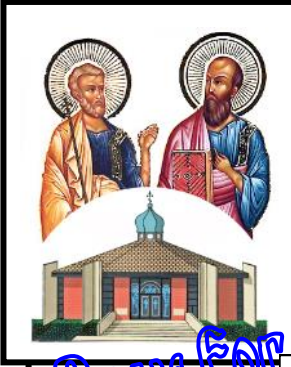


The Word of Sts. Peter & Paul



March 29, 2026

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

Pray for Ukraine

Fifth 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

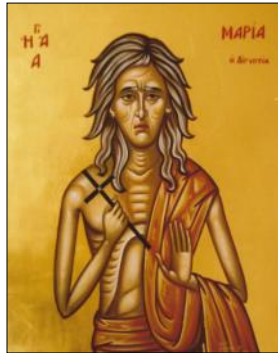
Vitalii Kulyk

Jr. UOL President

David Sendeha

Sr. UOL President

Yurii Sendeha



The simple outline of St. Mary of Egypt's life is this: she was a prostitute in Alexandria in the sixth century who joined pilgrims traveling to Jerusalem. When she tried to enter the Holy Sepulcher, an

unseen force prevented her. Struck with repentance, she begged for mercy, crossed the Jordan, and spent over forty years in the desert, where she was sanctified. Before her death, she received Holy Communion from a monk. That is her story—but there is more to learn beneath the surface.

Her life was recorded by Sophronius of Jerusalem, based on the testimony of the monk Zosima. This is a monastic story, shaped by the desert tradition. It is honest, even shocking at times—but that is the point. In the Orthodox vision, repentance does not erase the body; it transfigures it. St. Mary reveals both physical and spiritu-

al beauty.

Zosima himself was a deeply respected monk who, after years of ascetic life, fell into the temptation of thinking he had achieved perfection. Led into the desert during Lent, he went searching for someone who could teach him what he still lacked.

There, he encountered Mary—at first mistaking her for a spirit. Naked, weathered, and radiant, she asked for his cloak and his blessing. As she prayed, he saw her lifted above the ground.

Humbled, he begged to hear her story.

Mary confessed that she had run away at twelve and lived for seventeen years in Alexandria, consumed by passion. She was not driven by poverty but by desire to satisfy her bodily desires. Yet even here, we see something important: her will was strong, her awareness sharp—but her passions ruled her. Her healing would come not by denying herself, but by transforming that same intensity toward God.

Her turning point came in Jerusalem. Trying to enter the church, she found herself blocked while others passed freely. Realizing her life had made her unable to enter, she wept in despair. Before an icon of the Mother of God, she cried out for help and promised to change. Only then was she allowed inside.

Afterward, she heard a call: “Cross the Jordan, and you will find rest.”

In the desert, her repentance was fierce. For years she battled hunger, thirst, memories, and overwhelming desires. She longed for wine, for songs, for her former life—but again and again she turned to prayer. Slowly, grace replaced turmoil with peace.

After decades, she became a being of light—no longer ruled by passion, but transformed by it.

Before departing, she asked Zosima to return in one year with Holy Communion. When he did, she crossed the Jordan on foot to meet him, received the Eucharist, and peacefully prepared for her end.

The following year, Zosima found her body, lying in peace, her face turned east. Unable to bury her alone, he was helped by a lion that gently dug her grave.

In the end, it was not Mary who needed Zosima—but Zosima who needed Mary. Through her, he saw how far he still had to go. St. Mary’s life is not just a story of sin, but of transformation. She recognized her sickness, embraced repentance, and allowed God to remake her completely. What was once broken became radiant. And that is the hope offered to all of us.

Liturgical Schedule

<p style="text-align: center;">Sunday March 29 8:45am Matins 9:30am Hours <u>10:00am</u> Divine Liturgy</p>	<p>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; <i>Liturgy of St. Basil the Great</i></p>
<p style="text-align: center;">Tuesday March 31</p>	<p>Pan-Orthodox Akathist to the Mother of God at 7:00pm</p>
<p style="text-align: center;">Saturday April 4</p>	<p>Lazarus Saturday Divine Liturgy at 9:00am Vespers at 6:00pm blessing of willows</p>
<p style="text-align: center;">Sunday April 8 8:45am Matins 9:30am Hours <u>10:00AM</u> Divine Liturgy</p>	<p>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; Liturgy of St. John Chrysostom</p>
<p style="text-align: center;">Wednesday April 8 7:00pm</p>	<p>Holy Unction service</p>
<p style="text-align: center;">Thursday April 9 6:30pm</p>	<p>Reading of the 12 Passion Gospels</p>
<p style="text-align: center;">Friday April 10 5:30 pm</p>	<p>Children decorate the tomb at 5:30pm Vespers and procession with the Holy Shroud 6:30 pm</p>
<p style="text-align: center;">Saturday April 11 10:00am</p>	<p>Holy Saturday Vesperal Divine Liturgy</p>

Reflection on Fasting

Great Lent is about sorrow for sin and strength for amendment of life--but not sacrifice, expiation, or reparation. It's forward-looking, rather than aimed at squaring past misdeeds. It's about increasing health, rather than diminishing debt.

So for us this fast is akin to training for a triathlon. It's a workout. St. Paul, of course, frequently used such metaphors, saying we should "strive like athletes for the prize." The Greek word for athletic training is "ascesis."

A football team in training may watch videos of past games and observe where they made mistakes. Likewise, we examine our lives and notice patterns of recurrent sin. Sin alienates us from the God who loves us; it sickens us and diminishes our ability to bear his radiant presence. We are sorry for our sins, sorry that we have behaved ungratefully toward the one who has given us everything, even rescued us by His blood.

So we repent. We pray to be given deeper repentance, and confess our sins to Christ in the presence of the priest. The priest pronounces sacramental forgiveness, and can also give guidance about growing stronger to resist sin in the future. He is like a trainer giving an athlete exercises geared to his personal strengths and weaknesses. Fasting is one of the classic exercises, but they also include reading Scripture and other Christian works, attendance at services throughout the week, and constant interior prayer with mental vigilance to evaluate thoughts before embracing them.

Fasting is one of the most-used "exercise machines" at the gym. It works out the willpower muscle, so that we have more self-control not only over impulsive eating, but also over other sinful impulses, like anger or envy. Disciplines of the mind strengthen the body, and disciplines of the body strengthen the mind.

Though this is the standard Orthodox Lenten fast, if you ask your friends you'll likely find variation. An individual in consultation with his or her priest may be following an amended "exercise routine." Perhaps the person has medical or personal reasons for mitigating the fast; perhaps they are just not spiritually strong enough, and the long weeks of Lent drag them down. Exercise should bend, not break, the athlete, and a weaker athlete must start with a smaller weight.

Sunday School Corner



Sunday School Lesson Recap March 22 :

In last weeks combined Sunday school class, the children learned about the icon of the ladder of divine ascent, St. John Climacus and the virtues. The icon is showing that we are constantly working toward heaven and the virtues we can live by to climb the ascetic ladder to achieve salvation. The children did a crossword puzzle and word search featuring these virtues and we talked about how to show these virtues in everyday life. The virtues are: Obedience, Repentance, Forgiveness, Meekness, Humility, Silence, Self control, Purity, Generosity We continue to do our Lenten activities as we near pascha, this weeks assignment was to learn how to say “I love you” in a different language.

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

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

Seven Day Vigil Candles



For the health and God's blessings for Ganske Family by Gbur & Lang Families

For the health and God's blessing of Fr. Vasyl by Gbur & Lang Families

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

In honor of Noreen Neswick's 93rd birthday. May the Good Lord continue to bless you and keep you safe by Tina Fischer HEAVENLY March birthdays. March is not the same without you: Godmother Julia, resident/dear friend Steve, Mom Christine Cucci, Uncle Sammy, & Grandpa Jack Bell. Memory Eternal. Ray, Christina and Mary Fischer

Selfreliance Associations

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

Кожної Середи 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:

Maria, Bozhena, Viktoria

New moms: Tetiana, Natalia, 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

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 29—Jr. UOL pancake flip

April 5— Sr. UOL Potluck

April 12— Easter

April 19— open

April 26— Beef & Chicken Roast

May 3 — open

May 10 — Mother's Day Luncheon

May 17 — open

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 the 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 Пет Волско, о. Василя або ПМ Оленки.