

# The Word of Sts. Peter & Paul



March 23, 2025

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Pray For Ukraine

## *A word on Fasting*

**Parish Council**  
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**Sisterhood of St. Anne**

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**Church School**

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**Ukrainian**

**Saturday School**

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**50/50 Club**

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**Sr. UOL President**

Nataliia Bryndzia

*During Fast, we restrain the body to un-  
 leash the spirit"*



*St. Basil the Great*

The word "fast" means not eating or abstaining from certain types of food. As Orthodox Faithful, we can fast completely at certain

times of great importance, e.g. before receiving Holy Communion or fast from certain types of food, meat or dairy products as we do during Great Lent.

The purpose of fasting is to remind us of the Scriptural teaching, "Man does not live by bread alone." The needs of the body are nothing compared to the needs of the soul. Above all else, we need God, Who provides everything for both the body and the soul. Fasting teaches us to depend on God more fully.

The first sin of our parents, Adam and Eve, was eating from the forbidden tree (Genesis 3:1-19). We fast from food, or a food item, as a reminder that we are to fast from sinning and doing evil. We exercise

our will power. If we can say no to certain type of food, we can say no to sin.

However Fasting during any lent, should be much more than just not eating food. Saint John Chrysostom teaches that it is more important to fast from sin. For example, besides controlling what goes into our mouths, we must control what comes out of our mouths as well. Are our words pleasing to God, or do we curse or judge our brother? Jesus Christ spoke regarding fasting, *“What goes into a man’s mouth does not make him unclean, but what comes out of his mouth, that is what makes him unclean.” Mathew 15:11.*

As the Church Fathers say, there are several benefits of fasting. Fasting helps us pray more easily. Our spirit is lighter when we are not weighed down by too much food or food that is too rich. Through fasting, we also learn to feel compassion for the poor and hungry and to save our own resources so that we can help those in need.

The other members of the body also need to fast: our eyes from seeing evil, our ears from hearing evil, and our limbs from participating in anything that is not of God. Most important of all, we need to control our thoughts, for thoughts are the source of our actions, whether good or evil.

Fasting is not an end in itself. Fasting just for the sake of fast is empty and has no benefit to us. We should fast with the goal, goal of an inner change of heart. We should work on our spiritual wellbeing. Improving ourselves in spiritual matter as much as we can, thus thriving toward the perfection that God is calling us. The Lenten Fast is often called “ascetic” and it should be that way not only for the monks, who live ascetical life, but for all of us. It is called ascetical, because it focuses on self-denial and spiritual training which are central to fasting. We do this spiritual exercise willingly and for our own benefit.

Fast is not forced upon us. The church recommends fasting, encourages us to fasting. In the same way that true repentance cannot be forced upon anyone, each of us makes the choice to turn away from our sinful ways and go toward our loving, forgiving Father in Heaven.

Fr. Vasyl

## Liturgical Schedule

<p><b>Sunday</b> <b>March 23</b> 8:45am Matins 9:30am Hours <b>9:30am</b> <b>Divine Liturgy</b></p>	<p><b>3rd Sunday of the Great Lent. Veneration of the Cross. Tone 6</b> Monk-martyr Nicon and 199 disciples, in Sicily (251). Martyrs Philetas, his wife Lydia, Macedon, Theoprepitus, Cronides, and Amphilochius (125). Ven. Nicon, abbot of the Kyiv Caves (1088). Matins (6): Lk. 24:36-53; Heb. 4:14-5:6; Mk. 8:34-9:1 <i>Liturgy of St. Basil the Great</i></p>
<p><b>Sunday</b> <b>March 30</b> 8:45am Matins 9:30am Hours <b>9:30am</b> <b>Divine Liturgy</b></p>	<p>4th Sunday of the Great Lent Tone 7 Venerable John Listvychnyk 4th Sunday of the Great Lent). Ven. John (Climacus) of Sinai, author of The Ladder (649). Prophet Joad (10th c. BC ). Holy Apostles Sosthenes, Apollos, Cephas, Caesar, and Epaphroditus, of the Seventy (1st c.). St. Eubula, mother of St. Panteleimon (304). Ven. John the Silent (558). Ven. Zosimas, bishop of Syracuse (662) Matins (7): Jn. 20:1-10; Heb. 6:13-20; Mk. 9:17-31; To Ven.: Eph. 5:8-19; Mt. 4:25 - 5:12; <i>Liturgy of St. Basil the Great</i></p>
<p><b>Wednesday</b> <b>April 2</b> <b>6:00pm</b></p>	<p>Akathist to the Passions of Christ at 6:00pm</p>
<p><b>Saturday</b> <b>April 5</b> <b>6:00pm</b></p>	<p>Vespers and Sorokoust</p>
<p><b>Sunday</b> <b>April 6</b> 8:45am Matins 9:30am Hours <b>9:30am</b> <b>Divine Liturgy</b></p>	<p><b>Fifth Sunday of the Great Lent. Tone 8</b> Venerable Mary of Egypt. St. Eutychius, patriarch of Constantinople (582). St. Platonida (Platonis) of Nisibis (308). 120 Martyrs of Persia (345). Martyrs Jeremiah and Archilias the Presbyter. St. Methodius, Equal-to-the Apostles, enlightener of the Slavs (885). Matins (8): Jn. 20:11-18; Heb. 9:11-14; Mk. 10:32-45; To Ven.: Gal. 3:23-29; Lk. 7:36-50; <i>Liturgy of St. Basil the Great</i></p>



## Recaps of Sunday March 16, 2025

### Recap Primary and Intermediate Class

Last week the intermediate and primary Sunday School classes joined together to learn about Saint Patrick, who was an Orthodox Bishop. Saint Patrick was enslaved in Ireland when he was just 16 years old! Spending 6 years as a slave he escaped and returned to England only to follow the Lord's direction, which came to him in a dream telling him to return to Ireland, to spread his Word. We also learned that Saint Patrick is portrayed with a shamrock because in his teachings he used it as an example of how the three leaves and stem, represent the Holy Trinity, the Father the Son and the Holy Spirit being one together!

After this lesson the children participated in a St Patrick's Day scavenger hunt in the church hall, which is why you may have heard more giggling and laughter than usual. Some of the items that children had to find were people wearing green, someone with a female version of Patrick's name, and even identifying the Irish flag! Needless to say, it was an informative and fun class. 🍀

Ms. Faith and Ms. Karen  
~Ms. Karen

### Recap of Teen Class

A Sunday school lesson was conducted for the teenage class, focusing on the articles located within the sanctuary of the Orthodox Church. Students had the opportunity to visit the Sanctuary in our church temple. As they entered they were greeted by the beauty of the altar which is the heart of the church. Those students who serve at the altar had quite a bit of prior knowledge about the items in the Sanctuary. The rest of the class just learned about the Sanctuary. This lesson served as a recap of recently covered material. Students were glad to share what they know with the class. Every article within the Sanctuary has purpose and deep symbolism. Father Vasyl explained the significance of each item such as the altar, proscomedial table and articles found on them, which are

necessary to conduct the services.

For example: The antimins, (from the Greek: ἀντιμήνσιον, "instead of the table"), is among the most important furnishings of the altar in Orthodox Christian liturgical traditions. It is a rectangular piece of cloth, of either linen or silk, typically decorated with representations of the entombment of Christ, the four Evangelists, and scriptural passages related to the Eucharist. A small relic of a martyr is sewn into it. The Eucharist cannot be celebrated without an antimins. The antimins is placed in the center of the altar table and is unfolded only during the Divine Liturgy, before the Anaphora. The antimins is consecrated and signed by a bishop. It remains folded under the Gospel book placed in the center of the altar.

Students listened carefully and asked questions. This visit helped them understand their faith better and appreciate the rich traditions of their Orthodox church.

## Announcements

**Parish Council** usually meets once a month on the second Sunday of the month.

Next Council meeting will take place on *Sunday April 13, 2025* after the coffee hour.

Guests are welcome. If you would like to participate at the council meeting, please let any of the officers know.

### ***Sunday's Second Collection***

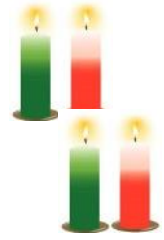
Sunday's Second Special Collection is dedicated each month to a different cause: Month of March to the victims of Californian wild fires. Month of April and May are dedicated to Parish Scholarship Fund.

### ***2025 Scholarship Applications***

Application forms for a graduating high school senior who is a member of our church and is planning to further their education at a community college, university or trade school are available from Pat Wolsko. They must be completed and returned by Sunday, April 27. The recipients of this church sponsored scholarship will be announced at the end of May.

## *Seven Day Vigil Candles*

- For the health of my husband Michael Beck by Pat Beck
- For the health of Tina Palasti by Pat Beck
- For the health of Larry Pierog by Pat Beck
- For the health of Pat Ciapinski by Pat Beck
- For For the health of Patti Faye by John Batura
- For the health and God's blessings of Tina Palasti  
by Fr. Vasyl
- For the health of Larry Pierog by PM Olenka
- \_\_\_\_\_



- In memory of my Father Ivan. Memory Eternal! Heavenly Kingdom! Wolodimir Kashpar
- In memory of my sister Christine Doyle by Pat Beck
- In memory of Anthony Kaczor by Michael Supilowski
- In memory of Tony Kovco by Michael Supilowski

## *50/50 Club*

The winner for the month of February was the *Mary Wisniowski*  
Next drawing will take place **on Sunday March 30, 2025**

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*

## *Sisterhood of St. Anne*

*We are always looking for volunteers.*

### *Updated Schedule:*

March 31 Monday at 8:30am

April 1 Tuesday at 5:30pm

April 6 Sunday make cheese balls

April 7 Monday make cheese perogies

April 8 Tuesday at 5:30pm make stuffed cabbage

April 9 Wednesday 8:30am pack stuffed cabbage

April 9 at 5:30pm—bake bread

*April 10 Thursday sale 11am-6pm ( 2 shifts)*



## 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:***

Nina Gregosanc & family, Larry Pierog, Pat Beck. Mark, Roman, Judy Broud, Joshua Mark, Mary Wisniowski, Mary Pirtle, Nathan, Gail, Allie Branch, Mike Moran, Christopher Flavin, Even, Edward, Bob Lewandowski, Michael Melnyk, Lilia, Andy, Bohdan, Ralph Palm, David, Irine, Zoriana, Lev, Alla Grzynski, Kathy Grzynski, Nicole, John & Patti, Barbara Patronik, Barbara & Katie Bruce, Michael Kimak, 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:** Maksym, Taras, Yaroslav, Pavlo, Slavko, Mikola, Victor, Taras, Yuriy, Stepan, Volodimer, Mykola, Svitlana, medic Stella, Oleg, Yuriy, Dmitro, Bohdan, Roman, Mykola, Kostia, Vitaliy, missing in action Volodimer, Taras, Mykola, wounded Roman, prisoner Taras.

**Pray for Our expecting mother:**

Myroslava, Maria and 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*

## Bible Study

Next Bible Study group meeting is  
Tuesday, April 2 at 7:00 pm.  
Via Zoom. We are going to work on family  
tree of Jesus Christ and Psalms.



## Memorial Service

### Monthly memorial March 30

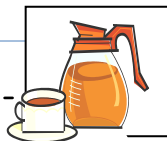
In memory of all of those who reposed in the Lord in the month of March.

In memory of my mother Stephane Luchyn by Lorraine Ehlert.

In memory of my father, Wasyl Wanshula (Василь Ванжула) by Lilia Roviario.



## Coffee Hour Schedule



### 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 let PM Olenka or Fr. Vasyl know:

March 23 — *Corina Fala*

March 30 — *open*

April 6 — *Jr. UOL*

April 13 — *Sr. UOL— palm Sunday*

### *Jr. & Sr. UOL Українська Православна Ліга*



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. УПЛ буде мати 3 рибні вечери 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**  
**April 4**



**Made to order fried cod fish or calamary or coconut shrimp**

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



## *Selfreliance Association*



**Безкоштовне виповнення** усіх документів для новоприбулих (Social Security. Work permit, Benefits) Кожної Середи у Церковній залі з 10:00-17:00. За інформацією просимо звертатись до Пані Матки Оленки Сендега “Асоціація Самопоміч.” або за телефоном (773) 692-1010

## *ESL Classes*

### ESL Announcement:

ESL sessions have resumed in the church hall every Thursday at 6:30pm. For more information please see Pat Wolsko.

*Безкоштовні ESL класи* для усіх бажаючих кожного Четверга о 18:30 вечора у Церковній залі. Дотаковою інформацією просимо звертатися до о. Василя або Пані Матки Оленки.