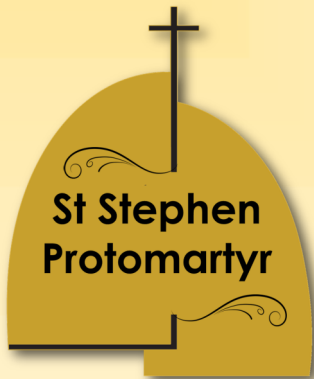


ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

JANUARY 11, 2026



Address:
4903 – 45th Street S.W.
Calgary, Alberta T3E 3W5 Canada

Office Hours
Mon-Thurs 9:00am – 3:00pm

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](http://www.saintstephencalgary.ca/calendar1.html)

Facebook:
[https://www.facebook.com/
protomartyr.ca](https://www.facebook.com/protomartyr.ca)

Eparchy Website:
www.edmontoneparchy.com

DIVINE LITURGIES:

Sunday Divine Liturgies:

8:30 am—Bilingual

** 10:05—Rosary **

10:30 am – English

Saturday Services:

3:00 pm—Confessions

4:00 pm — Great Vespers

5:00 pm - Divine Liturgy

Weekday Divine Liturgies:

9:00am - Tues / Wed / Thurs / Fri

Sunday after Theophany:

Octoechos Tone 6;

Our Venerable Father Theodosius, Founder of the Cenobitic Monastic Life.

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 appeared and enlightened the world.

Troparion, Tone 8: With the streams of your tears you cultivated the barren desert,* with deep sighs your toils bore fruit a hundredfold.* You became a beacon, shining throughout the world by your wonders,* our venerable father, Theodosius.* Pray to Christ God that our souls may be saved.

Kontakion, Tone 6: With His life-giving hand* Christ our God, the Giver of life,* raised all the dead from the murky abyss* and bestowed resurrection upon humanity.* He is for all the Saviour,* the resurrection and the life, and the God of all.



HOLY MYSTERIES

CONFESION:

Saturdays 3:00 pm

Sundays 10:00 am

OR by appointment

403-249-4818, ext. 1

MARRIAGE, BAPTISM-CHRISMATION-

EUCHARIST, FUNERALS :

Contact the office at

Office@Protomartyr.ca

ANOINTING OF THE SICK:

For emergencies call

403-249-4818, ext. 9

DIVINE LITURGY INTENTIONS :

Arrangements with the office

CLERGY & RELIGIOUS

Pastor :

Father Janko Herbut

FatherJanko@protomartyr.ca

Office:403-249-4818, ext. 1

PARISH OFFICE

Office Administrator:

Linda Buck 403-249-4818, ext. 0

office@Protomartyr.ca

Communications Coordinator:

Mirna Farahat

coordinator@Protomartyr.ca

HALL RENTAL INQUIRIES

Contact the office : 403-249-4818

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

Kontakion, Tone 8: Planted in the courts of your Lord,* you blossomed beautifully with godly virtues* and multiplied your children in the desert* watering it with the streams of your tears.* O leader of God's divine sheepfolds,* we cry out to you: Rejoice, O Father Theodosius.

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 6

Save Your people, O Lord, * and bless Your inheritance.

verse: Unto You I will cry, O Lord, my God, lest You turn from me in silence. (Psalm 27:9,1)

Prokeimenon, Tone 0

Blessed is He who comes in the Name of the Lord; God the Lord has appeared to us.

Epistle

Ephesians 4:7-13;

Brothers and Sisters, each of us was given grace according to the measure of Christ's gift. Therefore it is said,

"When he ascended on high he made captivity itself a captive; he gave gifts to his people."

(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ.

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)

verse: Bring to the Lord, you sons of God; bring to the Lord young rams.

Gospel

Matthew 4:12-17

At that time, Jesus heard that John had been arrested, he withdrew to Galilee. He left Nazareth and made his home in Capernaum by the sea, in the territory of Zebulun and Naphtali, so that what had been spoken through the prophet Isaiah might be fulfilled:

"Land of Zebulun, land of Naphtali, on the road by the sea, across the Jordan, Galilee of the Gentiles— the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned."

From that time Jesus began to proclaim, "Repent, for the kingdom of heaven has come near."

Hymn to the Theotokos

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

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

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)

Неділя після Богоявлення. Прп. Теодосія, спільного життя засновника. 11 січня.

Антифон 1

Стих 1: Во ізході Ізраїлевім із Єгипту, дому Якова із людей варварів;* Стала Юдея святиня його, Ізраїль – володіння його (Пс 113,1-2). Приспів: Молитвами Богородиці, Спасе, спаси нас.

Стих 2: Море виділо і побігло, Йордан повернувся назад (Пс 113,3).

Приспів: Молитвами Богородиці, Спасе, спаси нас.

Стих 3: Що з тобою, море, що ти побігло, і з тобою, Йордане, що ти повернувся назад? (Пс 113,5)

Приспів: Молитвами Богородиці, Спасе, спаси нас.

+Слава Отцю, і Сину, і Святому Духові. І нині, і

повсякчас, і на віки вічні. Амінь. Єдинородний Сину...

Антифон 3

Співаємо звичайні третій антифон, але зі приспівом:

Спаси нас, Сину Божий, що хрестився в Йордані від Івана, співаємо Тобі: Аلیلія.

Тропарі і Кондаки

Тропар (г. 6): Ангельські сили на гробі твоїм * і ті, що стерегли, змертвіли * і стояла Марія у гробі, * шукаючи пречистого тіла твого. * Полонив Ти ада, та не спокусився ним, * зустрів еси Діву, даруючи життя. * Воскреслий з мертвих Господи, слава Тобі.

Тропар (глас 1): Коли в Йордані хрестився ти,

Господи,* Троїчне явилось поклоніння:* бо Родителя голос свідчив тобі,* возлюбленим Сином тебе називаючи;* і Дух у виді голубиним засвідчив твердість слова.* Явився ти, Христе Боже,* і світ просвітив, слава тобі.

Тропар святому (г. 8): Потоками сліз твоїх ти неродючу пустиню управив,* і з глибини зітханьями ти в трудах приніс стократні плоди,* і був ти світильником вселенної, сіяючи чудесами, Теодосію, отче наш.* Моли Христа Бога, щоб спаслися душі наші.

Кондак воскресний (г. 6): Життєдайною долонею* умірлих із мрячних долин* воскресів усіх Життєдавець – Христос Бог,* воскресіння подав людському родові.* Він бо всіх Спаситель, воскресіння, і життя, і Бог усіх.

+Слава Отцю, і Сину, і Святому Духові.

Кондак святому (г. 8): Насаджений у дворах Господа твого,* зацвів ти красно преподобними твоїми чеснотами* і умножив ти дітей Твоїх у пустині,* напоюваних струями твоїх сліз,* стадоначальнику Божий божественних дворів.* Тому зовемо тобі:* Радуйся, отче Теодосію.

І нині, і повсякчас, і на віки вічні. Амінь.

Кондак (глас 4): Явився еси днесь вселенній* і світло твоє, Господи, знаменувалося на нас,* що зі зрозумінням оспівуємо тебе.* Прийшов еси і явився еси – Світло неприступне.

Прокімен (глас 1): Будь, Господи, милість твоя на нас,* бо уповали ми на тебе (Пс 32,22).

Стих: Радуйтеся, праведні, у Господі, правим належить похвала (Пс 32,1).

І святому (г.7):

ЧеснапередГосподомсмертьпреподобнихЙого (Пс. 115,6).

Апостол: (Еф 4,7-13): Та (2 Кор. 176 зач.; 4, 6-15.)

Браття і Сестри, кожному з нас дана благодать за мірою Христових дарів. Тому й сказано: “Вийшов на висоту, забрав у полон бранців, дав дари людям.” А те “вийшов” що означає, як не те, що він був зійшов і в найнижчі частини землі? Той же, хто був зійшов на низ, це той самий, що вийшов найвище всіх небес, щоб усе наповнити. І він сам настановив одних апостолами, інших – пророками, ще інших – євангелистами і

пастирями, і вчителями, для вдосконалення святих на діло служби, на будівання Христового тіла, аж поки ми всі не дійдемо до єдності в вірі й до повного спізнання Божого Сина, до звершености мужа, до міри повного зросту повноти Христа.

Алилуя (глас 6):

Стих: Милості твої, Господи, повік оспівуватиму, сповіщу з роду в рід істину твою устами моїми (Пс 88,2).

Стих: Бо сказав ти: Повік милість збудується, на небесах приготується істина твоя (Пс 88,3)

І святому: Блаженмуж,щобойтьсяГоспода,запові дійогдужелюбийому (Пс. 111,1).

Стих: Сильненаземлібудесім'яйого (Пс. 111,2).

Євангеліє: (Мт 4,12-17): Та (Мт. 43 зач. 11, 27-30.)

В томи часі почувши, що Йоана ув'язнено, Ісус повернувся в Галилею і, покинувши Назарет, пішов і оселився в Капернаумі, що при морі, на границях Завулону та Нафталі, щоб збулося те, що сказав був пророк Ісаїя: “О земле Завулону та земле Нафталі, приморський шляху, країно за Йорданом, поганська Галилеє! Народ, який сидів у темноті побачив велике світло; тим, що сиділи в країні й тіні смерті, – зійшло їм світло.” З того часу Ісус почав проповідувати й говорити: “Покайтесь, бо Небесне Царство близько.”

Замість Достойно:

Величай, душе моя, Царя Христа, що хрестився в Йордані.

Ірмос (глас 2): Не зуміє ніякий язик достойно благохвалити, тривожиться й ум, і то надсвітній, коли оспівує тебе, Богородице; однак ти, благає, прийми віру, бо любов нашу божественну знаєш, бо ти є християн заступниця, тебе величаємо.

Причасний: Явилася благодать Божа спасительна всім людям (Тит 2,11).* Хваліте Господа з небес, хваліте Його на висотах (Пс 148,1). Алилуя (х3).

Згідно Галицької традиції, ми співаємо: Всесвіт днесь радістю сповняється, Христос хрестився в Йордані.

Замість “Ми бачили світло істинне...” (х1) “Нехай сповняться уста...” (х3) і “Нехай буде ім'я...” (х3).



DIVINE LITURGY INTENTIONS

Saturday, January 10:

2:00pm – Blessing of the Bow w/ ABVM
3:00pm – CANCELED: Confessions
4:00pm – Great Vespers
5:00pm – in memory of the repose of the souls of +Andrew and +Fred Kuzemka w/ Panakhyda. Vichnaya Pamyat!

Sunday, January 11:

SUNDAY AFTER THEOPHANY

8:30am – for improved health and healing for Trina
10:30am – for the repose of the soul of +Marcy Bobyn. Vichnaya Pamyat!
10:30am – for the repose of the souls of +Metro and +Rose Lukie. Vichnaya Pamyat!

Monday, January 12:

7:00pm – Prayers for peace and an end to the war in Ukraine

Tuesday, January 13:

9:00am – for the repose of the soul (40 days) of +Otilia Josephina Fuenmayor DeHung. Vichnaya Pamyat!

Wednesday, January 14:

9:00am - for the intentions and needs of all parishioners

Thursday, January 15:

10:00am – for the intentions and needs of all parishioners

Friday, January 16:

9:00am - for the intentions and needs of all parishioners

Saturday, January 17:

3:00pm – Confessions
4:00pm – Great Vespers
5:00pm – for the intentions and needs of all parishioners

Sunday, January 18:

8:30am – in memory of the repose of the souls of +Lydia and +John Krill and +John Nedoszytko. Vichnaya Pamyat!
8:30am – for improved health and healing for Trina
10:30am – in memory of the repose of the souls of the +Swidzinski family. Vichnaya Pamyat!
10:30am – in memory of the repose of the soul of +Victoria Klym. Vichnaya Pamyat!

Announcements and Upcoming Events

- **HOUSE BLESSINGS:** It's time to bless your home again! By sanctifying our homes with Holy Water we extend the grace of God to our individual dwellings, to invoke God's blessings and protection on it and its inhabitants. If you would like to have your home blessed this Theophany season, please contact Fr. Janko at 403-249-4818 ext 1.
- **BIBLE STUDY:** Starts up again THURSDAY, JANUARY 15TH at 10:00am. It's not too late! Please join us for the exciting conclusion to Matthew's Gospel!
- **NAME TAG SUNDAY:** JANUARY 18TH will be our first name tag Sunday of the New Year! Wear your name tag made at home or stop by the greeting table to make one that morning. Say hello to someone new and visit over coffee and refreshment provided by the hospitality team after both liturgies.

- **UCWLC MEETING:** THURSDAY, JAN 15th at 7PM
- **LENTEN MISSION: SAVE THE DATE: FEBRUARY 20th, 21st and 22nd.** More information to come!
- **ALWAYS OUR PARISHIONERS:** We are continuing the Eparchial initiative called *Always Our Parishioners* which is intended to help bolster our current pastoral outreach to the sick, isolated and lonely of our parish. If you know of someone in need of pastoral care, please pick up an information card from the Narthex, fill it out at your convenience and then return it to the box provided. This card would then provide contact information of persons potentially in need of a phone call and/or visit from Fr Janko or his volunteer team. This contact information would be logged by the parish office for future visits.
- **PRAY FOR PEACE: MONDAY EVENINGS @ 7:00 P.M.** All are invited to come and pray the rosary for peace and an end to the war in Ukraine. Fr. Janko will also be available following the rosary for an open chat session or to answer any questions you might have.
- **МОЛІТЬСЯ ЗА МИР: ВЕЧІР ПОНЕДІЛКА @ 19:00** Усіх запрошують прийти та помолитися на вервиці за мир та припинення війни в Україні. О. Янко також буде доступний після вервиці для відкритого чату або для відповідей на будь-які ваші запитання.
- **ADULT CATECHESIS: FRIDAY EVENINGS @ 7:00 PM.**
- **UCWLC STREET SISTERS: TODAY, JAN 11 (2nd Sunday of the Month).** THANK YOU for your continued and generous support for the "Street Sister" lunches. May your Servant Hearts be Blessed! Since March we have been able to increase our lunch bags to 100. Thank you for continuing to watch for our need of items on a monthly basis.
We require protein shakes like Ensure, Tuna and Chicken snack packages, Granola Bars, Individual Juice Boxes, Fresh Fruit, apples and oranges and Water ONLY.
Any comments or questions, Please contact Theresa Lewchuk 403-815-6055 Cell/Text
- **ST. STEPHEN'S 54th ANNUAL FUNDRAISER DINNER: FRIDAY, FEBRUARY 6th.** Preparations are underway! Please consider helping to make our biggest annual fundraiser another huge success! If you would like to volunteer, please fill out the following form: [2026 St. Stephen Fundraising Dinner Volunteer List – Fill out form](#) . The organizing Committee will be in touch!
- **UCWLC WORKBEES: Many hands make light work! 9:00am Start in St. Stephen's Kitchen / Hall as follows:**
CLEAN KITCHEN: TUESDAY, JAN 22ND - Clean kitchen/take inventory. Please let Val or Stacey know if you are able to help, as they need at least 12 ladies. Plan is to work 9 – 11am cleaning kitchen.
For information and to sign up for the kitchen cleaning please contact: Val Strashok by text - 403-477-2693 or by email: strash@shaw.ca or Stacey Bobyn by text – 403-860-2185 or by email: sbobyn1@telus.net
- **WHAT IS YOUR FAITH JOURNEY GOING TO BE IN 2026?** Do you want to deepen your relationship with God through practices like daily prayer (Morning Offering, Rosary), regular Sacraments (Confession, Mass), reading Scripture and Church documents, serving others (Works of Mercy), or fostering family faith, aiming for holiness and virtue rather than perfection, with an emphasis on gratitude, humility, and perseverance through God's grace. Here are three suggestions for your 2026 Faith Journey:

The Bible in a Year - Father Mike Schmitz: *The Bible in a Year* podcast with Fr. Mike Schmitz guides listeners through the entire Bible in 365 short episodes, combining Scripture readings, reflections, and prayer. Following the Great Adventure Bible Timeline by Jeff Cavins, the podcast helps listeners understand the context and unity of salvation history, with special episodes featuring Cavins himself. Through 20–25 minute daily episodes, listeners grow in confidence, deepen their faith, and learn to see their lives and the world through the lens of Scripture. <https://app.ascensionpress.com/podcasts/bible>

Rosary in a Year - Father Mark-Mary Ames: In Ascension's Rosary in a Year podcast, Fr. Mark-Mary Ames, CFR, guides listeners in a step-by-step journey that will change the way you pray – no matter where you are in your spiritual life. By starting small and adding on over time, listeners will find themselves falling more in love with this powerful Marian devotion, becoming a source of grace for the whole world. <https://app.ascensionpress.com/podcasts/f050d01d-da47-4d3d-bb68-b22339db672a>

Catechism in a Year - Father Mike Schmitz: This podcast walks listeners through the entire *Catechism of the Catholic Church* in 365 short episodes, offering clear explanations, insight, and encouragement. Using Ascension's Foundations of Faith approach, the podcast reveals the structure of the Catechism and helps listeners understand what Catholics believe, why it matters, and how Church teaching is rooted in Scripture and Tradition. Through 15–20 minute daily episodes with guided prayer, listeners deepen their understanding of the Catholic Faith and God's plan for their lives. <https://app.ascensionpress.com/podcasts/catechism>
- **2025 PARISH PHOTO DIRECTORIES:** Available to pick up from the narthex.
- **2026 DONATION ENVELOPES AND CALENDARS:** Available to pick up from the Narthex. Thank you for your continued support to St Stephen Protomartyr Ukrainian Catholic Church!