

# The Word of Sts. Peter & Paul

March 11, 2018



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## *On Fasting*

### *Why do we fast!*

*Continued from the previous bulletin.*

### *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, reverence toward God.

Christ himself fasts.

Matthew 6:16-18; cf. Isaiah 58:5

The Lord does not refer to specific days, foods or complete abstention from

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foods. Christ does not refer to them as not having been fixed either, nor does He mention days and foods, because they were known to the people of that time. Here Christ refers to fasting as a sincere attitude of deep humility and repentance, with discipline and vigorous uprightness, all to be held in secrecy, as quoted above (cf. Mtt. 6:18). This principle of secrecy is to be applied not only to fasting, but also to prayer and to alms giving (cf. Matt. 6:4,6).

At the time of Christ, fasting among the Jewish people was more or less a legalistic observance, although not compulsory. Jesus Christ referred to Jewish fasting in the parable of the Pharisee and the Publican (cf. Luke 18:9-14). The Pharisee kept the days of fasting, gave alms regularly, prayed frequently, and consequently expected rewards; yet he received not only disapproval, but was reprimanded for hypocrisy compared to the publican who humbly asked forgiveness. The intention of him who obeys the Lord's commandments is appropriate communion with God. The attitude of the Pharisee was an external pseudo-piety intended for his own satisfaction and to earn praise. The Pharisee appeared with a "sad countenance, for they disfigured their faces that they may appear unto men to fast" (Matt. 6:16). Hypocrisy destroys even the cardinal virtues. Humbleness and secrecy should be for practicing God's commandments. The Psalmist cries "I humble my soul with fasting" (Psalm 35:13). Jesus Christ condemns any virtue which is observed with hypocrisy, for it leaves no room for humility and repentance.

The Christian Church adopted the custom of fasting from the Jewish religion, but with a new meaning and purpose, and a new dimension contributing to a specific end. The Christian practice of fasting is not for the sake of fasting alone. Fasting in itself is not a virtue. It is especially for certain days and seasons, mainly as a preparation for a feast. Also fasting is practiced for self-control of the spirit and the flesh; for giving alms to the needy; for praying more frequently, enabling these virtues to be practiced according to principles set forth by Christ (cf. Matt. chs. 5, 6, 7).

Fasting, compared to other Christian activities, is a means, not an end in itself. Nevertheless, it is the only practice which has to do with the nutrition of the body, having a direct effect upon its physical nature, which in turn affects spiritual well-being as well. This is why the Church at the beginning of

## Liturgical Schedule

**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).

Today 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 - open

Reader of the Eng. Epist.— open

Reader of the Ukr. Epist.— Halyna Kashpar

Wednesday, March 14

Pan Orthodox Pre-Sanctified Liturgy 7:00pm at Sts. Peter and Paul OCA Burrigge, IL

Friday, March 16

Akathist to the Mother of God at 6:30pm

Saturday, March 17

Vespers & Confessions at 5:00pm

Fourth Sunday of the Great Lent. Tone eight.

Great Lent. Food with Oil Venerable John Lestvichnik. Martyr Conon of Isauria (2nd c.). St. Nicholas (Velimirovich), bishop of Ochrid and Zhicha, Serbia (1956) (Serbia). Martyr Conon the Gardener of Pamphylia (251). Virgin-martyr Irais (Rhais) of Antinoe in Egypt (3rd c.) and with her Martyr Archelaus and 152 Martyrs in Egypt. Sts. Basil (1249) and Constantine (1257), princes of Yaroslavl.

Sunday  
March 18



Hebrews 6:13-20

Mark 9:17-31

Ephesians 5:9-19 (Venerable John Lestvichnik)

Matthew 4:25-5:12 (Venerable John Lestvichnik)

Reader of the Hours - Gayle Woloschak

Reader of the Eng. Epist.— Gayle Woloschak

Reader of the Ukr. Epist.— open

the Christian era adopted the practice of fasting, establishing procedures of duration and specific types and quantities of food. During these specific days of fasting the faithful either abstained from foods entirely or would take only a certain amount of bread and water (xerophagia). New Testament references state attitudes and principles of fasting, but not details pertaining to specific days and foods.

### ***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 need your Help!

**Pierogy working days are:**

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

Tuesday Mar 13- 8:00am—Noon

Wednesday Mar 14- 8:00am—Noon

No sale

**Easter Sale prep work:**

Sunday Mar 25—make cheese balls

Monday Mar 26- 8:00am—Noon

Tuesday Mar 27- 8:00am—Noon

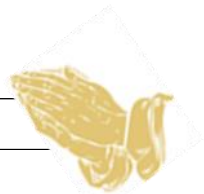
Wednesday Mar 28 - 8:00am—Noon

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:***

Lorraine 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 Today following the Divine Liturgy.

If the life of our parish community, your parish family is important to you, participate at the meeting!!!

## ***Festival 2018***

The spring is almost here and the prep work for the Festival 2018 is starting. Sunday March 18, 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.

## ***Sunday School Teacher's corner***

*Summary of the Sunday School Lesson  
March 4, 2018*

There are so many words that we use as Orthodox Christians which are unfamiliar to many people outside of our faith (and even to some of us as well!). This is especially true during the Lenten season. Last Sunday we took the time to review some of these words and what they mean (Meatfare, Cheesefare, Compline, Akathist, Presanctified Divine Liturgy, Prostrations to name but a few). For example did you know that “Akathist” literally means “not sitting”? It is a hymn to the Mother of God and the 24 stanzas are all sung while standing. After the lesson we played a game using the words we learned based on the popular Memory game.

~Yours in Christ, Miss Karen



## ***50/50 Club***

*Congratulation to Sisterhood of St. Anne – winners of 50/50 for the month of February, 2018.*

Join the 50/50 Club in our parish. Membership is only \$5.00 a month or \$60.00 a year. You can win from \$130.00 to \$200.00 every month. The more members we get the more money you can win. In our history we had prizes of \$500.00 a month.

Plus, all of the proceeds from the club are donated to the parish.

***Since the beginning, the 50/50 Club, has donated over \$99,000.00 to the parish!***

Become a member and support your Parish Church.

*For more information please see the president of the 50/50 club Mr. Michael Gbur or call the rectory*

## ***Eternal Light***



In memory of Edward II Klavin by Klavin Family

## ***Seven Day Vigil Candles***

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

For the health of Roxana by Lillian Cepynsky

For the health of my parents Nadia & Konstantin and children Andriy, Volodimer, Uliana, husband Volodimer by Melnik Lilia

For the health of Uncle Nick Kapusta by Tom Gbur

For the health of Alla Grzyski by Pm Olenka

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



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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

In memory of Boris, Evhenia, Julia, Maria and Jaroslva by Lilia Melnik



## ***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*

## ***Church Humor***

Ole and Lena

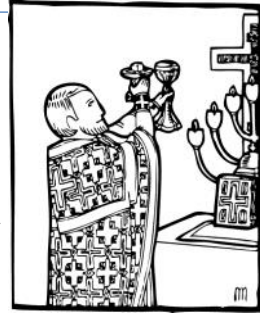
Ole and Lena are out fishing one day when Lena noticed a boat with some scuba divers jumping into the water.

Lena turns to Ole and asks "Why do scuba divers always fall in backwards?"

Ole looks back at Lena and says "Vell ya know Lena, if dey fell forwards deh would still be in da boat."

### ***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 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. Palos Heights, IL 60463

### ***Monthly Memorial Panahyda***

**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.



In memory of my father, Wasyl Wanshula on the anniversary of his passing into eternity by Liliana Roviario

## Coffee Hour Schedule



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

Today -- **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