capernaum after *some* days, and it was heard that He was in the house. Immediately many gathered together, so that there was no longer room to receive *them*, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four *men*. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.

When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you."

And some of the scribes were sitting there and reasoning in their hearts, "Why does this *Man* speak blasphemies like this? Who can forgive sins but God alone?"

But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'? But that you may know that the Son of Man has power on earth to forgive sins"—He said to the paralytic, "I say to you, arise, take up your bed, and go to your house." Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw *anything* like this!"

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

In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider that all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

### **Communion Hymn**

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

## **2-а Неділя Посту; Неділя святого отця нашого Григорія Палами;**

Гл. 6. Єв. 6. Св. Тарасія, аєп. Царгородського 25 березня.

### **Тропарі і Кондаки**

Тропар (глас 6): Ангельські сили на гробі Твоім\* і сторожі омертвіли;\* Марія ж стояла при гробі,\* шукаючи пречистого тіла Твого.\* Полонив Ти ад і, не переможений від нього,\* зустрів Ти Діву, даруючи життя.\* Воскреслий з мертвих, Господи, слава Тобі!

Тропар (глас 8): Православ'я наставнику, святителям окрасо,\* богословам непереможного переможця,\* Григоріє чудотворче, Солуня велика похвало, проповіднику благодаті,\* моли Христа Бога, щоб спаслися душі наші.

+Слава Отцю, і Сину, і Святому Духові. І нині, і повсякчас, і на віки вічні. Амінь.

Кондак (глас 4): Нині час для діяння явився,\* при дверях суд,\* востаньмо, отже, постячися,\* принесім сльози благання з милостинями, взиваючи:\* Ми согрешили більше піску морського,\* але ослаби, Творче всіх, щоб ми прийняли нетлінні вінці.

**Прокімен (глас 5):** Ти, Господи, збережеш нас\* і захистиш нас від роду цього і повік (Пс 11,8). Стих: Спаси мене, Господи, бо не стало праведного. Пс. 11,2).



### Апостол: (Євр 1,10-2,3)

Браття і Сестри, «Ти, Господи, напочатку заснував землю і небеса – діло рук твоїх. Вони загинуть, ти ж перебуваєш; усі, мов одежа, постаріються. Ти їх, неначе одержину, згорнеш і, немов одежа, вони зміняться. Ти ж – той самий, і літа твої не скінчаться.» До кого з ангелів він коли мовив: «Сідай праворуч мене, доки не покладу твоїх ворогів підніжком під твої ноги?» Хіба ж не всі вони служебні душі, що їх посилають до послуг тим, які мають успадкувати спасіння? Тому ми мусимо вважати дуже пильно на те, що почули, щоб, бува, нас не знесло з дороги. Бо коли слово, оголошене ангелами, було таке зобов'язуюче, що всякий його переступ і непослух приймав справедливую кару, то як утечемо ми, коли занедбаємо таке велике спасіння? Воно, спочатку проповідане Господом, було підтверджене нам тими, що його чули.

### Алилуя (глас 6):

Стих: Хто живе під охороною Всевишнього, під покровом Бога небесного оселиться (Пс 90,1).

Стих: Скаже він Господеві: Ти заступник мій і пристановище моє, Бог мій, на котрого я надіюся (Пс 90,2).

### Євангеліє: (Мр 2,1-12)

У той час коли прийшов Ісус до Капернауму, чутка пішла, що він у домі. І там зібралося стільки народу, що не було більш місця, навіть перед дверима; а він промовляв до них словом. І от прийшли до нього, несучи розслабленого; несли його четверо. А що із-за народу не могли донести до нього, розкрили стелю над місцем, де він був, й отвором спустили ліжко, на якому лежав розслаблений. Ісус, уздрівши їхню віру, до розслабленого й каже: “Сину, відпускаються тобі твої гріхи.” А були й деякі книжники, що сиділи там та міркували собі: “І як може цей так говорити? Він богохульствує! Хто може прощати гріхи, крім одного лише Бога?” Ісус же, вмить збагнувши духом, що вони таке собі думають, до них і каже: “Чого таке ось наміслюєте у ваших серцях? Що легше – сказати розслабленому: Відпускаються тобі гріхи, а чи сказати: Встань, візьми твоє ліжко й ходи? Та щоб ви знали, що Син Чоловічий має владу на землі гріхи відпускати, – мовить до розслабленого: Кажу тобі: Встань, візьми твоє ліжко і йди до свого дому.” Устав той – і зараз же, взявши ліжко, вийшов на очу всіх; тож чудувалися всі, хвалили Бога й мовляли: “Ніколи ми такого не бачили!”

*Замість Достойно:* Тобою радується, Благодатная, всяка твар, ангельський собор і чоловічеський рід, освящений храме і раю словесний, дівственна похвало, що із неї Бог воплотився і младенцем став – перед віками сущий Бог наш. Лоно бо твоє престолом сотворив і утробу твою просторішою небес учинив. Тобою радується, Благодатная, всяка твар, слава тобі.

### Причасний:

Хваліте Господа з небес,\* хваліте Його на висотах (Пс 148,1). Алилуя (х3).

## ANNOUNCEMENTS & UPCOMING EVENTS

- **LENTEN FASTING DAYS:** On the weekdays of Lent we are asked to fast from meat and meat products **Mon, Wed and Fri.** During **Holy Week** we fast from meat **Monday through Friday.** Let us enter the fast with joy!
- **SOROKOUSTY SERVICES:** **Saturday, Feb 24<sup>th</sup> and Saturday, Mar 9<sup>th</sup> at 10am**
- **ST STEPHEN'S LENTEN MISSION:** **Friday, Mar 8<sup>th</sup> – Sunday, Mar 10<sup>th</sup> :** Fr. Peter Galadza, founder of the Metropolitin Andrey Sheptytsky Institute and eminent Liturgical Theologian will be providing our Lenten Mission with the theme of conversion and repentance in the life of Venerable Metropolitin Andrey Sheptytsky.

### EPARCHIAL LENTEN SERIES - THREE TEMPTATIONS OF CHRIST: Thursdays 7:00 - 8:30 pm.

In Scripture we read the account of Jesus retreating to the desert to pray and to fast. There he is tempted by Satan three times and three times he refuses to accept what Satan has to offer. In our sessions, we will examine each of these three temptations to discover their meaning and how we may see ourselves in moments of temptation



## DIVINE LITURGY INTENTIONS

Friday, February 23:

- ❖ 10:00am – PARASTAS: +Oleksandr Dovchenko. Eternal Memory!
- ❖ 6:00pm – for the repose of the soul of +Paul Muryanka. Eternal Memory!

Saturday, February 24:

- ❖ 10:00am – Sorokousty
- ❖ 11:30am – BAPTISM: Arthur Jansen – Mnohaya Lita!
- ❖ 3:00pm – Confessions
- ❖ 4:00pm – Great Vespers

Sunday, February 25:

- ❖ 8:30am – for the repose of the soul of +Phil Dowhaniuk. Eternal Memory!
- ❖ 8:30am – for the repose of the soul of +Trudy Cain. Eternal Memory!
- ❖ 10:30am – for the repose of the soul (40 days) of +Theresa Sembrat – Eternal Memory!
- ❖ 10:30am – for the intentions and needs of all parishioners

Wednesday, February 28:

- ❖ 9:00am – Lenten 6th Hour Typica w/ Eucharist

Thursday, February 29:

- ❖ 9:00am – Lenten 6th Hour Typica w/ Eucharist

Friday, March 1:

- ❖ 6:00pm – for the repose of the soul of +Bill Jacula. Eternal Memory!

Saturday, March 2:

- ❖ 3:00pm – Confessions
- ❖ 4:00pm – Great Vespers

Sunday, March 3:

- ❖ 8:30am – in memory of the repose of the souls of +Patricia and +Nestor Ficzyz
- ❖ 10:30am – for the repose of the soul of +Maria Vasko. Eternal Memory!
- ❖ 10:30am – in memory of the repose of the soul of +Steve Cherewyk

throughout our lives. We will also explore what spiritual strength we may gain from the example of Jesus. Sessions will consist of a presentation and will conclude with prayer.

- **March 7 – Physical Temptations - Presenter: Fr. Mark Bayrock (Exaltation of the Holy Cross parish hall, 9003 – 153 Ave, Edmonton)**
- **March 14 – Testing God - Presenter: Fr. Jim Nakonechny (Exaltation of the Holy Cross parish hall, 9003 – 153 Ave, Edmonton)**
- **March 21 – Pride and Power - Presenter: Fr. Mike Bombak (St Stephen Protomartyr parish hall, 4903 – 45<sup>th</sup> St SW, Calgary)**  
You are encouraged to attend in person and are welcome to attend any or all of the sessions. No registration is necessary. If you cannot be there in person you may attend on Zoom: <https://us02web.zoom.us/j/86407190277?pwd=czc4c2w4ZWdIVEU0RkNSZTY2Vi9VZz09> You can also find the Zoom link on the Eparchy of Edmonton website: [www.eeparchy.com](http://www.eeparchy.com)

- **BIBLE STUDY: Thursdays at 10am.** For more information please contact Peter Russell.
- **CHOIR REHEARSALS FOR LENT AND EASTER: Wednesdays at 7pm in the loft.** We welcome everyone to join us in the weeks ahead. For more information please contact our choir director Linda Dudar.
- **ASK FR MIKE: In this video interview with journalist Mario Toneguzzi, Father Michael Bombak discusses Lent.** He talks about fasting, prayer and almsgiving, some of the Ukrainian Catholic traditions, and offers advice for those on the Lenten journey. The video can be seen here: [https://youtu.be/n9TL\\_wAS-WU](https://youtu.be/n9TL_wAS-WU).
- **UKRAINIAN CHARITY ART FAIR: Sunday, February 25<sup>th</sup>, 5 – 8pm - St. Stephen Protomartyr Church Hall.** We invite you to our Charity Art Fair in support of Ukraine. For two years, a full-scale war has been raging, claiming the lives of hundreds of thousands, including innocent civilians and children. At the fair, our tastiest dishes, pastries, and the world-renowned varenyky and borsch will be available for purchase.

All visitors will have the opportunity to participate in various workshops: Painting, Gingerbread decorating, Wood painting, Clay modeling for kids, Collective painting of a Ukrainian embroidered towel, there will also be an auction featuring art pieces.

All proceeds will go towards medical supplies and humanitarian aid for our defenders.

Come and share this wonderful evening with us, showing support for those in need. Entrance fee is \$15, free for children.

- **ST STEPHEN'S ANNUAL GENERAL MEETING: Please join us for this year's AGM on Sunday, March 17<sup>th</sup>, 2024** in the hall after 10:30am Divine Liturgy.
- **ST STEPHEN'S UCWLC SCHOLARSHIP for \$1000: Apply TODAY!** If you are 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....) **YOU ARE ELIGIBLE!**
  - 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 nettiekost@gmail.com
  - **Deadline is May 14, 2023**
- **CALGARY CATHOLIC EDUCATION FOUNDATION: The CCEF Ultimate Cash Raffle & 50/50 Add-On.** Please support the Calgary Catholic Education Foundation in its annual raffles in support of the 118 schools in the Calgary Catholic School District. These funds support enhanced learning opportunities in our publicly funded Catholic schools such as playgrounds, technology, social justice projects and faith inspired programmes. **Tickets start as low as \$10 and are on sale until February 29, 2024.** Please visit [www.cceffraffle.com](http://www.cceffraffle.com)
- **AXIOS MEN'S ENSEMBLE:** The Axios Men's Ensemble is presenting the premiere of two-time Grammy nominee, Benedict Sheehan's "Ukrainian War Requiem" on **Saturday, April 13<sup>th</sup> at 7:00 pm** at the Assumption of the Blessed Virgin Mary. The concert will feature a choir of 50 performers including members from Pro Coro Canada and select soloists from North America and Ukraine. Tickets are available at [www.axioschoir.com](http://www.axioschoir.com) or by contacting Adrian at 403-818-1900.
- **SHEVCHENKO FOUNDATION BOOKMARK CONTEST: To all aspiring young artists...** Embark on a creative adventure with the Shevchenko Foundation's 4th Annual Children's Bookmark Contest! This year we celebrate the enchanting imagery of Taras Shevchenko's "Knyazhna," inviting participants to craft bookmarks that capture the essence of a picturesque Ukrainian village, as vividly portrayed in the poem. The 2024 contest also marks the 60th anniversary of the Shevchenko Foundation and with the help of Nicola Institutional, participating young artists become philanthropists. **The contest is open to creatives up to 14 years old. Submission deadline is April 15, 2024. The winning entry from each province will be celebrated with a \$25 prize.** For complete contest details see attached flyer, scan the QR code provided or visit <https://shevchenkofoundation.com/creative-opportunities/young-creatives/>.
- **DONATION CENTRE:** Newcomers in need of household items are invited to our donation centre. **Volunteers needed for sorting at the Centre on MONDAYS.** Please contact Doris Watson at [watson.dw@hotmail.com](mailto:watson.dw@hotmail.com). Запрошуємо усіх новоприбулих, які потребують побутові речі, до Донеишен Центру. Зв'яжіться з Доріс Ватсон [watson.dw@hotmail.com](mailto:watson.dw@hotmail.com)