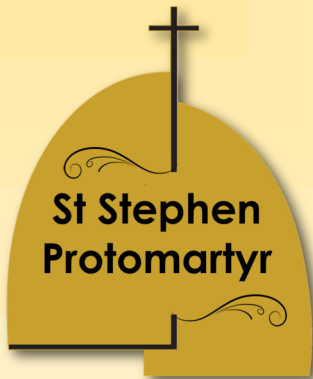


ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

FEBRUARY 15, 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

Facebook:
<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 of Cheesefare; Octoechos Tone 3; The Holy Apostle Onesimus.

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 6: O Master, Guide to Wisdom*, Bestower of prudent counsel,* Instructor of the foolish and Defender of the poor ones;* make firm my heart and give it understanding.* Give me a word, O Word of the Father:* Behold, I shall not stop my lips from crying out to You:* In Your mercy, have mercy on me who am fallen.

Prokeimenon, Tone 8

Pray and give praise to the Lord our God.* Pray and give praise to the Lord our God.

verse: In Judea God is known; His name is great in Israel. (*Psalm 75:12,2*)

Epistle

Romans 13:11-14:4

Brothers and Sisters, you know what time it is,

how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armor of light; let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Welcome those who are weak in faith, but not for the purpose of quarreling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

Alleluia, Tone 6

verse: It is good to give praise to the Lord, and to sing to Your name, O Most High.

verse: To announce Your mercy in the morning and Your truth every night. (*Psalm 91:2,3*)



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

Gospel

Matthew 6:14-21

The Lord said to his disciples, "If you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses.

"And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret;

and your Father who sees in secret will reward you.

"Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

Communion Hymn

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

Неділя сиропусна, прощення.

Віднайдення чесних мощів свв. мчч., що в Євгенії,
15 лютого

Тропарі і Кондаки

Тропар (глас 3): Хай веселяться небесні, хай радіються земні,* бо явив могутність рукі Своєї Господь,* подолав смертю смерть, первенцем мертвих став,* з безодні аду визволив нас* і подав світові велику милість.

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

Кондак Тріоді, (глас 6): Премудрости наставнику, розуму подателю,* немудрих учителю і ніщих захиснику,* утверди, врозуми серце моє, Владіко.* Ти дай мені слово, Отче Слово,* бо оцє устам моїм не забороню, щоб звали Тобі:* Милостивий, помилуй мене, падшого.

Прокімен (глас 8):

Помоліться і воздайте Господеві, Богу нашому (Пс. 75, 12).

Стих: Відомий у Юдеї Бог, в Ізраїлі велике ім'я його (Пс. 75, 2).

Апостол: Римлян 13, 11 – 14, 4.

Браття і Сестри, тепер ближче нас спасіння, ніж тоді, як ми увірували. Ніч проминула, день наблизився. Відкиньмо, отже, вчиники темряви й одягнімося у зброю світла. Як день, поведьмося чесно: не в ненажерстві та пияцтві, не в перелюбі та розпусті, не у сварні та заздросках; але вдягніться у Господа Ісуса Христа і не дбайте про тіло в похотях. Слабкого у вірі приймайте, не вступаючи з ним у суперечки. Один вірить, що можна все їсти, а слабкий їсть городину. Хто їсть, хай

тим, що не їсть, не гордує; а хто не їсть, хай того, що їсть, не судить, бо Бог його прийняв. Ти хто, що чужого слугу судиш? Своєму господареві стоїть він або падає; але він стоятиме, бо Господь може підтримати його

Алилуя (глас 6)

Стих: Благо є сповідуватися Господеві і співати імені Твоєму, Всевишній (Пс. 91,2).
Стих: Сповідати зарання милість Твою і істину Твою на всяку ніч (Пс. 91,3).

Євангеліє: Матея 6, 14-21.

Сказав Господь: Коли ви прощатимете людям їхні провини, і Отець ваш небесний простить вам. А коли ви не будете прощати людям, і Отець ваш небесний не простить вам провин ваших. Коли постите, не будьте сумні, як лицеміри: бо вони виснажують своє лице, щоб було видно людям, що вони постять. Істинно кажу вам: вони вже мають свою нагороду. Ти ж, коли постиш, намасти свою голову й умий своє лице, щоб не показати людям, що ти постиш, але Отцеві твоему, що в тайні; і Отець твій, що бачить у тайні, воздасть тобі. Не збирайте собі скарбів на землі, де міль і хробаки нищать і де злодії підкопують і крадуть. Збирайте собі скарби на небі, де ні міль, ні хробаки не точать і де злодії не проломлюють стін і не крадуть. Бо де твій скарб, там і твоє серце буде.

Причасний

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

Announcements and Upcoming Events

- **NAME TAG SUNDAY: TODAY, FEBRUARY 15TH.** Dig out an old name tag from your workdays or make and decorate your own making it as unique and special as you are in the eyes of the Lord! Let us acknowledge the worth and uniqueness of each other with a smile and word of greeting. "I thank my God every time I remember you" (Philippians 1:3)
- **LENTEN MISSION: FEBRUARY 20 – 22: Please join us for our Lenten Mission with Fr. Paul Babie:**
 - Mission Day 1: Friday, February 20th at 6:00pm at Liturgy of Presanctified Gifts
 - Mission Day 2: Saturday, February 21st at 5:00pm at Divine Liturgy
 - Mission Day 3: Sunday, February 22nd at both the 8:30am and 10:30am Divine Liturgies
- **GET FORMED! FORMED** is an online Catholic resource from the Augustine Institute available for all our parishioners to access as a resource to learn more about reading scripture, how to improve your prayer life or learn more about the lives of the saints, the sacraments and the teachings of the Catholic church. Subject matter is presented in varied forms including movies, e-books, audio listening and programs. "How to Lent" is a timely offering as we begin our Lenten journey and continue our life long work of spiritual formation. The site provides kid friendly videos and stories too! Join us in the hall Sunday, February 15th after both liturgies for a short demonstration of the site offerings and to learn about signing up to access the site or pick up a **Formed** card in the narthex with sign up information.
- **ROYAL DOORS:** Daily readings and reflections of the Byzantine Catholic church are available at royaldoors.net. This is a resource with "English language resources for Ukrainian Greek Catholics." You can subscribe to receive the daily readings via e-mail. Check out the reflection on Prayer of St. Ephraim; the prayer used during our Lenten season.
- **ALWAYS OUR PARISHIONERS:** We are continuing the Eparchial initiative **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, provide the necessary information and then return it to the box provided. This card will 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 THE ROSARY: MONDAY EVENINGS AT 7:00PM.**
- **ADULT CATECHESIS: FRIDAY EVENINGS @ 7:00 PM.**
- **2025 DONATION TAX RECEIPTS:** Available for pick up from the Narthex. Thank you for your continued support to St Stephen Protomartyr Ukrainian Catholic Church!



DIVINE LITURGY INTENTIONS

Saturday, February 14:

- ❖ 3:00pm – Confessions
- ❖ 4:00pm – Vespers
- ❖ 5:00pm – for the repose of the soul of +Heather Zarsky Johnson. Vichnaya Pamyat!

Sunday, February 15:

- ❖ 8:30am – in memory of the repose of the souls of +Patricia and +Nestor Ficzyz. Vichnaya Pamyat!
- ❖ 10:30am – for the repose of the soul of +Doris Watson. Vichnaya Pamyat!

Monday, February 16:

FIRST DAY OF LENT

- ❖ 7:00pm – Pray the Rosary

Tuesday, February 17:

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

Wednesday, February 18:

- ❖ 9:00am - for the intentions and needs of all parishioners
- ❖ 6:30pm – Way of the Cross (Ukrainian)

Thursday, February 19:

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

Friday, February 20:

- ❖ 6:00pm – Liturgy of the Presanctified Gifts w/ Mission - Day 1

Saturday, February 21:

- ❖ 3:00pm – Confessions
- ❖ 4:00pm – Akathist to Theotokos
- ❖ 5:00pm – Divine Liturgy w/ Mission – Day 2

Sunday, February 22:

Mission - Day 3 at both Divine Liturgies

- ❖ 8:30am – for the repose of the soul of +Carolyn Bochulak. Vichnaya Pamyat!
- ❖ 10:30am – for the repose of the souls of +Andy and +Sophie Babicz. Vichnaya Pamyat!
- ❖ 10:30am – for the repose of the soul of +Heather Zarsky Johnson. Vichnaya Pamyat!



The Great Lent

When does the Great Fast begin?

Lent actually begins on Monday, the day after Cheese-Fare Sunday. Since the Church day always begins at sunset, our first Lenten service is on Sunday evening. During this beautiful Vesper service the faithful approach the priest and each other to ask for mutual forgiveness before embarking on the journey of the Great Fast.

Eastern Churches keep forty days without interruption (including Sundays) leading up to Lazarus Saturday. Great and Holy Week (the week before Easter Sunday) is not considered part of the fast. The events of this week are so extraordinary and have such a deep and profound meaning to our salvation that they merit consideration apart from the Great Fast, a separate fasting period. It has an even more intense spirit of solemnity and fasting.

While the number of days in the Great Fast is important, we must remember that 40 was chosen as a symbolic number. It is the time both Moses and Elijah spent preparing to meet God in a very intense, personal and special way. It is also the number of days Christ went to fast and pray in the desert before beginning his public ministry. These 40 days are meant to be a time for us to prepare to meet God in a deeper, more personal way and a time for us to become more Christ-like.

Why do we Fast?

Fasting is a way of offering our mealtimes to God, recognizing Him as our true nourishment. Christ Himself fasted, and He taught His followers to do the same. Many Church Fathers saw fasting as a way to reverse the Fall, which began with eating out of turn.

Fasting and feasting belong together. When every day becomes a feast, we stop celebrating the Lord and simply indulge ourselves. By embracing the rhythm of both, our table becomes a place where God is glorified and our eating becomes sacramental — a moment of communion with the Life Giver.

Two Types of Fasting

- **Total Fast:** A total fast means abstaining from all food and drink for a time. It heightens our sense of preparation and expectation. In the liturgical tradition, a total fast is the ultimate preparation for a feast. We observe this fast before receiving the Eucharist to help us anticipate the Heavenly Bread. It is a necessary condition for Holy Communion.
- **Ascetical Fast :** An ascetical fast involves refraining from certain foods. Many remember giving up sweets during Lent as children — this is an example of ascetic fasting. In the Byzantine tradition, meat, eggs, and dairy are commonly restricted at various times. The purpose of fasting is to remind us that we do not live by bread alone. Practiced over time, it strengthens us spiritually. As we become less dependent on satisfying physical cravings, our spiritual resilience grows. We discover how attached we are to certain foods and how easily our desires can rule us — a humbling first lesson in fasting. If we persevere, we learn that we can indeed live without certain comforts, and the discomfort itself sharpens our awareness of God's presence. Many people fast for health or beauty; we need not hesitate to fast for the sake of encountering God.

Almsgiving and Fasting

“Prayer and fasting are good, but better than either is almsgiving accompanied by righteousness ... It is better to give alms than to store up gold; for almsgiving saves one from death and expiates every sin. Those who regularly give alms shall enjoy a full life” (Tobit 12:8-9). Why is almsgiving better than prayer and fasting? Because it is prayer, and it involves fasting. Almsgiving is a form of prayer because it is “giving to God” — and not mere philanthropy. It is a form of fasting because it **demand**s **sacrificial giving** — not just giving something, but giving up something — **giving till it hurts**. The giving of alms is giving to those in need, whoever or wherever they are.

The practice of almsgiving is based on this:

- Everything we have comes from God. Everything is a gift.
- Every gift is given for the good of all. The gifts and talents we receive are meant to be shared.
- God has gifted us with enough to meet our daily needs and even over and above that for almsgiving.

There are two main reasons why we should give alms. The first reason is to help others. The second reason is to help ourselves.

The first reason, helping others, is rather obvious. There are many people in need in our world those that are starving in distant lands, victims of natural disaster in our own land, and those in our own communities who have not enough to get by on. They need help and we have more than we need. Therefore, we should do something to help them. Our words about how sad it is that there are needy people won't help them — our actions can. God has commanded us to love one another. If we love one another, then we must help each other out in times of need.

The second reason to give alms is to help ourselves. No, the money isn't going to come back to us with interest so that we'll make a profit in the long run. However, there are some very real paybacks from giving alms.

There's a payback in this life in spiritual growth. The Church Fathers are unanimous that almsgiving is one of the best ways to work on becoming a mature and healthy Christian and that's a very good payback indeed! Why is giving our money away so spiritually healthy? Because we all greatly love money and what it does for us. Giving some of it away is hard. It's one of the most direct and concrete ways of practicing self-denial, of taking up our cross and following Christ. What hurts is often healthy for us. Giving away our money hurts badly — and it's very healthy!

Do you wish to grow spiritually? Start giving money to the poor and you will, as long as you're careful to heed one warning given by our Lord. Give in such a way that others don't know about it and so that even your left hand doesn't know what your right hand is doing. Guard against pride and showing off or you'll end up worse off than ever.

The second payback we get from giving alms comes after this life is over. The Scriptures say that on Judgment Day we will answer for every word and deed in this life. That sounds quite frightening, but the Fathers say there will be someone to stand up for us and defend us on that day before the dread judgment seat of Christ. The Fathers say the beggars we have given to in this life will speak for us and plead for mercy for us. They will argue that we can't be all bad because we helped them in their time of need. When we think about going to heaven we usually think about being greeted by the saints and the angels. Someone else will also greet us — the poor whom we have helped.

Daily we should make the choice to give of our time, our attention, and we should give generously. We need to dig deep and give much where much is needed. We need to identify what our essential needs are and what are luxuries. To carry out God's call we may need to simplify our lifestyles.

Almsgiving is not limited to financial support. Whenever possible, our charity should involve personal acts, not just automatic withdrawals from our bank account. People may be in need of a sympathetic ear, a smile, a word of encouragement.

Sometimes all we **can** give is a smile, but sometimes that is the greatest sacrifice, the greatest prayer, and indeed the most generous and most sacrificial alms. Now during this time of preparation for Pascha, let us remember to make almsgiving a priority.

Source : <https://sspp.ca/our-faith/liturgical-year/periods-of-fast/>