

The Word of Sts. Peter & Paul

March 4, 2018



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On Fasting

Why do we fast!

Origin of the Practice of Fasting

One of the longest established discipline of the human body is that of fasting. Among pagan religions, Judaism and Christianity fasting is considered an important element in religious practices. Fasting (equivalent to the Greek word *nesteia* and Latin words *jejunium*, *abstinentia*) literally means a total abstention from food for a certain period of time. It also means abstention from such pleasures as celebrations of birthdays and marriages and, as developed later in the Christian era, even church festivals. The origin of fasting as a moral discipline is obscured. There is no clue to the original purposes of fasting. The meaning of fasting among the Jewish people developed around the selection of certain foods and the duration of abstention from them. Fasting appears early as an act of devotion among the Jewish people, but without the formalized rules developed later. Even in the early Christian Church fasting was practiced among many, but not according to rules. Fasting generally was considered "a work of

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reverence toward God."

The New Testament does not record the special dates and days of fasting nor specific methods of fasting. It is true that among the Jewish people there were certain days observed by the people, but it seems they were free to chose the duration of the fast as well as the selection of foods. However, there were extraordinary days in which fasting was kept by all, such as during famine, catastrophe, etc. The Jewish people could fast on Monday and Thursday, but it was not compulsory. However, the zealots kept these fastings strictly. The first Christians instituted feasts and fastings after Jewish patterns, but the interpretation of their fastings was different.

The origin of fasting in the Christian Church is to be found in many sources. The first Christians inherited the practice of fasting from the Jews. Fasting also has pagan origins. The Church usually tried to replace pagan fastings and feasts by giving Christian meaning to those observances through worship in the True God, moral uprightness, fasting, prayer and repentance. Fasting was developed as a meritorious work before God. Fasting became an obligatory practice among monks and nuns, who kept strict fastings in the assumption that their fastings would support their concept of virginity. Fasting was included in the vows of the first Christian monks.

Christ fasted as well *Christ's Mode of Fasting*

The fact that fasting was not determined in specific days and certain foods originally, indicates that fasting in itself, for the sake of fasting, was not considered as such. In the New Testament fasting is mentioned by Christ Himself, the first time in reference to temptations: "when he had fasted forty days and forty nights, he was afterwards ahungered" (Matthew 4:2); the second time when Christ admonished the disciples on fasting versus hypocrisy in the Sermon on the Mount:

Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They, have their reward. But

Liturgical Schedule

Second Sunday of the Great Lent. Tone six.

Great Lent. Food with Oil

Synaxis of all Venerable Fathers of the Kiev Caves (movable holiday on the 2nd Sunday of the Great Lent).

Today

St. Gregory Palamas the Archbishop of Thessalonica Apostles Archippus and Philemon of the Seventy, and Martyr Apphia (1st c.).

St. Theodore of Sanaxar Monastery (1791).

Martyrs Maximus, Theodotus, Hesychius, and Asclepiodotus of Adrianopolis (305-311).

Hebrews 1:10-2:3

Hebrews 7:26-8:2 (Saint)

Mark 2:1-12

John 10:9-16 (Saint)

Reader of the Hours - Karen Jakubczak

Reader of the Eng. Epist. – Karen Jakubczak

Reader of the Ukr. Epist. – PM Olenka



Wednesday, March 7

Pan Orthodox Pre-Sanctified Liturgy 7:00pm at Our Church
Followed by Potluck dinner

Third Sunday of the Great Lent: Adoration of

Cross. Tone seven. Great Lent. Food with Oil
New Martyr John Calphas ("the Apprentice") at Constantinople (1575) (Greek).

Sunday
March 11

St. Photina, the Samaritan woman, and her sisters Anatola, Phota, Photis, Parasceva, and Cyriaca; her sons Photinus and Joses; and Sebastian the Duke, Victor, and Christodulus — all martyred under Nero (66) (Greek).

Hebrews 4:14-5:6

Mark 8:34-9:1

Reader of the Hours - Jeremy Oryhon

Reader of the Eng. Epist. – Jeremy Oryhon

Reader of the Ukr. Epist. – Halyna Kashpar



thou, when thou fastest, anoint thine head, and wash thy face;
That thou appear not unto men to fast, but unto thy Father which
is in secret: and thy Father which seeth in secret shall reward thee
openly.

To be continued in the next bulletin.

Sisterhood of St. Anne

God bless our volunteers.

We are in a great need of volunteers!!!

We need your Help!

We are working in one week again

Pierogy working days are:

Monday Mar 12- make cheese pierogies -8:00am—Noon

Tuesday Mar 13- 8:00am—Noon

Wednesday Mar 14- 8:00am—Noon

No sale

Sunday Mar 25—make cheese balls

Easter Sale

Monday Mar 26- 8:00am—Noon

Tuesday Mar 27- 8:00am—Noon

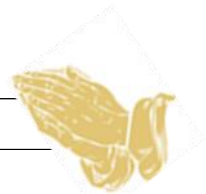
Wednesday Mar 28 - 8:00am—Noon

Thursday Mar 29 sale Noon— 4:00pm

Every Little bit Helps!

If you can come for one hour or two

Your Help Will be greatly appreciated!



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 Grzymiski, 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 Bazil Zaveruha, Priest David Clooney, Frankie, Zachary, Orest, Alexander, Paul, Dolores.

General Annual meeting is NEXT Sunday March 11, 2018
following the Divine Liturgy.

I ask all of the parish members to mark their calendars and attend the meeting. If the life of our parish community, your parish family is important to you, participate at the meeting!!!

I kindly ask the officers of the parish organizations to submit their reports (preferably electronically)

by Last Sunday February 25, 2018 Fr. Vasyl

Following reports should be included in the Annual Parish Meeting packet: Officers of the Parish Council, Parish Priest, Sisterhood of St. Anne, Sr. UOL, Sunday School, Ways and Means Committee, Hall Rental.

Sunday School Teacher's corner



Summary of the Sunday School Lesson February 18, 2018

Sunday School (Feb. 25th): At the end of the liturgy the students & teachers carried various Icons in a procession around the church. They were asked by Father to remember which Icon they carried and he would ask about them later.

We had a combined class today.

*In class, we discussed that Icons are "Windows into Heaven" and they wrote or drew on the board which Icons they carried in church.

*Talked about Great Lent and that it isn't always about giving something up but also to try and be kind and helpful. A goal (for me at least) is to make at least one person smile every day.

An information sheet was passed out that Ms. Karen had written to those who hadn't received one.

*Bible Time: 1 Corinthians 13:4-8 and 1 John 4:8

The students looked up the Bible verses and worked on a "fill in the blank" worksheet.

We talked about what the verses meant.

Blessings, Ms. Debbie

Seven Day Vigil Candles

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



For the health of my sister Evhenia on her Birthday in Ukraine by Halyna Kashpar

For the health and God's blessing of Daughter Gina Huber by John Gbur

For the health and God's blessing of Family Members by Alvine & Mike Gbur

For the health and God's blessing of Mother Gina Hober by Cassie & Ceci Hober

Our dear Mother & Grandmother Eleanor by Masur Family

For the health of Alec Masur by Masur Family

For the health of Hannah Masur by Masur Family

For the health of Markian Masur by Masur Family

For the health of Alla Grzyski by Fr. Vasyl



In memory of my late grandmother Janet by Julius Machnikowski

Michael Cheroim and His Family in loving memory of his sister Alexandra Pawlenko

In memory of Lubomyr Cepynsky by his Wife Lillian Cepynsky

Humor shows humanity.

While some people are uncomfortable with humor and feel its use in church is irreverent, we need not view humor and religion as antagonistic. Humor reminds us of our fragility, weakness and humanity. It helps us to learn humility. Children laugh 400 times a day, and adults chuckle an average 15 times a day. Why can't some of that levity happen in church?

Sponsored and served by
Sr. UOL Chapter

Lenten Fish Fry

on Friday March 9, 2018

5-7pm

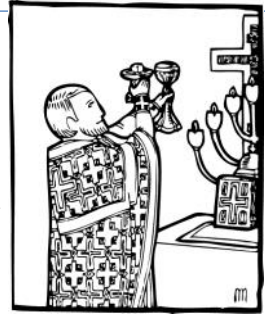
Fried Fish or coconut shrimp or calamari,
tatter tots, great homemade coleslaw, bread,
beverage and desert.

Donation - only \$13.00 adult
Children 10 year & under - Free



Pan Orthodox Pre-Sanctified Liturgies

The Orthodox churches of the Palos area will come together to celebrate the Presanctified Liturgies of the 2nd, 3rd, 4th and 5th Wednesdays of Lent at 7:00pm. Each parish will take turns to welcome local Orthodox clergy and laity and provide a Lenten potluck dinner after the Liturgy. Also, a brief Lenten reflection will be offered by one of our priests. Please mark your calendars.



THIS Wednesday, March 7 at 7:00 pm
Sts. Peter & Paul Ukrainian Orthodox Church
 8410 W. 131st St. Palos Park, IL 60464
 Reflection by Fr. Danial Doss

Wednesday, March 14th at 7:00 pm
 Sts. Peter & Paul Orthodox Church
 6980 S. County Line Rd.
 Burr Ridge, IL 60527
 Reflection by Fr. Paul Jannakos

Wednesday, March 21st at 7:00 pm
 St. Luke Orthodox Church (OCA)
 10700 S. Kean Ave
 Palos Hills, IL 60465
 Reflection by Fr. Vasyl Sendeha

*Pan-Orthodox Akathist
 to the Mother of God*
 Tuesday, March 27th
 at 7:00 pm
 St. Mary Antiochian
 Orthodox Church
 6330 W. 127th St. Pa-
 los Heights, IL 60463

Monthly Memorial Panahyda

March 4: In memory of Klavin Edward II on the anniversary of his steeping into eternity. Requested by Klavin Family.



March 18: In memory of my Mom, +Helen Wolsko on the third anniversary of her passing into eternity and my Dad, +Peter, on the 40th anniversary of his passing into eternity. Requested by Pat Wolsko.

Coffee Hour Schedule



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

Today -- Sr. UOL Lenten Pot Luck

March 11 -- ANNUAL MEETING – Sisterhood Luncheon

March 18 -- Larson, Pierog and Zmysly families (Lenten)

March 25 -- Gordon Family (Lenten)

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.

Know your community's Lenten options

Local business-owner, Feda, of "Simple Taste" serves mouth-watering, homemade Mediterranean Cuisine with several options to observe a healthy and true Lent.

Saints Peter & Paul Orthodox parishioners can Show This Coupon** when dining in, at "Simple Taste", during Lent, for **FREE FALAFELS!

Hours: 7 days/week; 10am-10pm

**Location: 12246 S. Harlem Avenue,
Palos Heights, IL 60463**

To name a few delicious dishes:

~Baba Ghanoush (eggplant garlic tahini)

~Fresh Hummus and Pita Bread

~Quinoa pilaf, freekah pilaf, basmati rice

~Salmon, Tilapia, Sea bass, & Shrimp

~Grape Leaves

~Many flavorful and filling salad entrees

~Vegetarian Plates & Kabobs

~Lentil soup