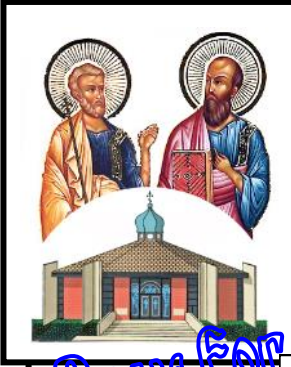


The Word of Sts. Peter & Paul



March 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

Fourth Sunday of the Great Lent

Parish Council

President

Nick Ronsen

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

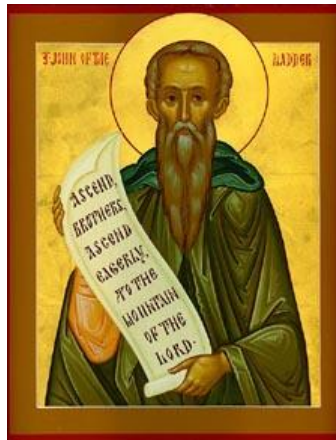
Jr. UOL President

David Sendeha

Sr. UOL President

Yurii Sendeha

Venerable John Climacus of Sinai, Author of "the Ladder" Commemorated on the fourth Sunday of Great Lent.



There is almost no information about Saint John's origins. One tradition suggests that he was born in Constantinople around the year 570, and was the son of Saints Xenophon and Maria.

John went to Sinai when he was sixteen, submitting to Abba Martyrius as his instructor and guide. After four years, Saint John was tonsured as a monk. Abba Strategios, who was present at Saint John's tonsure, predicted that he would become a great luminary in the Church of Christ.

For nineteen years Saint John progressed in monasticism in obedience to his spiritual Father. After the death of Abba Martyrius, Saint John embarked on a solitary life, settling in a wild place called Thola, where he spent forty years laboring in silence, fasting, prayer, and tears of penitence.

It is not by chance that in THE LADDER Saint John speaks about tears of repentance: “Just as fire burns and destroys the wood, so pure tears wash away every impurity, both external and internal.” His holy prayer was strong and efficacious, as may be seen from an example from the life of the God-pleasing saint.


Saint John had a disciple named Moses. Once, the saint ordered his disciple to bring dung to fertilize the vegetable garden. When he had fulfilled the obedience, Moses lay down to rest under the shade of a large rock, because of the scorching heat of summer. Saint John was in his cell in a light sleep. Suddenly, a man of remarkable appearance appeared to him and awakened the holy ascetic, reproaching him, “John, why do you sleep so heedlessly, when Moses is in danger?”

Saint John immediately woke up and began to pray for his disciple. When Moses returned in the evening, Saint John asked whether any sort of misfortune had befallen him.


The monk replied, “A large rock would have fallen on me as I slept beneath it at noon, but I left that place because I thought I heard you calling me.” Saint John did not tell his disciple of his vision, but gave thanks to God.

Saint John ate the food which is permitted by the monastic rule, but only in moderation. He did not sleep very much, only enough to keep up his strength, so that he would not ruin his mind by unceasing vigil. “I do not fast excessively,” he said of himself, “nor do I give myself over to intense all-night vigil, nor lay upon the ground, but I restrain myself..., and the Lord soon saved me.”

The following example of Saint John’s humility is noteworthy. Gifted with discernment, and attaining wisdom through spiritual experience, he lovingly received all who came to him and guided them to salvation. One day some envious monks reproached him



Liturgical Schedule



Sunday
March 22
8:45am Matins
9:30am Hours
9:30am

4th Sunday of the Great Lent Tone 8
Venerable John Listvychnyk Hieromartyr Basil, presbyter of Ancyra (362). Matins (8): Jn. 20:11-18; Heb. 6:13-20; Mk. 9:17-31; Mt. 4:25 - 5:12; Liturgy of St. Basil the Great

Saturday
March 28

Vespers at 6:00pm Sorokousti

Sunday
March 29
8:45am Matins
9:30am Hours
10:00am
Divine Liturgy

Fifth Sunday of the Great Lent. Tone 1
Venerable Mary of Egypt. Martyr Mark, bishop of Arethusa, Ciril and others (364). Venerable John, Anchorite of Egypt (4th c.). St. Eustathius (Eustace) the Confessor, bishop of Kios in Bithynia(9th c.). Matins (9): Jn. 20:20:19-31; Heb. 9:11-14; Mk. 10:32-45;
Liturgy of St. Basil the Great

Tuesday
March 31

Pan-Orthodox Akathist to the Mother of God at 7:00pm

Saturday
April 4

Lazarus Saturday Divine Liturgy at 9:00am
Vespers at 6:00pm blessing of willows

Sunday
April 8:45am
Matins
9:30am Hours
10:00AM
Divine Liturgy

Sixth Sunday of the Great Lent. PALM SUNDAY. THE ENTRY OF THE LORD INTO JERUSALEM. Martyrs Theodulus, and Agathopodes, deacon, and others (303). Venerable Mark the Anchorite of Athens (400). Venerable Plato, abbot of the Studion (813). Matins: Mt. 21:1-11, 15-17; Phil. 4:4 -9; Jn. 12:1-18;

for being too talkative, and so Saint John kept silence for a whole year. The monks realized their error, and they went to the ascetic and begged him not to deprive them of the spiritual profit of his conversation.

Concealing his ascetic deeds from others, Saint John sometimes withdrew into a cave, but reports of his holiness spread far beyond the vicinity. Visitors from all walks of life came to him, desiring to hear his words of edification and salvation. After forty years of solitary asceticism, he was chosen as igumen of Sinai when he was seventy-five. Saint John governed the holy monastery for four years. Toward the end of his life, the Lord granted him the gifts of clairvoyance and wonderworking.

Sunday's Second Collection

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

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 29 —make cheese balls

Monday March 30 —8:00am make perogies & 5:30pm make SC

Tuesday March 31 —8:30am pack SC

Wednesday April 1—5:30pm Bake bread

Thursday April 2— 11:00am-3:00pm Easter Bake Sale

Sunday School Corner



Sunday School Lesson Recap March 8 :

Why is the Jesus Prayer—"Lord Jesus Christ, Son of God, have mercy on me, a sinner" so powerful?

As St. Paul says to pray without ceasing. This prayer calls on the name of the Lord during all times, good or bad. The last two weeks the children took time to memorize and recite their Jesus prayer. The children who missed class the week before memorized it and recited it in front of the class, so we will put their name on the board we've created for our Lenten journey in Sunday school. In addition to this, last week we also picked another card from our Lenten activity card set. This week's homework lesson was to make a chart to show how in our family we show love based on how God shows love to us. We will keep moving forward with our Lenten activities as we draw closer to Pascha.

Sunday School Recap for March 15th:

We had a mixed age group class

St. Gertrude of Nivelles: Patron Saint of Cats 🐱 Feast Day March 17th St. Gertrude was born in 628 to a noble family in what is now Belgium. When she was 10 years old, she was told that she would marry a duke, when she was older. However, Gertrude had other ideas and said that she would not marry anyone.

*After her father passed away, she and her mother moved to Nivelles and established the **Abbey of Nivelles**, a type of convent for nuns. Later it became a monastery for both nuns and Irish monks. Gertrude dedicated her life to help the sick, the elderly and the poor. She was also the patron saint of travelers, widows and the mentally ill. She passed away at the*

age of 33. Gertrude was also the banisher of mice and rats which were hunted and killed by cats.

In 1980, a group of devoted Christians decided that she would also be known to be the patron saints of CATS!! What other saint shares the feast day of March 17th?

What did St. Patrick use to explain the Trinity? 🍀

Blessings, Ms. Karen, Ms. Faith and Ms. Debbie

Seven Day Vigil Candles



God's blessings for Rocky Ganske by Jim & Donna Nevels

God's blessings for Janet & Rich Ganske by Jim & Donna Nevels

God's blessings for the Bryndzia Family & the newborn by Jim & Donna Nevels

For the health and God's healing of Richard Kimak by Fr. Vasyl

For the health and God's blessings of Patti Faye
by John Batura

For the health of Alexander

For the health of Vasyl, Adelina (Anhelina) and David by Maria

Selfreliance Associations

Безкоштовне вивовнення усіх документів для новоприбулих (Social Security, Work permit, Benefits)

Кожної Среди у Церковній залі з 9:00-17:00. За

інформацією просимо звертатись до Пані Матки

Оленки Сендега "Асоціація Самопоміч." або за телефоном (773) 692-1010



Sr. UOL Fish Fry

The Chapter is going to host 1 more Fish fry 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 ще

1 рибну вечері під час посту. Якщо ви бажаєте бути волонтером, прошу записатися на листку біля кухонних дверей.



Lenten Fish Fry

Adults \$19.00. Children \$10.00

On Friday April 3 from 5:00pm-7:00p...



Made to order fried cod fish or calamari or coconut shrimp

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

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, 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:

Tetiana, Maria, Bozhena, Viktoria
New moms Natalia, Anna, Krystyna, Pavai, Myroslava, Natalia, 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

March 29 — In memory of all of those who have stepped into eternity in the month of March.

In memory of my father, Wasyl Wanshula
(Василь Ванжула) requested by Liliana Roviario



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.

March 15— PM Olenka & Nataliia Sendeha

March 22— Larson & Pierog Families

March 29—Jr. UOL pancake flip

April 5— Sr. UOL Potluck

April 12— Easter

April 19— open

April 26— Beef & Chicken Roast

Mark your calendars

Wednesday, March 31 at 7:00pm — Pan-Orthodox Akathist to the Mother of God at Our parish at 7:00pm Lenten Refreshments after.

Sunday April 26— Beef & Chicken Roast served after teh Divine Liturgy

Sunday, June 14 at 9:30am — First Confession and visit of His Eminence Archbishop Daniel. Luncheon in honor of the First Confession Class.

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