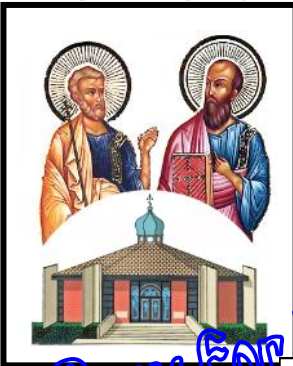


The Word of Sts. Peter & Paul



February 22, 2026

Saints Peter & Paul UOC
8410 West 131st St.
Palos Park, IL 60464
Fr. Vasyl Sendeha — Rector
www.sspeterandpauluoc.net
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708-361-5165

Pray for Ukraine

Lenten Epistle

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

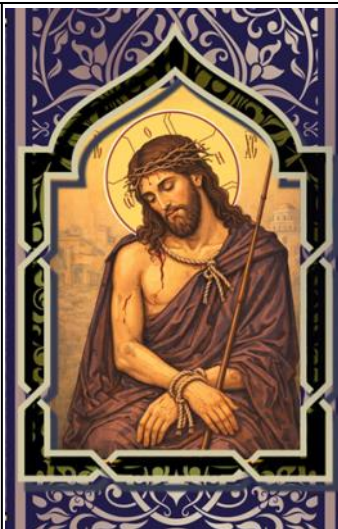
Vitalii Kulyk

Jr. UOL President

David Sendeha

Sr. UOL President

Yurii Sendeha



Archpastoral
Letter of the
Council of
Bishops of the
Ukrainian Or-
thodox Church
of the USA and
Diaspora
on the Occasion
of the Begin-
ning of the
Great and Holy
Lent
To the Rever-
end Clergy and
Beloved Faith-

ful of our Holy Church:
CHRIST IS AMONG US!

With pastoral love in Christ and prayerful concern for your spiritual lives, we address you at the threshold of the Great and Holy Lent - this sacred season of repentance, renewal, and return to the living God. Once again, the Holy Church lovingly calls us into the spiritual wilderness, not as a place of abandonment, but as a

space of encounter, where the human heart is purified and made receptive to the grace of the Holy Spirit.

Great Lent is not merely a change in diet, schedule, or external practice. It is a profound invitation to inner transformation - to the restoration of the image of God within us, obscured by sin yet never destroyed. Through prayer, fasting, almsgiving, and repentance, we are called to re-center our lives on Christ, the Source of Life, Truth, and Love.

At the heart of the Lenten journey stands the virtue of self-discipline. The Church, in her wisdom, teaches us restraint - not as punishment, but as healing. In a world marked by excess, noise, and constant distraction, self-discipline becomes an act of freedom. It frees us from enslavement to our passions and re-orientes our hearts toward God and neighbor.

We are called during this holy season to exercise self-restraint in all things:


restraint of the body, through fasting that humbles yet strengthens; restraint of the mind, by guarding our thoughts and intentions; restraint of the tongue, by paying careful attention to our words, tone, and manner of speech.

The passions of verbal expression - anger, judgment, gossip, careless speech - wound not only others but our own souls. The Apostle reminds us that life and death are in the power of the tongue. During Lent, let our words be fewer, gentler, and prayerful; let silence teach us humility; let listening become an act of love.


Equally important is our attention to prayer. Prayer is not an obligation imposed from without, but the breath of the soul. In prayer, we learn again who we are and to Whom we belong. Whether in the stillness of our homes, in the sacred beauty of the temple, or in the quiet prayer of the heart throughout the day, let us guard time for communion with God. Without prayer, fasting becomes empty; with prayer, even small efforts are filled with divine grace.

The Great Fast also reminds us of our responsibility toward the gift of life entrusted to us by the Lord Himself. Our bodies are not our own; they are sacred vessels, temples of the Holy Spirit, sealed in Baptism and nourished by the Holy Mysteries. To practice restraint and care for our bodies is to honor the Creator, who fashioned us in love and calls us to holiness. Caring for our physical, emotional, and spiritual well-being is not self-indulgence - it is stewardship.

This responsibility extends beyond ourselves. We are accountable



Liturgical Schedule



<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>Monday February 23</p>	<p>Canon of St. Andrew with prostrations at 6:00pm</p>
<p>Wednesday February 25</p>	<p>Akathist to the Passions of Christ at 6:00pm</p>
<p>Friday February 27</p>	<p>Akathist to the Mother of God at 6:00pm Sorokousti</p>
<p>Saturday February 28 1:00pm</p>	<p>Moleben for Peace in Ukraine at 1:00pm</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>
<p>Sunday March 8 8:15am Matins 9:00am Hours 9:30am Divine Liturgy</p>	<p>Second Sunday of the Great Lent Tone 6 St. Gregory Palamas the Archbishop of Thessalonica. Synaxis of all Venerable Fathers of the Kyiv Caves. St. Theophylactus, bishop of Nicomedia (845). Matins (6): Lk. 24:36-53; Heb. 1:10-2:3; Mk. 2:1-12; To Ven.: Gal. 5:22 - 6:2; Lk. 6:17-23 ; To St.: Heb. 7:26 - 8:2; Jn. 10:9-16; Liturgy of St. Basil</p>

for the way we live in relationship to the world around us. The Christian life is never isolated. Our fasting must open our eyes to the suffering of others; our prayer must soften our hearts; our restraint must cultivate compassion. In caring for one another's lives - through mercy, forgiveness, patience, and concrete acts of love - we bear witness to the Kingdom of God already present among us.

Beloved in the Lord, as we enter the Great and Holy Lent, let us walk this path together as one Body in Christ. Let us fall and rise again through repentance, trusting not in our own strength but in the boundless mercy of God. May this sacred season become for each of us a time of genuine renewal, healing of the soul, and restoration of joy in the Holy Spirit.

Entrusting you all to the loving protection of our Lord and Savior Jesus Christ, we invoke upon you His abundant grace and peace. With archpastoral love and prayer,

+ANTONY

Metropolitan of the Ukrainian Orthodox Church of the USA and Diaspora

+DANIEL

Archbishop of the Ukrainian Orthodox Church of the USA and Diaspora

Sunday's Second Collection

Sunday's Second Special Collection is dedicated each month to a different cause. Months of February and March are dedicated for Parish Scholarship Fund. Month of April is dedicated to College care packages. Month of May is dedicated to sponsor s Seminarian at UOL Convention.

Parish Council

Parish Council meeting is

Sunday March 1, 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.**

***Sunday School Recap February 15***

Our two combined classes had two combined lessons. It was the Sunday of the Last Judgement. As Fr. Vasyl pointed out in his sermon, yes, God will forgive our sins, but that alone would not get us into heaven. He will also judge us by our actions--what we say and what we do. The Last Judgment is about Christian love. It's one thing to be forgiven—but if

walk out the Church door on Sunday and ignore a person who is in need, what have we learned? Do we ask for forgiveness again and continue to ignore or judge others over and over again? When we criticize or judge others that speaks volumes not about the other person—but about us!

As we prepare for Great Lent, the topic of forgiveness was a natural transition to our second lesson--the Sacrament of Confession.

Confession can take place on any number of occasions. The frequency is left to the discretion of the individual—but *should be at least once a year*. Confession is a mandatory and necessary sacrament to prepare for Holy Communion. We all sin and have done wrong. What's important is to acknowledge what you did and to ask forgiveness. You may ask yourself, "What did I do that was so wrong or terrible?" Did you hurt someone by what you said or did? Lie? Were you disrespectful? Were you being selfish? Rude? No one has to tell you right from wrong. You know. Yes, it can be uncomfortable and feel awkward (at any age) to confess your sins. You are confessing to God. The priest is present as a witness and guide. He is not there judge you in anyway. He is there to help you. What you say will be held in strictest confidence. **Make plans to go as a family. There's comfort in knowing you are not alone and you are there to support each other. Many families choose to go to confession during the 40 days of Great Lent.**

*May God Bless us all on this Sunday of Forgiveness,
~Ms. Debbie & Ms. Karen*

Seven Day Vigil Candles

For the health of my husband Volodimer on his birthday.
God's blessings and many years by Halyna Kashpar
For the health and God's blessings of Patti Faye
by John Batura



- In loving memory of my grandmother Ivanka on her 22nd anniversary of stepping into the eternal life by Fr. Vasyl
- In loving memory of my mother, Gloria Kuzemka, as she celebrates her blessed heavenly birthday. ~by Karen Larson
- Remembering my dear parents, Stephen & Gloria Kuzemka, on their wedding anniversary.

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
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

Sisterhood of St. Ann

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:

Sunday March 1 —make cheese balls

Monday March 2 —8:00am

Tuesday March 3 —8:00am and 5:30pm

Wednesday March 4 —8:00am and 5:30pm

Thursday March 5 —Perogie sale 11:00am—3:00pm

Prayer Corner for the Month of February



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 & Maria

New moms Anna, 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 22—Sr. UOL Cheese Fare Sunday Brunch

March 1— Donna & Jim Nevels

March 8 — Sisterhood of St. Ann for Annual Meeting

March 15—open

March 22— Larson & Pierog Families

March 29—Jr. UOL pancake flip

April 5— open

April 12— Easter

Mark your calendars



Sr. UOL Cheese Fare Sunday
Sunday February 22 served after
the Divine Liturgy.

*All you can eat Crepes, pancakes
and more!!!*



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.