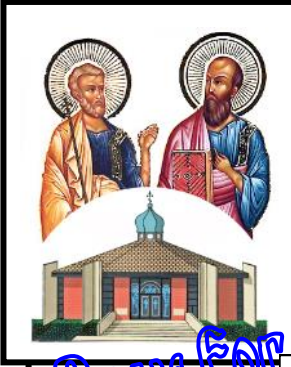


The Word of Sts. Peter & Paul



February 8, 2026

Saints Peter & Paul UOC
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Pray for Ukraine

Reflection for Great Lent

Parish Council

President

Dennis Rehr

Sisterhood of St. Anne

*Athena Gordon
Church School*

Director

Patricia Wolsko

Ukrainian

Saturday School

Director

PM Olenka

Church Choir

Director

George Cepynsky

Seraphim Group

President

Debbie Pierog

50/50 Club

President

Ivan Bryndzia

Vitalii Kulyk

Jr. UOL President

David Sendeha

Sr. UOL President

Yurii Sendeha

Prepare yourselves for spiritual combat

Once again, God, in His great mercy, has



brought us to the threshold of another Great Lent. Once again, we hear the words “*Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our body.*

As we fast from food, let us abstain also from every passion.” How do we respond?


Quite simply, we are called to repentance. We must lay aside our excuses and self-, and realize, hopefully aided and by our attendance at the Great Canon services the first week, that we are sinners. We need to confess our mistakes and sins, our missed opportunities, and begin anew. We need

to experience the joy of God's forgiveness, and offer forgiveness to those close to us. And then to aid and encourage us during this Great Lent, we have the three great nutrients of spiritual growth and renewal: prayer, fasting and almsgiving.


Continued from the previous bulletin.

And yet many will correctly question, how can simply changing our diet benefit us spiritually? It can't. If our fasting becomes a cause of pride, it becomes a sin. Along with monitoring what we are eating, we must struggle to maintain the correct internal attitude. Otherwise, Great Lent is just a 40-day diet. As we limit and simplify our physical intake of food, we are called to live in humility, with a greater awareness of our dependence on God; we are reminded that "man shall not live by bread alone, but by every word that proceeds from the mouth of God". We remember that Adam's original transgression against God, which resulted in corruption and death entering in to the perfection of God's creation, came about as a result of eating something which was not permitted, because Adam lost humility and decided to overrule God Himself. And, while we humble ourselves through fasting, through simplifying our menus, this frees up resources which can be put to better use.

This brings us to the third component of a responsible observance of Great Lent: almsgiving. The 40 days of Great Lent are approximately one-tenth of the year- a tithe; we know that God has always called His faithful sons and daughters to offer back a portion of the gifts He has entrusted to us. We can use these days to offer back to the Lord the money we save through fasting and limiting frivolous expenditures- to His Church through our Parishes, through our Orthodox charitable agencies such as IOCC, FOCUS, OCMC, OCPM, Zoe for Life, the St. Andrew's Society; even through secular charities if they have values compatible with our Faith. Next Sunday we will be reminded of the crucial importance of feeding the poor, clothing the naked, caring for the sick, and visiting the imprisoned. We can do this indirectly through financial support (the "easy" way), or directly, by offering our time. Let's make the effort to turn off the television, step away from the computer and social media, and use that time to visit a nursing home, or home-bound parishioners, to volunteer at a soup kitchen or shelter, to share God's love and mercy with the



Liturgical Schedule



<p>Sunday February 8 8:15am Matins 9:00am Hours 9:30am Divine Liturgy</p>	<p>Sunday of Prodigal Son Tone 2 Afterfeast of the Meeting. Great-martyr Theodore Stratelates (319). Prophet Zechariah, from among the 12 Minor Prophets (520 BC). St. Sabbas II, archbishop of Serbia (1269). Matins (2): Mr. 16:1-8; 1 Cor. 6:12-20; Lk. 15:11-32;</p>
<p>Sunday February 15 8:45am Matins <u>9:30am Hours</u> <u>10:00am</u> Divine Liturgy</p>	<p>Meatfare Sunday, of the Last Judgment. Tone 3. Apostle Onesimus of the Seventy (109). Ven. Paphnutius, monk, and his daughter St. Euphrosyne, nun, of Alexandria (5th c.). Ven. Eusebius, hermit of Syria (440). Ven. Paphnutius, recluse of the Kyiv Caves (13th c). Matins (3): Mk. 16:9-20; 1 Cor. 8:8-9:2; Mt. 25:31-46</p>
<p>Sunday February 22 8:15am Matins 9:00am Hours 9:30am Divine Liturgy</p>	<p>Cheesefare Sunday, of Forgiveness. Tone 4 Expulsion of Adam from the Paradise. Uncovering of the relics of the Holy Martyrs at the gate of Eugenius at Constantinople (395-423). Sts. Thalassius, Limnaeus, and Baradates, hermits of Syria (5th c.). St. Athanasius the Confessor of Constantinople (826). Matins (4): Lk. 24:1-12; Rom. 13:11-14:4; Mt. 6:14-21; <i>The Last day before the Great Lent</i></p>
<p>Saturday February 28 1:00pm</p>	<p>Moleben for Peace in Ukraine</p>
<p>Sunday March 1 8:15am Matins 9:00am Hours 9:30am Divine Liturgy</p>	<p>1st Sunday of the Great Lent: Triumph of Orthodoxy. Tone 5 Martyr Eudocia of Heliopolis (152). Martyrs Nestor, Tribimius, Marcellus, and Anthony (3rd c.). Matins Gospel (5): Lk. 24:12-35; Heb. 11:24-26, 32-12:2; Jn. 1:43-51; Liturgy of St. Basil the Great</p>

world around us. This way, we add responsible stewardship of our treasures and time into our Lenten equation.

While we refer to last Sunday before Lent as Cheesefare Sunday and Forgiveness Sunday, a more subtle Liturgical theme for this day is the casting out of Adam (and Eve!) from Paradise. The Church calls on us to realize that as children of Adam and Eve, we are living outside of where we are meant to be – the existence we experience as **normal** is, in fact, **abnormal**. God did not create us to live out of Paradise. We are exiles. Great Lent is a blessed opportunity for us to return home to the overflowing love and mercy of the Father’s embrace. Through prayer, fasting, almsgiving and the Grace of God, we can return. If we can accept this as our calling, we really will be filled with joy as we journey through this Great Lent.

A blessed Great Lent to you all.

Fr. Michael Kochis

Sunday’s Second Collection

Sunday’s Second Special Collection is dedicated each month to a different cause.

Month of February is dedicated for Parish Scholarship Fund.

Parish Council

Parish Council usually meets once a month on the second Sunday of the month. Next Council meeting will take place on *Sunday February 15, 2026* after the Coffee hour.

Parish Annual Meeting is Sunday March 8, 2026 after the Coffee Hour. We ask all of the parishioners to put an extra effort to be present at the important meeting.

All of the officers of parish organizations are asked to submit an annual report. All of the reports are asked to be submitted preferably electronically by **Sunday March 1, 2026**.

Treasurers of parish Organizations are asked to submit their books for audit by **Sunday February 8, 2026**.

Sunday School Corner



SUNDAY SCHOOL RECAP FOR February 1:

We were fortunate to have two Fruits of the Holy Spirit shared with the class last week, *Peace & Kindness*. When one is at **peace** through the Holy Spirit, Sviatoslav explained, is to be calm and in control of your feelings, something that is not often easy to do. I think most of us would agree to that.

Kindness is having a caring heart, sharing generously with others. In his example, Yuri demonstrated both when helping his sister study for an exam. In this instance, he shared his time even when he wanted to do something else....sleep! He knew it was important for her and she needed his help. Regardless of how she did on the test—we know a valuable lesson was demonstrated that had nothing to do with school.

Given the Winter we've been having, we ended class by doing a snowflake craft with the simple message, *"God made snowflakes all unique and beautiful...JUST LIKE ME!"*

May Peace & Kindness fill your days,
~Ms. Debbe & Ms. Karen

Sisterhood of St. Anne

Sisterhood of St. Anne *We are always happy to see more volunteers. If you can give us an hour or two we would greatly appreciate.*



We are schedules to work:

Monday February 16 —8:30am
 Wednesday February 18 —5:30pm
 Sunday—make cheese balls
 Monday—8:00am
 Tuesday—8:00am and 5:30pm
 Wednesday—8:00am and 5:30pm
 Thursday—Perogie sale 11:00am—3:00pm

Seven Day Vigil Candles

- For the health and God's blessings of Iryna Pleskach on her Jubely birthday. Many Years! Halyna Kashpar
- For the health and well-being of Athena Gordan on her overseas adventure. By Karen Larson
- For the stateside health and well-being of Elias, Peter & Alex Gordan. By Karen Larson
- For the health and God's blessings of Patti Faye & Jake by John Batura
- -----



Sr. UOL Fish Fry

The Chapter is going to host 3 Fish fries during the Great Lent.. If you would like to volunteer, please put your name on the lists posted by the kitchen door. УПЛІ буде мати 3 рибні вечері під час посту. Якщо ви бажаєте бути волонтером, прошу записатися на листку біля кухонних дверей.



Lenten Fish Fry
On Fridays from 5:00pm-7:00pm
February 20
March 6
April 4



Made to order fried cod fish or calamari or coconut shrimp

Served with Potato perogies or tatter tots and salad, bread, beverage and dessert

50/50 Club

The winner for the month of January was Bob Lewandowski

Next drawing will take place **on Sunday February 22, 2026**
We encourage to buy tickets for the whole year for a discounted price of \$65.00. If you would like to buy for one or several months the ticket is \$6.00 for a month. You can win \$250.00. All of the proceeds go to College Scholarship Fund of our parish. Support children of our parish family.

For more info please see Ivan Bryndzia & Vitalii Kulyk

Prayer Corner for the Month of January



We ask all of you to remember in your prayers the following individuals, who are in need of God's healing and grace:

Nina Gregosanc & family, Larry Pierog, Mark, Judy Broud, Mary Wisniowski, Mary Pirtle, Bob Lewandowski, Andy, Bohdan, Ralph Palm, David, Irine, Zoriana, Lev, Alla Grzynski, Nicole, John & Patti, Barbara Patronik, Barbara Bruce, Chloe McKinney, Yuriy Zmysly, Dorothy Seliga, Halyna & Wolodymer Kashpar, Mykola, Priest Vasyl Dovhan, Tina & Frankie, Alexander, Anatoli & Pamela, Janet, Sam and Natalia.

Pray for soldiers in Ukraine: Petro Drapala, Yaroslav, Pavlo, Slavko, Mikola, Victor, Taras, Yuriy, Stepan, Mykola, medic Stella, Oleg, Yuriy, Dmitro, Bohdan, Roman, Mykola, Kostia, missing in action Vitaliy.

Pray for Our expecting mothers:

Nataliia, Tetiana, Anna & Maria
New moms Krystyna, Pavai, Myroslava, Nataliia, Maria, Michelle.

*If there is anyone who is in need of prayers, and you want to add them to the prayer corner, please notify Fr. Vasyl
If you would like me to visit with the Sacraments of the Holy Confession and Eucharist, please call the rectory.
to set up an appointment. I will gladly visit everyone.
Fr. Vasyl*

Memorial Service



February 22 — In memory of all of those who have stepped into eternity in the month of February.

Coffee Hour Schedule



We are back to sponsored coffee hours

You can sponsor coffee hour monetarily by donating \$50.00 to cover the cost of one coffee hour.

If you would like to volunteer, please sign up the schedule is on the door of the church hall kitchen.

February 8– Soup-er Bowl Sunday

Soup Chefs shining with their talents

February 15 — Lorraine, Janet, Pat and Carol

February 22—Sr. UOL Cheese Fare Sunday Brunch

March 1— Donna & Jim Nevels

March 8 — Sisterhood of St. Ann Annual Meeting

Mark your calendars



Soup-er Bowl Sunday

TODAY— served after the Divine Liturgy

All you can eat soups

All proceeds to St. Andrew Society in Kiev Ukraine.

Huge variety of soup to feast on!!!!



Free ESL Classes/Класи Англійської мови

ESL classes every Wednesday evening, in the Church Hall.

Adults wishing to improve their English are welcome to join us at 5:30 p.m. If you have any questions, please see Pat Wolsko or Athena Gordan.

Безкоштовні заняття КЛАСИ ESL Кожної Середи

о 5:30 вечора в церковній залі. Запрошуємо усіх, хто хоче вивчити мову, хто хоче стати більш вправним в розмові, читанні та написання англійської мови. Реєстраційні форми знаходяться на столі при вході у церкві. Якщо у вас є будь-які запитання, зверніться до

Пет Волско, о. Василя або ПМ Оленки.