St. Stephen Protomartyr
Ukrainian Catholic Church

SEPTEMBER 20, 2026

SUNDAY AFTER THE EXALTATION OF THE CROSS;

Octoechos Tone 8; The Holy Martyrs and Confessors for the Faith, the Grand Prince Michael and His Nobleman Theodore, Wonderworkers of Chernihiv; The Holy Great-Martyr Eustathius and those with him.

Antiphon 1

O God, my God, hear me; why have You forsaken me? The words of my transgressions put salvation far from me.
Through the prayers of the Mother of God, O Saviour, save us.
O God, I will call to You by day but You will not listen; and by night, yet it will not be foolish of me.
Through the prayers of the Mother of God, O Saviour, save us.
But You, the praise of Israel, dwell in the holy place.
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, crucified in the flesh, save us who sing to You: Alleluia.
Let us come before His face with praise, and acclaim Him in psalms.
Son of God, crucified in the flesh, save us who sing to You: Alleluia.
For God is the great Lord, and the great king over all the earth.
Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Entrance

Come, let us worship and fall down before Christ.

Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Troparia and Kontakia

Troparion, Tone 8: You came down from on high, O Merciful One,* and accepted three days of burial* to free us from our sufferings.* O Lord, our life and our resurrection,* glory be to You.

Troparion, Tone 1: Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross.

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

Kontakion, Tone 8: When You rose from the tomb,* You also raised the dead and resurrected Adam.* Eve exults in Your resurrection,* and the ends of the world celebrate Your rising from the dead,* O most merciful One.Now and for ever and ever. Amen.

Kontakion, Tone 4: By Your own choice, O Christ our God,* You were lifted on the cross.* Grant Your mercies to Your new community* that bears Your Name.* By Your power gladden the faithful people,* and grant them victory against enemies.* May they have the help of Your instrument of peace,* the invincible sign of victory.

Prokeimenon, Tone 7

Exalt the Lord our God,* and bow in worship at the footstool of his feet, for it is holy.

verse: The Lord reigns, let the people tremble. *(Psalm 98:5,1)*

Epistle—*Galatians 2:16-20*

Brothers and Sisters, we know that a person is justified not by the works of the law but through faith in Jesus Christ. And we have come to believe in Christ Jesus, so that we might be justified by faith in Christ, and not by doing the works of the law, because no one will be justified by the works of the law. But if, in our effort to be justified in Christ, we ourselves have been found to be sinners, is Christ then a servant of sin? Certainly not! But if I build up again the very things that I once tore down, then I demonstrate that I am a transgressor. For through the law I died to the law, so that I might live to God. I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Alleluia, Tone 1

verse: Remember Your congregation which You acquired from the beginning.

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

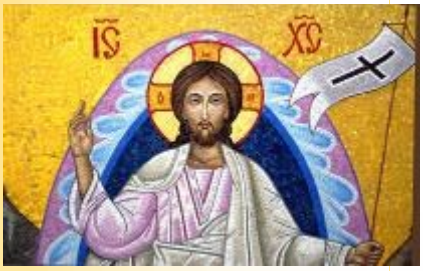
Eparchy Website:
www.edmontoneparchy.com

DIVINE LITURGIES:

Sunday Divine Liturgies:
8:30 am—Bilingual
*** 10:00—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



Holy Mysteries

Confession:
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

Upcoming events and Liturgy schedule can be found here:
www.saintstephencalgary.ca/calendar1.html

Sunday liturgies Livestreaming link:
www.youtube.com/@ststephenprotomartyr6181

verse: But God is our king before the ages; He has wrought salvation in the midst of the earth. *(Psalm 73:2,12)*

Gospel—*Mark 8:34-9:1*

The Lord said, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels." And he said to them, "Truly I tell you, there are some standing here who will not taste death until they see that the kingdom of God has come with power."

Hymn to the Theotokos

O my soul, magnify the most precious cross of the Lord.

And the Irmos, Tone 8: You are a mystical Paradise, O Mother of God, who though untilled, have brought forth Christ. He has planted upon earth the life-giving Tree of the Cross. Therefore today as we raise it on high we bow low and we magnify you.

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest. *(Psalm 148:1)** Let the light of Your countenance, O Lord,* shine upon us.* Alleluia, alleluia,* alleluia. *(Psalm 4:7)*

At the end of Liturgy we sing:

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. *(3)*

Неділя по Воздвиженні.

Антифон 1
Стих 1: Боже, Боже мій, зваж на мене, чому ти оставив мене? Далеко від спасення мого слова гріхопадінь моїх (Пс 21,2).
Приспів: Молитвами Богородиці,* Спасе, спаси нас.
Стих 2: Боже мій, закличу вдень і не вислухаєш, і вночі, і не в безумство мені (Пс 21,3).
Приспів: Молитвами Богородиці,* Спасе, спаси нас.
Стих 3: А ти у святому живеш, хвало ізраїлева (Пс 21,4).
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: *Приспів празника (15-20 вересня)*
Приспів: Спаси нас, Сину Божий, що плоттю розп'явся, співаємо Тобі: Алилуя.
Вхідне: Прийдіте поклонімося і припадім до Христа. Спаси нас, Сину Божий, що плоттю розп'явся, співаємо Тобі: Алилуя.

Тропарі і Кондаки
Тропар (глас 1): Спаси, Господи, людей Твоїх і благослови насліддя Твоє, перемоги благовірному народові на супротивників даруй і хрестом Твоїм охорони люд Твій.
+Слава Отцю, і Сину, і Святому Духові.
Кондак (глас 4): Вознісся Ти на хрест волею Своєю. Новому людові Твоєму, що Твоє ім'я носить, даруй щедроти Твої, Христе Боже. Возвесели силою Твоєю благовірний народ, перемоги на супротивників дай йому, що за посібник має Твоє оружжя миру, непоборну перемогу.

Апостол: (Гл 2,16-20):
Браття і Сестри, довідавшися, що людина оправдується не ділами закону, а через віру в Ісуса Христа, ми й увірували в Христа Ісуса, щоб оправдатися нам вірою в Христа, а не ділами закону; бо ніхто не оправдається ділами закону. Коли ж, шукаючи оправдання у Христі, виявилося, що й ми самі грішники, – то невже Христос – служитель гріха? Жадним робом! Бо коли я знову відбудовую те, що зруйнував був, то я себе самого оголошую переступником. Я бо через закон для закону вмер, щоб для Бога жити: я –розп'ятий з Христом. Живу вже не я, а живе Христос у мені. А що живу тепер у тілі, то живу вірою в Божого Сина, який полюбив мене й видав себе за мене.
Алилуя (глас 1):
Стих: Пом'яни соньм Твій, що його придбав Ти іздавна (Пс 73,2).

Стих: Бог же – цар наш перше віку, вчинив спасіння посеред землі (Пс 73,12).

Євангеліє: (**Мр 8,34-9,1**):
*Сказав Господь: "*Коли хтось хоче йти за мною, хай зречеться себе самого, візьме на себе хрест свій і йде слідом за мною. Бо хто хоче спасти свою душу, той її погубить; а хто погубить свою душу мене ради та Євангелії, той її спасе. Бо яка користь людині здобути світ увесь, а занапастити свою душу? Що бо людина може дати взамін за власну душу? Хто, отже, буде соромитися мене й моїх слів перед цим родом перелюбним та грішним, того посоромиться і Син Чоловічий, коли прийде у славі Отця свого з святими ангелами." І сказав їм: "Істинно кажу вам: Є деякі з отут присутніх, що не зазнають смерти, аж поки не вздріють Царства Божого, що прийде у могутності."

Замість Достойно:
Величай, душе моя, Господа, пречесний хрест Господень.
Ірмос (глас 8): Таїнственний рай Ти, Богородице, що невоздільно виростила Христа. Він на землі насадив хресне життєносне древо. Йому, що Його нині возносять, поклоняючись, Тебе величаємо.

Причасний:
Хваліте Господа з небес, хваліте Його на висотах (Пс 148,1). * Знаменувалося на нас світло лиця Твого, Господи (Пс 4,7). Алилуя (х3).

Після Літургії співаємо:
Хресту Твоєму поклоняємось, Владико, і святеє воскресіння Твоє славимо (х3).

Announcements and Upcoming Events

- **NAME TAG SUNDAY: TODAY!** Extend a hand and share a smile. Get to know a family member as we come together to worship as brothers and sisters in Christ.

- **PRAY THE ROSARY: MONDAY EVENINGS 7:00 PM.**

- **MOTHERS IN PRAYER: MONDAY EVENING 7:30 PM following the Rosary prayers.**

- **МАТЕРІ В МОЛИТВІ: ПОНЕДІЛОК УВЕЧЕРІ @ 19:30 після молитви Розарію.**

- **LITURGICAL VOLUNTEERS**:
  Sunday, September 20th at 8:30am
  Epistle - Gerald Strashok
  Host/Ushers/Candle/Cleaning - Vitalii Dymyd and Mariana Lumianyk

  Sunday, September 20th at 10:30am
  Rosary - tbd
  Epistle - Tim Lazaruk
  Host/Ushers/Candle/Cleaning - Craig Pichach and David Wandzura

  Sunday, Sept 27th at 8:30am
  Epistle - tbd
  Host/Ushers/Candle/Cleaning - Vitalii Dymyd and tbd

  Sunday, Sept 27th at 10:30am
  Rosary - Theresa Lewchuk
  Epistle - Annette Kozicki
  Host/Ushers/Candle/Cleaning - Charlene Kulak and Glen Kulak

- **HISTORY OF CHRISTIANITY: Please join us!** This year we are excited to offer a new class series entitled **The History of Christianity: "The Church, the Whole Church, and nothing but.", led by Peter Russell.** Classes are at 10:00 AM ON THURSDAYS from SEPTEMBER 17th – DECEMBER 3rd (12 sessions). All are welcome! This course is also being offered at Westview (5050 – 50th Ave SW), starting Tuesday, September 15th at 2pm in the Learning Studio. All from St. Stephen's are welcome to attend if this is a better fit for your schedule.

- **ALPHA FALL SESSION:** We invite you to join our **Alpha Fall Session starting on WEDNESDAY, SEPTEMBER 23rd.** Alpha is a program that welcomes the participation of those who may be just beginning their journey in discovering the person of Jesus as well as those maybe looking to revive their relationship with Jesus. Alpha is the first step to exploring the big questions of life and discovering who Jesus is. It's an understanding of, and an encounter with, the person of Jesus that is the most important part of what we believe. Our sessions will be held at **6:00 PM EVERY WEDNESDAY** in one of the Church's classrooms (in the lower level of the Hall) and will run for roughly ten weeks. If you are interested in joining this group, please contact Dan Oryschak at daniel.oryschak@gmail.com. The first session is set to begin **September 23rd at 6:00pm**.

- **ADULT CATECHESIS: Please join us!** Fridays at 7:00pm in the Boardroom.

- **PLUS 50 GROUP: We are excited to be back! Please join us as we begin the new church year with our first meeting on TUESDAY, SEPTEMBER 29th at 10:30 AM.** We will be hosting Gustavo Avila, a Community Safety Officer from the Calgary Fire Department, who will give us a 60-minute presentation called *Steps to Safety*: prevention, detection, evacuation and fall prevention. The focus of this talk will be on seniors since the numbers of seniors having serious falls resulting in major injuries are going up. Seniors are one of the most vulnerable populations in fire related incidents, along with new Canadians, kids, and people with disabilities.
  10:00AM - Doors open, coffee or tea
  10:30AM – Presentation begins
  All are welcome. Bring a friend who may need this information.

DIVINE LITURGY INTENTIONS

Saturday, September 19:
- 3:00pm – Confessions
- 4:00pm – Akathist
- 5:00pm – for the memory of the repose of the soul of +Lorelle Baptiste. Vichnaya Pamyat! (w/ Panahyda)

Sunday, September 20:
- 8:30am – for all God's blessings for all our teenagers. May you "grow in wisdom, and in years, and in divine and human favor" (Luke 2:52)
- 8:30am – for the health and wellbeing of Trina Bulych
- 8:30am - for all God's blessings and congratulations to Hanna on her 80th birthday. Mnohaya Lita!
- 10:30am – for improved health and healing for Rev. Rendy Yackimec
- 10:30am – for the memory of the repose of the souls of +Don and +Marcy Bobyn. Vichnaya Pamyat!

Monday, September 21:
- 7:00pm – Pray the Rosary
- 7:30pm – Mothers in Prayer

Tuesday, September 22:
- 9:00am – for the intentions and needs of all our parishioners

Wednesday, September 23:
- 9:00am – for the intentions and needs of all our parishioners

Thursday, September 24:
- 9:00am – for the intentions and needs of all our parishioners

Friday, September 25:
- 9:00am – for the memory of the repose of the soul (1 year) of +Marcy Bobyn. Vichnaya Pamyat!

Saturday, September 26:
- 3:00pm – Confessions
- 4:00pm – Vespers
- 5:00pm – for the intentions and needs of all our parishioners

Sunday, September 27:
- 8:30am – for the health and wellbeing of Trina Bulych
- 10:30am – for the memory of the repose of the souls of +Stephanie Miller, +Walter Mucz and +Victoria Tycholis. Vichnaya Pamyat!

- **WORKBEES:** We are inviting all Parishioners to help with the upcoming workbees, which benefit our fundraising and charitable projects at St. Stephens. If you or anyone you know can help it truly is greatly appreciated. All are welcome to come! Please note that the Work Bee's begin at 9:00 am in the church hall. Upcoming sessions are:
  November 3rd,2026-Perogy Prep – after 8.30 am liturgy
  November 4th, 2026 -Perogy Pinching

  Please contact Flo to volunteer: Flo Volcko: flo@gowithflo.ca or cell # 403-542-9501.
  We thank you for your support and help. God's blessings to you all!

- **K OF C FALL SUPPER:** **St Nicholas K of C Council Fall Perogy Suppers – SATURDAY, OCTOBER 3, 2026 AT ST. STEPHEN'S PARISH HALL. Sittings at 4:30 and 7:00.** Tickets are $30 for adults, $10 youth between 6 and 12 years, under 5 free. Tickets are available after Liturgies from K of C members or via credit card by calling 403-249-4818 (Ext 0). This is our major fundraiser, and we thank you for your continued support!

- **FAMILY FUN NIGHT:** **Sept 26th following 5pm Divine Liturgy** - an opportunity to foster relationships within our community and to invite friends and families to encounter our community. FOR TEENS & YOUNG ADULTS 6:45-7:15 break-out group.

- **SOUPED UP SWING following FFN** : Lesson starts 7:45. CONTACT Brian O'Neill at Youth@protomartyr.ca

- **COATS FOR KIDS DONATIONS:** Thanks to the generosity of the donors to The Knights of Columbus and PASS IT ON Coats for Kids campaign, we have been able to buy 200 winter coats and accessories for the families of St. Stephen and ABVM parishes. The coat distribution will be held at St Stephen's the weekend of Sept 25, 2026. Your support is very appreciated.

- **OPERATION ST NICHOLAS 2026:** Since 2018, Operation St. Nicholas has brought gifts to disadvantaged and at-risk children and their families in Ukraine who are under the care of the Sisters Servants of Mary Immaculate (SSMI). This support helps the Sisters provide modest gifts to children in their care on the Feast of St. Nicholas, celebrated on December 6. In the spirit of giving, we hope to make this special occasion possible again this year. A fundraising campaign will be held in both Ukrainian Catholic Calgary parishes, and in collaboration with the Knights of Columbus, we will arrange for the purchase of goods in Ukraine so that the SSMI can distribute gifts to children in need. The Sisters have budgeted approximately $48 per gift, and each parish has set a fundraising goal of $6,000. Any additional funds raised will be used to provide food hampers and medical supplies to the families most in need. The campaign will run for three Sundays, from September 13 to September 27. Check the narthex for further information and please use the pink envelopes marked Operation St Nicholas 2026 if you wish to support this charitable initiative. **Your generosity can help bring joy, hope, and a special St. Nicholas celebration to children and families in need. Thank you for your support!**

- Починаючи з 2018 року, наш щорічний захід до свята св. Миколая надає подарунки знедоленим дітям в Україні, які перебувають під опікою Сестер Служебниць Непорочної Діви Марії (ССНДМ). У дусі жертовності ми знову повторюємо добре діло в 2026 р. Замість того, щоб організувувати та відсилати подарунки з Калґарі, ми робимо закупівлю цих подарунків в Україні - таким чином підтримуємо не лише тих, хто отримує подарунки, а також тих хто їх продає. Цьогорічна програма організується обома калґарійськими парафіями Української греко-католицької церкви при співпраці та допомозі ордена Лицарів Колумба. В Україні ССНДМ підготують та роздадуть потребуючим дітям подарунки. Передбачуваний кошт одного подарунка 48$. Ціль заходу – збирання коштів при кожній парафії – 6000$. Будь-які додаткові зібрані кошти будуть спрямовані на продуктові набори та ліки для найбільш нужденних сімей. Акція збору коштів відбудеться протягом трьох неділь з Вересня 13 по Вересень 27. Наступної неділі будемо поширювати інформацію та конверти для пожертви на дану ціль. **Ваша щедрість допоможе подарувати радість, надію та особливе свято Святого Миколая дітям і сім'ям, які потребують нашої підтримки. Щиро дякуємо за вашу допомогу!**

- **CALGARY FRIENDS OF UCU:** **Calgary Friends of Ukrainian Catholic University (UCU) invites you to the 18th Annual Fundraising Gala in support of UCU Health Programs, Thursday October 22, at St. Stephen's Cultural Centre**. Guest of Honour is Most Rev. Michael Kwiatkoski, Metropolitan Archbishop-elect of Winnipeg. To register: https://ucef.ca."

- **NOTE TO ALL CHURCH AND HALL USERS**** **Please help keep our premises safe and secure!** Doors should not be propped open while using the facilities as this could allow unwanted individuals or rodents into our building. Latecomers to events should phone someone inside, signs could be posted on doors with phone numbers.

- **SCAM EMAILS**: **Please be aware of scam emails or messages using Fr.Janko's name and information. Hackers are constantly targeting people asking for money or gift cards using other people's information. Father would NEVER send you an email or a text message asking for money.**