





St. Peter & St. Paul Ukrainian Orthodox G.C. Church

220 Mansfield Blvd. (mailing: PO Box 835), Carnegie, PA 15106

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www.orthodoxcarnegie.org

NOVEMBER 25, 2018

SUNDAY, NOVEMBER 25TH

DIVINE LITURGY, 9:30 AM, TONE 1

26TH SUNDAY AFTER PENTECOST

ST JOHN THE MERCIFUL

EPH, 5 : 8 -19 , LK 10 :25 – 37

PARASTAS IN MEMORY OF NICK WOZNAK

WEDNESDAY, NOVEMBER 28TH

AKATHIST TO THE THEOTOKOS 6:30 PM

SATURDAY, DECEMBER 1ST

VESPERS 6:00 PM

SUNDAY, DECEMBER 2ND

DIVINE LITURGY, 9:30 AM, TONE 2

27TH SUNDAY AFTER PENTECOST

PROPHET OBADIAH

EPH, 6 : 10 - 17 , LK 12 : 16 - 21

THIS WEEK'S BULLETIN IS SPONSORED BY:

WOZNAK FAMILY IN MEMORY OF NICHOLAS WOZNAK ON
THE ANNIVERSARY OF HIS BIRTH
VICHNAYA PAMYAT MEMORY ETERNAL

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Editor: Michael Kapeluck

Bulletin Submissions are due by 8:00 am Thursday morning. Written submissions can be:

-hand delivered to the editor

-placed in the Bulletin envelope in the church vestibule.

-mailed to: 300 East Main Street, Carnegie, PA 15106

-e-mailed to: kapeluck@verizon.net

We welcome you today

We would like to remind our visitors of the following;:

- ❖ All people are encouraged to participate in the sacred services of our Church. We hope that you will be able to worship as well as have fellowship with us. Should you wish any information about the Orthodox Faith or this parish in particular, please see the rector or any member of the church. We are able to place you on our mailing list.
- ❖ Only Orthodox Christians may receive the Eucharist (Holy Communion) in the Orthodox Church. In like manner, Orthodox Christians may not receive the sacraments in a non-Orthodox Church. While we hope that one day all Christians will find unity and be able to approach the chalice of our Lord together, we observe the teachings of the Church that the Eucharist is a gift of unity and not a means of unity.

We remind our faithful and visitors of the following guidelines concerning the Holy Sacraments in the Orthodox Church.

- ❖ Orthodox Christians are urged to receive Holy Communion frequently.
- ❖ Communicants should be at peace with others before approaching the chalice (Mt 5:23-24)
- ❖ Realize the importance of making a thorough examination of sins and transgressions against God, ourselves and others and having prayed for forgiveness before coming to Holy Communion.
- ❖ Frequent communicants should come to Holy Confession at least four times a year (during the four fasting periods of the year). and additionally when an examination of conscience reveals the necessity to do so in order to heal any sinful behavior.
- ❖ Communicants should fast from all foods and liquids from the evening before receiving Holy Communion.
- ❖ Communicants should read prayers in preparation for receiving Holy Communion.
- ❖ All Orthodox Christians must receive the sacraments at least once a year.
- ❖ Those who are late for Divine Liturgy (after the reading of the Epistle and Gospel) should not approach the chalice.
- ❖ Those who are ill or who have special physical needs are exempt from the above guidelines.
- ❖ Infants and children (up to the age of seven) who are Orthodox Christians may receive Holy Communion and are exempt from the above guidelines.

Thank you for gathering to worship with us today. Together we have glorified the One God, Father, Son and Holy Spirit. May we be brought closer to one another and closer to God by following the eternal teachings of our Lord.

Нагадуємо нашнім гостям., що:

ми заохочуємо всіх до участі у Священній Літургії в нашій Церкві; ми сподіваємося, що Ви зможете не лише молитися тут, але й стати членом нашої громади. Якщо Ви хочете отримати якусь додаткову інформацію про Православну віру, чи, зокрема, про нашу парафію, звертайтеся, будь ласка, до отця настоятеля чи до будь-кого із членів нашої парафії. Ми можемо внести вашу адресу до парафіяльного списку розсилки;

лише православні християни можуть отримати Євхаристію (Святе Причастя) у православної церкви і, відповідно, православні християни не можуть отримувати святого причастя у неправославній церкві. Плекаючи надію на те, що у майбутньому всі християни досягнуть єдності і зможуть разом пити із чаші нашого Господа, ми дотримуємося вчення церкви про те, що Євхаристія - це дар єдності, а не засіб до єдності.

НАГАДУЄМО НАШИМ ВІРНИМ і ГОСТЯМ ПРО ПРАВИЛА, ЩО СТОСУЮТЬСЯ СВЯТОГО ПРИЧАСТЯ У ПРАВОСЛАВНІЙ ЦЕРКВІ:

ми спонукаємо православних християн часто ходити до Святого Причастя;

ті, хто причащаються, повинні бути у мирі з іншими перш, нас підійти до євхаристичної чаші (Св.Матвії 5:23-24);

перед тим, як прийти на Святе Причастя, дуже важливо ретельно осмислити гріхи і порушення, які було вчинено проти Бога, нас самих та інших і помолитися за їх відпущення;

тим, хто часто причащається, слід приходити на святую сповідь принаймні чотири рази на рік (під час кожного із чотирьох щорічних постів);

ті, хто причащається, повинні з вечора перед прийняттям Святого Причастя, припинити вживання всякої їжі і напоїв;

ті, хто причащається, повинні шляхом молитов підготувати себе до прийняття причастя;

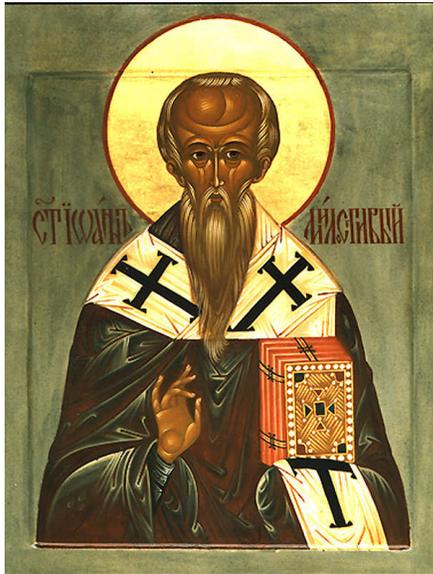
всі православні християни повинні, принаймні, раз на рік отримати Святе Причастя;

ті, хто спізнився на Божественну Літургію (пришов після того, як було прочитано Апостол і Євангеліє) не можуть підходити до чаші; **хворі**, і **ті**, хто має обмежені фізичні м'якості, звільняються від вище викладених вимог;

немовлята та діти до семи років, які належать до Православної християнської віри, можуть отримувати Святе Причастя і звільняються від вище викладених вимог;

Дякуємо за те, що Ви прийшли помолитися з нами сьогодні у церкві Ісуса Христа. Разом з вами ми віддали славу Єдиному Господу, Отцеві, і Синові, і Духові Святому. Нехай дотримування вічного вчення нашого Господа наблизить нас один до одного Богу

ST. JOHN THE MERCIFUL, PATRIARCH OF ALEXANDRIA



TROPARION TO THE RESURRECTION TONE 1

When the stone had been sealed by the Jews; while the soldiers were guarding Thy most pure Body; Thou didst rise on the third day, O Savior, granting peace to the world. The powers of heaven therefore cried to Thee, O Giver of Life: Glory to Thy Resurrection, O Christ! Glory to Thy Kingdom! Glory to Thy dispensation, O Thou who lovest mankind.

TROPARION TO ST JOHN - TONE 8

By endurance you gained your reward, venerable Father;
you persevered in prayer unceasingly;
you loved the poor and provided for them in all things.
Blessed John the Merciful, intercede with Christ God that our souls may be saved.

KONTAKION TO ST JOHN - TONE 2

You distributed your wealth to the poor
and in return obtained wealth from heaven, John the Merciful.
Therefore, we honor you and celebrate your memory, O namesake of mercy.

KONTAKION TO THE RESURRECTION TONE 1

As God, Thou didst rise from the tomb in glory, raising the world with Thyself. Human nature praises Thee as God, for death has vanished! Adam exults, O Master! Eve rejoices, for she is freed from bondage, and cries to Thee: Thou art the Giver of Resurrection to all, O Christ!

Saint John the Merciful, Patriarch of Alexandria, was born on Cyprus in the seventh century into the family of the illustrious dignitary Epiphanius. At the wish of his parents he entered into marriage and had children. When the wife and the children of the saint died, he became a monk. He was zealous in fasting and prayer, and had great love for those around him.

His spiritual exploits won him honor among men, and even the emperor revered him. When the Patriarchal throne of Alexandria fell vacant, the emperor Heraclius and all the clergy begged St John to occupy the Patriarchal throne.

The saint worthily assumed his archpastoral service, concerning himself with the moral and dogmatic welfare of his flock. As patriarch he denounced every soul-destroying heresy, and drove out from Alexandria the Monophysite Phyllonos of Antioch.

He considered his chief task to be charitable and to give help all those in need. At the beginning of his patriarchal service he ordered his stewards to compile a list of all the poor and downtrodden in Alexandria, which turned out to be over seven thousand men. The saint ordered that all of these unfortunates be provided for each day out of the church's treasury.

Twice during the week, on Wednesdays and Fridays, he emerged from the doors of the patriarchal cathedral, and sitting on the church portico, he received everyone in need. He settled quarrels, helped the wronged, and distributed alms. Three times a week he visited the sick-houses, and rendered assistance to the suffering. It was during this period that the emperor Heraclius led a tremendous army against the Persian emperor Chosroes II. The Persians ravaged and burned Jerusalem, taking a multitude of captives. The holy Patriarch John gave a large portion of the church treasury for their ransom.

The saint never refused suppliants. One day, when the saint was visiting the sick, he met a beggar and commanded that he be given six silver coins. The beggar changed his clothes, ran on ahead of the Patriarch, and again asked for alms. St John gave him six more silver coins. When, however, the beggar sought charity a third time, and the servants began to chase the fellow away, the Patriarch ordered that he be given twelve pieces of silver, saying, "Perhaps he is Christ putting me to the test." Twice the saint gave money to a merchant that had suffered shipwreck, and a third time gave him a ship belonging to the Patriarchate and filled with grain, with which the merchant had a successful journey and repaid his obligations.

St John the Merciful was known for his gentle attitude towards people. Once, the saint was compelled to excommunicate two clergymen for a certain time because of some offense. One of them repented, but the other fellow became angry with the Patriarch and fell into greater sins. The saint wanted to summon him and calm him with kind words, but it slipped his mind. When he was celebrating the Divine Liturgy, the saint was suddenly reminded by the words of the Gospel: if you bring your gift to the altar and remember that your brother has something against you, leave your gift before the altar ... first, be reconciled with your brother, and then come and offer your gift (Mt. 5:23-24). The saint came out of the altar, called the offending clergyman to him, and falling down on his knees before him in front of all the people he asked forgiveness. The cleric, filled with remorse, repented of his sin, corrected himself, and afterwards was found worthy to be ordained to the priesthood.

There was a time when a certain citizen insulted George, the Patriarch's nephew. George asked the saint to avenge the wrong. The saint promised to deal with the offender so that all of Alexandria would marvel at what he had done. This calmed George, and St John began to instruct him, speaking of the necessity for meekness and humility. Then he summoned the man who insulted George. When St John learned that the man lived in a house owned by the church, he declared that he would excuse him from paying rent for an entire year. Alexandria indeed was amazed by such a "revenge," and George learned from his uncle how to forgive offenses and to bear insults for God's sake.

St John, a strict ascetic and man of prayer, was always mindful of his soul, and of death. He ordered a coffin for himself, but told the craftsmen not to finish it. Instead, he would have them come each feastday and ask if it was time to finish the work.

St John was persuaded to accompany the governor Nicetas on a visit to the emperor in Constantinople. While on his way to visit the earthly king, he dreamed of a resplendent man who said to him, "The King of Kings summons you." He sailed to his native island of Cyprus, and died at Amanthos, the saint peacefully fell asleep in the Lord (616-620).

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Prokiemion

Let Thy mercy be upon us, for we have trust in Thee, we have trust in Thee
Verse; Rejoice in the Lord, O ye righteous! For it becometh the just to be thankful

The Lesson from the Epistle of St. Paul to the Ephesians 26th Sunday c.5, v. 9-19

Brethren, live like children of light. For the light of the Holy Spirit leads to perfect goodness, righteousness, and truth. Try always to find out what is pleasing to the Lord.

Take no part in the orgies of benighted paganism. On the contrary, denounce them publicly. True, it is shameful even to mention their secret practices. But when you denounce them publicly, you expose them under the light. When you expose them, you reveal them in their true light. For the Scripture says: "Wake up, O sleeper, rise from the dead, and Christ will give you light."

Therefore, be careful in your conduct, and do not live unwisely, but wisely. Make the most of your opportunity, for these are evil days. So, do not behave foolishly, but try to understand what is the will of the Lord.

Do not get an artificial stimulation from wine, as the pagans do, for that will lead you to drunkenness. On the contrary, get all your inspiration from the Holy Spirit, and express your religious enthusiasm in antiphonal psalms, hymns, and spiritual anthems, singing and praising the Lord with all your hearts.

До ефесян 5:9-19

Бо вплив світла видно в кожному прояві доброти, в праведності й правді.

Завжди намагайтеся збагнути, що до вподоби Господу. Не беріть участі у марних і безплідних справах темряви, а краще викривайте їх. Соромно навіть казати про те, що деякі люди чинять потай. Та світло викриває усі ті злі й негідні вчинки. Так, все проясняється у світлі! Ось чому ми кажемо: «Встань, той, хто спить Воскресни з мертвих, і Христос освітить тебе».

Тож пильнуйте, як ви живете: не чиніть, як нерозумні, але будьте розумними. Використовуйте кожна нагоду творити добро, бо часи зараз недобрі. Не будьте нерозсудливими, намагайтеся пізнати волю Господа. Не впивайтеся вином, бо це приводить до розпусти. Краще сповнюйтеся Духом. Спілкуйтеся між собою псалмами, гімнами й духовними піснями. Співайте й складайте в серцях своїх мелодію, прославляючи Господа.

The Gospel According to St. Luke

с. 10, в. 25-37

At that time, a lawyer rose up to test Jesus and asked him: "Master, what must I do to inherit eternal life?" Jesus answered him: "What is written in the Scriptures? What do you read in them?"

The lawyer replied: "You must love the Lord your God with your whole heart, your whole soul, your whole strength, and your whole mind; and your neighbor as yourself."

Jesus said to him: "You have answered rightly. Do that, and you will live." But the lawyer, wishing to justify himself, asked him: "Who is my neighbor?"

Jesus answered him: "A man was going down from Jerusalem to Jericho, and he fell among robbers. They stripped him, beat him, and went off, leaving him half dead."

"Now by chance a priest was going down that road. He saw him, but passed by on the other side. Likewise, a Levite came to that place and saw him, but passed by on the other side also."

"At last, a Samaritan, who was traveling that way, came upon him, saw him, took pity on him, went up to him, poured oil and wine on his wounds, and bound them up. Then he put him on his mule, brought him to an inn, and took care of him. Next morning he took out a couple of shillings, gave them to the innkeeper, and said to him: "Take care of him, and whatever you spend besides, I will refund you on my way back."

"Now which one of these three proved himself a neighbor to the man who fell among the robbers?" The lawyer answered: "The man who showed mercy on him."

Then Jesus said to him: "Go and do likewise."

Від Луки 10:25-37

Один законник підвівся і, випробовуючи Ісуса, запитав: «Вчителю, що мушу я зробити, аби здобути вічне життя?» Ісус промовив: «А що написано в Законі? Яке твоє розуміння того, що ти там вичитав?» Той відповів: «„Любіть Господа Бога свого всім серцем, усією душею, усією силою і розумом своїм”. А також: „Любіть ближнього свого, як себе самого”».

Тоді Ісус сказав йому: «Ти відповів правильно. Виконуй це і тоді здобудеш вічне життя». Але він, намагаючись виправдатись, запитав: «Але хто є моїм ближнім?» Ісус відповів: «Ішов якимось чоловік із Єрусалиму до Єрихона і потрапив до рук грабіжників. Ті роздягли його, побили та й подалися геть, залишивши його лежати живого. Випадково йшов священик по тій дорозі. Помітивши пограбованого, він перейшов на інший бік дороги, обійшовши його. Тією ж дорогою йшов левит. Побачивши побитого, він також перейшов на інший бік. Потім прийшов туди подорожній самаритянин. Коли він побачив нещасного, то сповнився співчуттям до нього.

Він підійшов, перев'язав рани, після того, як полив їх оливою та вином. Тоді поклав стражденного на свого віслюка, відвіз до заїжджого двору і там подбав про нього. Наступного дня самаритянин дав господарю заїзду два динари й сказав: „Подбай про цього чоловіка. Якщо витратиш більше, я віддам тобі різницю, коли повернуся”.

То хто ж із цих трьох був ближнім чоловікові, який постраждав від грабіжників?» Законник відповів: «Той, хто змилостився над ним». Тоді Ісус промовив: «Тож іди й роби так, як він».

Prayer List

Heavenly Father, Who sent Your only-begotten Son, our Lord Jesus Christ, to be the Physician of our souls and bodies, Who came to heal sickness and infirmity, Who healed the paralytic, and brought back to life the daughter of Jairus, Who healed the woman who had been sick for twelve years by the her mere touch of the hem of your robe, visit and heal also your beloved servants:

Metropolitan Antony	Tetiana Kozak	Rose Zinski	Pamela Partridge	Reggie Warford
Fr. John Nakonachny	Jane Allred	Sarah Dorning	Sharon Welsh	Peter Zinski
PM Maryann Ozlanski	Pearl Homyrda	Kathryn Ostaffy	Jackson Janosek	James Horowitz
Stephen Sheptak	Max Rozum	Ronda Bicke	Patsy Orlovski	Joe Leis
Elissa Lopez	Irene Palahunik	Mary Ellen Heitzman	Patty Valentino	Jennifer Marley
Dave Harrison	Sam Jarovich	Christopher	Olha Cherniavska	Rose Zalenchak
Tim Cromchak	Andrew Brennan	Jabrell	Angie Zatezalo	Helen Wilwert
Eva Stasko	Kathryn Yttri	Penny T.	Ann F.	Steven Smyczek
Fr. Nicholas Dilendorf	Steve Sivulich	Michele Kapeluck	Joe Smajda	Michael Klein
Joanne Klein	Patty Spotti	Shirley Neal	Deborah Schricker	Jack Schricker

by the power and grace of Your Christ. Grant them the patience that comes from believing that You are always at work in our lives to bring good out of evil. Grant them strength of body, mind and soul. Raise them up from the bed of pain. Grant them full recovery. May they experience the same surge of healing power flow through their bodies ,as did the sick woman who touched your robe. For we, too, are touching your robe today, dear Lord, through this our prayer. We approach you with the same faith she did. Grant them the gift of health. For You alone are the source of healing and to You we offer glory, praise and thanksgiving in the name of the Father, Son and Holy Spirit.

Amen

Mnohaya Lita - Many Blessed Years

Names Days

November 26 St. John Chrysostom

Fr. John, John Adzima, John Stasko,
John Walewski, Jack Losego

November 29 Apostle and Evangelist Matthew

Matthew Popichak, Craig Matthew Stevens

November 30 St. Gregory of the Wonderworker

Gregory Woznak

Anniversaries

Birthdays

November 28 Deborah Farnsworth
November 30 Fr. Mark Swindle

Feast Days of:

November 27 Deacon Philip
November 27 St. Gregory Palamas
November 29 Evangelist Matthew

All a part of our parish Iconography

Pray for our friends and relatives serving in the armed forces.

Patrick Kluyber, Catherine Sheerin, Gregory Markiw,
Metro Martin, Ethan Rock, Michael Hrishenko

Pray for our Catechumens

Pray for our parishioners in vocational studies

Deacon Cliff O'Neil, , Ethan Nix



- **ORDER NOW:** Pyrohi (pierogies) will be made on Monday, December 3 and bread will be baked on Friday December 14. Parishioners may place orders with Pat Sally during Sunday Coffee Hour, by calling 412-279-4132, or by email at mama_ukie@hotmail.com. All orders should be placed by November 25 at the latest.
- **CHRISTMAS COOKIES WANTED** Our sisterhood's **15th Annual Cookie Walk** is quickly approaching and we need everyone's help. The Wednesday morning bakers have been busy since September making hundreds of holiday goodies .but we still need you! The special homemade variety that only you can prepare for us adds so much to our amazing cookie tables. Please let us know what cookie you will be donating and if you need a new idea, just ask, we have several recipes that we would like to showcase but don't have the time to prepare. Remember that this event totally benefits our church and our community outreach charities. So please, get baking and share your special talents and help to ensure we have another terrific Cookie Walk!! Thank you, Sherri and Alexis
- **"PACK UP MY PICK-UP".** St. Sophia's seminary is again holding its annual "Christmas at the Seminary" fund raising event on Sunday the 16th of December. As I have for the previous 4 years I am asking for your donations toward this event. A large box will be in the hall into which our contributions can be placed. The list of needed products is on the "Christmas at the Seminary" page. I will be traveling to St. Sophia's Seminary on Friday the 21st. of December and will take our contributions with me in my packed up pickup. In addition, Pani Alice and I will be sponsoring a dinner at coffee hour on Sunday the 2nd of December. I thank each and every one of you for your past and future generosity. Deacon Evan
- **ANNIVERSARY BOOK:** There are a few Anniversary Books left, if anyone would like one who did not receive one, please contact Chris Mills or email her at cmills63@comcast.net. We apologize, there was an error on the last page of the printed version of the Anniversary Book. Along with Sue Solominsky, Nick Solominsky should also have been included as a donor toward the publication of the book. The digital version has been corrected and will now be published on our website.

December Coffee Hour Schedule

- Dec 9 Natalie Onufrey, Victor Onufrey, Oksana Aleksandrov
- Dec 16 St. Nicholas
- Dec 23 Michael & Michele Kapeluck
- Dec 30 Juliana Leis, Olesya Zelenyak, Sandy Rozum

KITCHEN WORKERS SCHEDULE Fall 2018

- Dec 3, Monday 7:30 am Potato Prep (100 lbs) plus 2 batches pyrohi (pierogies)
- Dec 14, Friday 8:00 am Bread Baking



THANKSGIVING DAY

COUNCIL OF BISHOPS OF THE UOC OF THE USA: 2018 THANKSGIVING DAY MESSAGE TO THE CLERGY AND FAITHFUL OF THE CHURCH

Beloved clergy, brothers and sisters in Christ,

Every November, the United States of America celebrates Thanksgiving, marking a day when the earliest inhabitants of our nation expressed gratitude to God for the bounty that would ensure their survival through winter. Across our country, in towns and villages, cities and municipalities, families and friends gather together for meaningful religious and secular rituals of celebration and praise acknowledging the One from Whom all good things come.

In the spirit of this Thanksgiving Day, we, the spiritual fathers of our Holy Ukrainian Orthodox Church of the USA wish to express our deepest gratitude to God for each of you and for your abundant sacrifices and faithfulness to the ministry of service of the Church and the truth of the Gospel. Because of you — through you — God is working a great miracle of His Love for and in the Church.

Gratitude to God must surely be the cornerstone of our faith, particularly in our Holy Ukrainian Orthodox Church. This year alone we have experienced much to give thanks for — to say the least! Let us remember and be grateful for the pastoral vision of His All-Holiness Ecumenical Patriarch Bartholomew, who reminded us that unity of faith allows for vibrant diversity in the expression of that Faith. Let us give thanks for the efforts of our brothers and sisters in Ukraine, as they strive for unity in One United Ukrainian Orthodox Church.

As your hierarchs we travel across our great nation to visit the parishes of the UOC of the USA, and without hesitation we can say that faith is strong among the people of our Holy Church. We are humbled to know and serve each of you. On this day of Thanksgiving, we can think of no better prayer than to offer gratitude for each of you and your service to the Lord.

We pray that you and your loved ones will be blessed with a joyful Thanksgiving Day and that during the upcoming holy season of St. Philip's Fast and Nativity of our Savior, we may continue to bring the Gospel to a world that needs Christ to be born in the hearts of all.

With prayers and love in Christ,
your spiritual fathers

+Antony, *Metropolitan*
+Daniel, *Archbishop*



СОБОР ЄПИСКОПІВ УПЦ США: ЗВЕРНЕННЯ ДО ДУХОВЕНСТВА ТА ВІРНИХ ЦЕРКВИ З НАГОДИ ДНЯ ПОДЯКИ 2018 РОКУ

Возлюблені всечасні отці та брати і сестри у Христі,

Кожного листопада Сполучені Штати Америки святкують День Подяки, відзначаючи той день, коли перші поселенці нашого краю висловили вдячність Богу за щедрість, яка забезпечила їх виживання через зиму. По всій нашій країні, у містах і селах, містечках і територіальних громадах, сім'ї та друзі збираються разом на особливі релігійні та світські заходи, святкування та вшановання Того, від кого все походить.

У духовному піднесенні з нагоди Дня Подяки ми, духовні отці нашої Святої Української Православної Церкви США, хочемо висловити нашу найглибшу вдячність Богу за кожного з Вас і за Ваші численні пожертви та вірність служінню Церкві, та дотримання настанов Євангелія. Через Вас – і у Вас - Бог творить чудеса Своєї Любові у Церкві.

Подяка Богу обов'язково повинна бути наріжним каменем нашої віри, особливо в нашій Святій Українській Православній Церкві. Навіть у цьому році ми стали свідками неабияких подій, за котрі слід скласти подяку! Давайте згадаємо і будемо вдячні за пастирське бачення Його Всесвятості Вселенського Патріарха Варфоломія, який нагадав нам, що єдність віри дозволяє яскраве розмаїття у вираженні цієї Віри. Давайте подякуємо за зусилля наших братів та сестер в Україні, які прагнуть до єдності в Єдину Помісну Українську Православну Церкву.

Як Ваші ієрархи ми подорожуємо по нашій великій країні, щоб відвідати парафії УПЦ США, і без вагань можемо сказати, що віра сильна серед людей нашої Святої Церкви. Ми з смиренням піклуємось Вами та служимо Вам. У цей День Подяки не може бути кращої молитви, ніж молитва подяки за кожного із Вас і за Ваше служіння Господу.

Ми молимося, щоб Ви та Ваші близькі були благословенні у День Подяки. Під час наступаючого Свято-Пилипівського Посту та Різдва Христового продовжуймо проповідувати Євангеліє у світі, який потребує народженого Христа у серцях усіх.

З молитвами та любов'ю у Христі,
Ваші духовні отці,

+Антоній, Митрополит
+Даніїл, Архієпископ



Marking Time: The Christmas Countdown

Nicole M. Roccas

When I was growing up, our holidays were very secular. We didn't belong to a church, and we didn't experience liturgical seasons like the Orthodox do. My mom was Danish, and because Denmark happens to be a Lutheran nation, there are some secular Danish traditions that grow out of the Lutheran experience. In particular, the Danes love to count down the days of Advent with a special calendar. In our house, the kids always received Advent calendars at the beginning of December. I loved my Advent calendar, and not just for the daily bit of milk chocolate inside; counting down the days really brought alive our anticipation of a beautiful Christmas to come.



Developing little physical or visual means of counting down to Christmas is much beloved, both in the secular world and in Orthodox families. Many people create paper chains with a ring for every day until Christmas, or they'll include a countdown calendar in the family's Christmas decorations. I think it adds to the expectancy of the holiday, and marking those days emphasizes the importance of the Big Day at the end of that countdown.

Of course, in the Orthodox Church, the Nativity Lent is not just intended to build anticipation, but also to prepare ourselves spiritually so that we can receive Christ as He comes into the world in the Nativity. It's a countdown, but it's a lot more than that.

At this time of year, I am always struck by the contrast between how unbearably busy our lives can become (having returned from summer's relaxation to fall's back-to-business attitude, only to layer on holiday preparations as November begins to fade into December) and how quiet and still the Nativity Lent calls us to be.

In order to properly fast, we'll have to restrict our diets, but we'll also have to take a good look at how we are spending our time. As we prune back other passions and habits, we'll have to prune back the many attachments that demand our precious minutes.

I think that many of us adults find that time moves too quickly in this modern world, that we've filled every moment with so much activity and input that the moments themselves seem to disappear from view. There is so much to get done that the limited moments we have become a source of anxiety — there never seem to be enough of them to hold all of the activity we've dreamt up for them. Even when a free moment opens up, rather than simply breathing and taking it in, we tend to fill it with email-checking and notification-responding. Do we use the moments found waiting in line for peace and prayer, or for a quick glance at our phones?

The Church knows this about us. Our spiritual hospital anticipates the illnesses to which we'll hand ourselves over and offers us a healing option: seasons built into the hectic liturgical year for stillness and quiet. Yes, we've driven ourselves mad with too many commitments and not enough peace, but when the fast comes, we are called to slow back down again. We quiet those commitments, shut down the schedule a little. We reclaim time. We take some of it back for spiritual reflection and study, and we force all of it to submit to our great project of spiritual improvement, rather than letting our schedule drive us forever.

So as the Nativity Lent begins, I'll be making an effort to quiet down the hectic pace of our household. We'll make more room for stillness — reading, study, peace and quiet.

Forty days can be hard for kids to wrap their minds around, so we should make an effort in families to have a countdown device for them. I love the concept of Advent calendars and have used many 40-day variations with my own little Orthodox

family. For the past few years, we've been using a Jesse Tree, which has forty spaces for forty ornaments; we hang one every day as we count down to Christmas! (For more information on how to do this, see the end of the post.)

We want to build anticipation and even more — we want to use the time given us by the Nativity Lent to prepare our hearts to receive Christ. The Jesse Tree offers one story from the Bible every day, tracing the prophecies and the events that God used to prepare His people for the birth of the Messiah.

We'll be cutting down on the noise, and increasing the quiet — and then marking each day while feeding our souls on the Word of God. We'll count the days, and we'll count the incredible ways that God reached out to show us that He was coming to conquer death by death. <https://blogs.ancientfaith.com/timeeternal/marking-time-the-christmas-countdown/>

For the do-it-yourselfer, the Antiochian Church has written up a nice description of the Jesse Tree and has created a list of 40 recommended readings for you and your family. <http://ww1.antiochian.org/christianeducation/tree-jesse>

If you prefer a more ready-to-go package, I've written a book of 40 daily Bible readings with discussion questions, and the beautiful illustrations coordinate with 40 ornaments to count down the days until Christ is born! For more information and links to order the set, see <https://blogs.ancientfaith.com/raisingsaints/how-will-the-nativity-fast-come-alive-in-your-home/>

Giving Thanks

November 20, 2018 · [Fr. Stephen Freeman](#)

The act of giving thanks is among the most fundamental acts of love. It lies at the very heart of worship – in which, in the words of Archimandrite Zacharias of Essex, there is an *exchange*. In giving thanks we make an offering which itself is always inferior to what we have received – but which is itself an enlargement of the human heart. To live rightly in the presence and communion of God is to live in a state of constant thanksgiving. For from Him we receive all that we have – our life and existence, all good things, the hope of redemption, and the joy of communion. The offering of thanksgiving is the acknowledgment within our heart that we ourselves are not the author of any of these things, but are rather the recipients – those who receive gifts from God.



The offering of our heart in the giving of thanks is itself an act of joy and of love. It is a moving away from ourselves as the center of our existence and the recognition that our true life is centered elsewhere – in Christ Himself.

We are also the recipients of many things from others around us. No one is self-sufficient. There is no such thing as a “self-made” man. The offering of thanks is a matter of living in our right mind – the failure to give thanks, an act of insanity (unwholeness).

With all of these things in mind, the teaching of Scripture to “give thanks always for all things” becomes yet clearer. We offer thanks not “from time to time,” or “whenever we feel grateful,” but *always* and for *all things*. Such an offering is itself an act of communion, a receiving of the love of God through gratefully acknowledging His gifts. To refuse to give thanks is, for the same reason, a rupture in our communion with God.

The Holy Eucharist (eucharist=“thanksgiving”) is thus not simply a sacrament which is celebrated in the Church on an occasional or even regular basis – but a description and revelation of the truth of our life. We were created to live “eucharistically,” always giving thanks to God.

It seems to me no coincidence that St. John Chrysostom, the author of the most common Eucharistic prayer in the Orthodox Church, offered his last words as a Eucharistic offering. Exiled to the very edge of the empire by an ungrateful Emperor, St. John’s last words were, “Glory to God for all things.”

<https://blogs.ancientfaith.com/glory2godforallthings/2018/11/20/giving-thanks-3/>

St. Sophia Seminary
1950 Easton Avenue
South Bound Brook, NJ 08880
732-356-0090

Free admission
with a gift to the
St. Sophia Seminary

CHRISTMAS AT THE SEMINARY

РІЗДВО В СЕМІНАРІЇ

SATURDAY - СУБОТА
DECEMBER 15 - 2018 - 15 ГРУДНЯ
1PM to 5 PM

ST. SOPHIA SEMINARY WISH LIST:

Gift Cards: (Costco, Shop Rite, Amazon, Target, Home Depot, Restaurant Depot, Visa)
Cleaning Products: (i.e. Windex, Pinesol, Pledge, Clorox, Mr. Clean, etc.), dishwashing liquid, dishwasher detergent, HE laundry detergent, dryer sheets, toilet paper, tissue boxes, disposable paper products (plates, bowls, cups, cutlery), paper towels, napkins, dishwashing liquid, dishwasher detergent, Ziploc bags (all sizes and freezer bags), trash bags

Shop our Target registry online or in store or bring a gift from the wish list:
tgt.gifts/SaintSophiaSeminary



Festive cheer, caroling, cookies, ornaments and more!

"PACK UP MY PICK-UP". St. Sophia's seminary is again holding its annual "Christmas at the Seminary" fund raising event on Sunday the 16th of December. As I have for the previous 4 years I am asking for your donations toward this event. A large box will be in the hall into which our contributions can be placed. The list of needed products is on the "Christmas at the Seminary" page. I will be traveling to St. Sophia's Seminary on Friday the 21st. of December and will take our contributions with me in my packed up pickup. In addition, Pani Alice and I will be sponsoring a dinner at coffee hour on Sunday the 2nd of December. I thank each and every one of you for your past and future generosity. Deacon Evan

#GIVING TUESDAY

November 27, 2018

*"...God loves a
cheerful giver."*

2 Corinthians 9:7

INVEST IN THE FUTURE OF THE CHURCH BY SUPPORTING
ST. SOPHIA UKRAINIAN ORTHODOX THEOLOGICAL SEMINARY



Invest in the Future of the Church: Support St. Sophia Seminary on Giving Tuesday, November 27

Our Seminary is once again participating in the [#GivingTuesday](#) global charitable movement by encouraging the alumni, faculty, students, staff, clergy and all the faithful of the #UOCofUSA to kick-off the holiday gift-giving season with a donation to St. Sophia Seminary Fund. Giving Tuesday is the global day for giving back created in response to the commercialization and consumerism of the holiday season and as a reminder of the need to support nonprofit institutions like our own Seminary. On November 27, 2018 charities, families, businesses, community centers, and students around the world will come together for one common purpose: to freely give and to promote generosity.

As the primary academic institution of the Church we have a lot to be grateful for. Numerous graduates of our St. Sophia Ukrainian Orthodox Theological Seminary are serving the needs of Orthodox Christians and communities around the world. Our enrollment continues to grow as committed men and women heed the call to pick up their Cross and follow Christ.

Our Church's own [#GivingTuesday](#) efforts will support St. Sophia Theological Seminary; now with largest enrollment in more than a decade; expanded curriculum for men AND women; new distance learning component; the future of our Church; mentoring the committed men and women of the student body in their spiritual and academic formation. *"Giving back to St. Sophia Seminary provides for scholarships, physical facility improvements and technology upgrades for current students, creating a better student experience for our future spiritual leaders,"* said Archbishop Daniel, Academic Dean. *"A gift of any amount can make a difference. Recently, we appealed through mailing to the membership of the Church to support our St. Sophia Ukrainian Orthodox Theological Seminary, - now for the second time, Saint Sophia Ukrainian Orthodox Theological Seminary is taking part in the global charitable movement - [Giving Tuesday](#). Any gift, no matter the size, will help the Seminary thrive."*

How to Donate Donations:

graciously accepted online: <https://secure.uocofusa.org/civicrm/contribute/transact?reset=1&id=9>

Contributions via check:

St. Sophia Seminary

Memo: **GivingTuesday**

PO Box 240

South Bound Brook, NJ 08880

After Donating

Please spread the word of your investment in the future of our Church and encourage your friends and family to do so! Share the attached graphic, the link to contribute, and be sure include these hashtags in your posts on Facebook, Twitter and Instagram: [#GivingTuesday](#) [#ISupportedStSophia](#)

Calendar of Events

November 18	3 rd Annual Thanksgiving Pie Contest
November 22	Annual Thanksgiving Dinner Open House
December 1	UOL Chapter Confession & Vespers
December 2	UOL Sunday and meeting
December 8	15 th Annual Cookie Walk

Parish Weekly Schedule

Monday

Kyiv Ukrainian Dance Ensemble & School

*Rehearsals begin every Monday at 6:00 pm. Classes for all ages.
For more info call Director Natalie Kapeluck or just stop down any Monday.*

Thursday Morning

Senior Coffee Hour

You're invited to our FREE coffee and donuts, and sometime pancakes, French toast or waffles every Thursday from 10:00 AM to 11:30 . . .or whenever it's over. At the parish hall. YOU ARE NOT PERMITTED TO BRING ANYTHING!!! However, bring a Friend!!! Need A Ride, Call:

Steve Sivulich, (Hall Phone: 412-276-9718) SPONSORED BY:

Sts. Peter & Paul Kitchen Workers

3rd Sunday of the Month

St John & Martin's Closet

Clothing for men, women and children. Bedding & towels

*Trade something old for something new, leave a donation. or just take what you need.
Donations of clean, gently used or new clothing/bedding accepted when the closet door is open.*

Call 279-9718 to schedule a donation.

BULLETIN SPONSOR DATES

December 2 _____
December 9 _____
December 16 ____ Sponsored
December 23 ____ Sponsored
December 30 ____ Sponsored

January 6 _____
January 13 _____
January 20 _____
January 27 _____

BULLETIN SPONSOR FORM

Sponsor _____
In Honor of _____
In Memory of _____
Date of Bulletin you wish to sponsor _____
Donation (\$20. minimum suggested) _____
(Please make checks payable to "Sr. UOL Chapter") _____



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SS. Peter & Paul
Ukrainian Orthodox Church
PO Box 835
Carnegie, PA 15106

RETURN SERVICE REQUESTED