

The Word of Sts. Peter & Paul

March 25, 2018



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Essence of Fasting

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1. Fasting is essential for us to regain control over our bodies.

We live in a pluralistic and secularistic society where the Biblical idea of fasting is completely ignored and forgotten.

"Gluttony has become a way of life for a fallen man and, it affects every area of live, leaving us wide open to all types of temptation. We all eat too much, and fasting is the only way to end this unnatural obsession with food. Fasting puts food into its proper perspective. We must each in order to live, but we shouldn't simply live to eat." St. Isaac of Syria said: "The first commandment given to our nature in the beginning was the fasting from food and in this the head of our race (Adam) fell. Those who wish to attain the fear of God, therefore, should begin to build where the building was first fallen. They should begin with the commandment to fast."

2. Fasting simplifies our lives.

"By eating less, we can pay attention to more important matters, such as our relationship with God." Fasting is part of the

spiritual life without which the soul perishes, suffocated by the flesh and choked by carnal pleasures. A human being must fast. The effort enlightens the mind, strengthens the spirit, controls the emotions and tames the passions. Thus "a man who strives for salvation... must not allow himself to eat to fullness ..." says St. Gregory of Sinai. St. Isaac of Syria says, "Meager food at the table of the pure cleanses the soul of those who partake from all passion ... for the work of fasting and vigil is the beginning of every effort against sin and lust ... almost all passionate drives decrease through fasting." An old man in the desert was asked why he was so severe on his body. He answered simply, "If I don't kill it, it kills me." By this the holy fathers taught us to be killers of passions and not killers of the body. Partake of everything that is permissible with thanksgiving, to the glory of God and avoid boastful arrogance; but refrain from every excess. (The Monks Callistus and Ignatius, 14c., Directions to Hesy-chasts.)

3. Fasting "lightens our load" and makes it easier to pray.

"For many people the refusal to fast is just one more excuse to cut themselves off from God. The person who wants to pray better should eat less. This makes the mind and the spirit less sluggish. We are then more capable of lifting our minds and hearts to God." St. Isaac of Syria says: "As long as man's mouth is sealed by fasting his mind will meditate on the repentance of his soul." Even the old Latins knew that "Plenus veter non studet libenter."

4. Fasting restores discipline to our lives.

"How many of us can honestly say that we are disciplined in spiritual matters as we should be? Fasting may just be the beginning of our journey toward spiritual seriousness, but we all have to start somewhere. We can all see what the lack of real discipline has done to American moral life. The same happens to our own spiritual lives without discipline. Fasting is the beginning of this discipline." That is why the Canons of the Church Councils — Trullo, Gangra and Laodicia as well as the rules and regulations of Sts. Dionisius, Peter and Timothy of Alexandria — order us to fast. According to Milas, "The Church has introduced fasting in the life of a Christian in order to enable man to live a life of piety and repentance. This regulation is based on the practice of the Church in the Old Testament and the examples of its Founder and the Apostles in the New Testament. The fast days

Liturgical Schedule

Today	<p>Fifth Sunday of the Great Lent. Tone one. Great Lent. Food with Oil Venerable Mary of Egypt Venerable Theophanes the Confessor of Sigrane (818). St. Alexander confessor priest (1933). Righteous Phineas, grandson of Aaron (1500 B.C.). St. Gregory the Dialogist, pope of Rome (604).</p>
	<p>Hebrews 9:11-14 Mark 10:32-45 Galatians 3:23-29 (Venerable Mary) Luke 7:36-50 (Venerable Mary) Reader of the Hours - open Reader of the Eng. Epist.– Ray Fischer Reader of the Ukr. Epist.–</p>
Tuesday, March 27	<p>Pan-Orthodox Akathist to the Mother of God St. Mary Antiochian Orthodox Church 7:00pm</p>
Friday, March 30	<p>Last this Great Lent Pre-Sanctified Liturgy 7:00pm at our parish Pot luck dinner</p>
Saturday, March 31	<p>Lazarus Saturday 9:00 am Divine Liturgy Spring clean-up</p>
Sunday April 1	<p>The Entry of the Lord into Jerusalem. Martyrs Chrysanthus and Daria, and those with them at Rome: Claudius, Hilaria, Jason, Maurus, Diodorus presbyter, and Marianus deacon (283). Martyr Pancharius at Nicomedia (302). Venerable Bassa, nun, of Pskov (1473). The Smolensk "Tenderness" Icon of the Mother of God (1103). Martyr Dimitri of Tornada (564).</p>
	<p>Philippians 4:4-9 John 12:1-18 Reader of the Hours - open Reader of the Eng. Epist.– Peter Gordon Reader of the Ukr. Epist.– Halyna Kashpar</p>

which we must observe are ordered by the Church authorities and, therefore, are obligatory for all, except the sick; if a clergyman disobeys this rule he shall be deposed, and a layman excommunicated."

5. Another aspect of fasting is abstinence

"Not many parents enjoy the disobedience of their children. God is equally unhappy to see our disobedience in spiritual matters. Fasting encourages obedience to God's moral commands by making us center our lives around His." In other words, our fasting should not be self-willed but obedient. When we fast, says Kallistos Ware, "we should not try to invent special rules for ourselves, but we should follow as faithfully as possible the accepted pattern set before us by Holy Tradition." We should always rely on the spiritual advice of our priest or Father Confessor, as it was practiced in the early centuries of Church life, as Abba Antony said: "I know of monks who fell after much labor and lapsed into madness, because they trusted in their own work and neglected the commandment that says: 'Ask your father, and he will tell you.'" (Deut. 32:7).

Sisterhood of St. Anne

We are in a great need of volunteers!!!

If we do not have enough help we would have to cease our operation!!!

We are preparing for our biggest sale of the year!

We need your Help!

Pierogy working days are:

Sunday Mar 25—make cheese balls

Monday Mar 26- 8:00am—Noon make Cheese pierogies

Tuesday Mar 27- 8:00am—Noon make SK balls &Pot balls

Wednesday Mar 28 - 8:00am—Noon make Pot & SK pierogies
6:00pm—Bake bread

Thursday Mar 29 Make bread 8:00am sale Noon— 6:00pm

Every Little bit Helps!

If you can come for one hour or two

Your Help Will be greatly appreciated!



Festival 2018

The spring is almost here and the prep work for the Festival 2018 is starting. TODAY, after Divine Liturgy is the **meeting of the Festival Committee**. The chairs of the Festival Stations are asked to attend. If you are interested in helping out, join in.

Essay Contest 2018

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." –Jeremiah 29:11

We ask parents to make sure their children do take part in this year's Essay contest. Let's make our parish family proud with 100% participation of our children! Last year our parish had the most participants among parishes nationwide.

Children will be introduced to the essay at school, but we strongly recommend to work on the essays at home! It doesn't take long for your child to complete it, but it gives a lot back to the grows of your child's faith. **Adults can participate as well!** *For topics and more information please see the Essay Flyer located in the church by the bulletins.*

Please bring the completed essays to church no later than **April 22, 2017**

Prayer Corner for the Month of March



We ask all of you to remember in your prayers the following individuals, who are in need of God's healing and grace: Loraine Ehlert, Alla Grzynski, Margaret, Eleanor, Ethel Smith, Michael P, Stephanie Luchyn, Catherine Hladky, Andrew Hladky, Wally and Ann Podlecki, Valentina Schacht, Susan Hendrixson, Rayan, Dean Manson, Vera Beggs, Pavlo & Polina, Barbara Patronik, Elias, Roxana, Irene, Katheryna Czerniak, Lilian Cepynsky, Josephine Hobert, Anthony Bendy, Katie Bruce, Maria Omelian, Patti Faye, Toni Marie Klavin, Hazel Gardiner, Michael Kimak, Chloe Mckinney, Yuriy Zmysly, Paul Jr & Dorothy Seliga, Wolodymer Kashpar, Nick Kapusta, Priest Vasyl Dovhan, Priest Basil Zaveruha, Priest David Clooney, Frankie, Zachary, Orest, Alexander, Paul, Dolores.

Seven Day Vigil Candles

For the health of Winnie Taylor by Michael Supilowski
For the health of Anthony Kaczor by Michael Supilowski
For the health of Noreen Neswick in honor of her 85th
Birthday by Harry & Yvonne Oryhon
For the health and God's blessing of family members by Al-
vine & Mike Gbur



For the health of my ill parents Polina & Pavlo in Ukraine
by Halyna Kashpar

For the health of Stefania & Tamara by Brodetski Family
For the health and God's blessing of Volodimer, Uliana by
Melnik

For the health of Nadia, Volodimer, Andriy and the whole
family by Melnik

For the health of Katerina by Melnik

God's blessings for the Oberts family Anne, Bill, Nicholas,
Michelle for good health & wellbeing always and safe by
Anne Oberts

God's blessing for health of Mark Birmingham by Anne
Oberts

For the health and quick recovery of Maria Omelian
by Fr. Vasyl



In memory of newly reposed Alina by Kashpar Family

In memory of uncle Vasyl on the first anniversary of passing
into eternity by Kashpar Family

In memory of father & father in law Ivan by Kashpar Family

In memory of sister Natalia by Tamara Brodetska
In memory of Varvara, Julia, Anna & Mikita by Melnik

In memory of Evhenia, Boris, Julia, Jaroslav & Maria by
Melnik

Michael Cheroim and His Family in loving memory of his sis-
ter Alexandra Pawlenko

In memory of Lubomyr Cepynsky by his Wife Lillian Cepyn-
sky

Remember Our Shut-ins

Vera Beggs, Josephine Hobert, John Spivak, Stephanie Luchyn,
Gerald Nemeth, Tony Zerebny. *If you or someone that you know
is admitted to the hospital, nursing home or is in need of pastoral
care, please let me know. Fr. Vasyl*

Fasting and You

The external part of fast is one, but the internal part is another, which will include increased prayer and other spiritual disciplines, and may include resolutions to set aside other aspects of our day-to-day life (such as caffeine or television), or to take up practices such as visiting the sick. Obviously, many Orthodox do not keep the traditional rules. If you adopt it, beware of pride, and pay no attention to anyone's fast but your own. As one monastic put it, we must "keep our eyes on our own plates." First, keep the Church's fasting rule as well as you are able, then decide on additional disciplines. We are always advised to fast according to our strength, and you may find from experience that you need to modify the fasting rule to fit your own strength and situation. But do not assume beforehand that the rule is too difficult for you. The Lord is our strength, and can uphold us in marvelous and unforeseen ways. Those who attempt to keep the Church's traditional fast will find that, though the temptations to pride and legalism are real, the spiritual benefits are great. A return to more diligent fasting could play a large part in the spiritual renewal of our Orthodox churches.

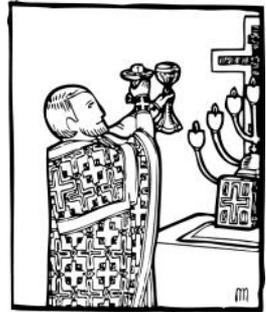
Pan Orthodox Pre-Sanctified Liturgies

The Orthodox churches of the Palos area came together to celebrate 4 Presanctified Liturgies of the 2nd, 3rd, 4th and 5th Wednesdays of Lent at 7:00pm. Each parish took turns to welcome local Orthodox clergy and laity and provided Lenten potluck dinners after the Liturgy. Brief Lenten reflection were offered by one of our priests. Thank you for participating and bring a dish to share.

The next Pan Orthodox prayer service will take place on

Tuesday, March 27th at 7:00 pm

Pan-Orthodox Akathist to the Mother of God
St. Mary Antiochian Orthodox Church
6330 W. 127th St. Palos Heights, IL 60463



Monthly Memorial Panahyda

Today: In memory of Daria Masur on the third anniversary of her repose in the Lord.
Requested by Masur Family

Coffee Hour Schedule



We kindly remind to provide and set aside snacks/food/ drinks for our children who attend Sunday School.

Today --

April 1 -- PALM SUNDAY BRUNCH – UOL

April 8 -- PASCHA – coffee only

April 15 -- St. Thomas Sunday LAMB & CHICKEN ROAST

April 22 -- Mary Lamantia and Maria Iordanov

April 29 -- Janet / John Beck and Pat /Mike Beck

If you would like to volunteer for the Coffee Hour or need to change your scheduled date, please see Dr. Harry Oryhon call 708-301-5565 or email harrymolars@aol.com

Lenten Prayer of St. Ephrem

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.

But give rather the spirit of chastity, humility, patience, and love to Thy servant.

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages.

Amen.

Church Humor

The Rule

A man who had climbed up a chestnut tree had by carelessness missed his hold of one of the boughs and fell to the ground with such violence as to break one of his ribs. A neighbor coming to his assistance remarked to him dryly that had he followed “the rule” in such cases, he would have avoided this accident.

“What rule do you mean?”

“This,” replied the philosopher. “Never come down a place faster than you can go up.”