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St. Peter & St. Paul Ukrainian Orthodox Church

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

Rev. Fr. John Charest

847-910-7120 - frjohn.charest@aol.com

Deacon Evan O'Neil

Parish Hall: 412- 276-9718

President: Howard West 724-910-9627

www.orthodoxcarnegie.org

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SUNDAY, MARCH 20, 2022

SUNDAY, MARCH 20TH

DIVINE LITURGY, 9:30 AM TONE 6

SUNDAY OF ST. GREGORY PALAMAS

HEB 1: 10- 2:3 ;MK 2:1 -12

LITANY FOR JACOB, ANNA HOYSAN FAMILIES; ZACHARY, MARY CHAYKA FAMILIES; JOHN, JULIA PASTORAK; PETER, JOSEPH, JOHN, LOUIS HOYSAN , MILDRED GUBEY

TUESDAY, MARCH 22ND

6:00 PM, MOLEBEN TO THE MOTHER OF GOD (HOLY TRINITY)

WEDNESDAY, MARCH 23RD

6:00 PM, PRESANCTIFIED LITURGY

FRIDAY, MARCH 25TH

9:30 AM, PRESANCTIFIED LITURGY

SATURDAY, MARCH 26TH

LENTEN RETREAT

SUNDAY, MARCH 27TH

DIVINE LITURGY, 9:30 AM TONE 7

SUNDAY OF ADORATION OF THE CROSS

HEB 4: 14- 5: 6 ;MK 8: 34 -9: 1

5:00 PM AKATHIST FOR ADDICTION AND MENTAL ILLNESS

ALL SERVICE LIVE STREAMED AT:

<https://orthodoxcarnegie.org/livestream>

TODAY'S BULLETIN IS SPONSORED BY.

TERESA WARHOLAK-DIX IN MEMORY OF BELOVED
GOD-FATHER, FRANK WARHOLAK. MEMORY ETERNAL

**The Sts. Peter & Paul Ukrainian Orthodox Church Bulletin is published weekly by
The Senior Chapter of the Ukrainian Orthodox League**

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 помолитися 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 неправославної церкви 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.Матвій 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 святу 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'єисливості, 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;

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 Бо

2ND SUNDAY OF GREAT LENT, ST. GREGORY PALAMAS



TROPARION TO THE RESURRECTION TONE 6

The angelic powers were at Thy tomb; the guards became as dead men.
Mary stood by Thy grave, seeking Thy most pure Body.
Thou didst capture hell, not being tempted by it.
Thou didst come to the Virgin granting life.
O Lord, who didst rise from the dead: glory to Thee!

TROPARION TO ST GREGORY- TONE 8

O light of Orthodoxy, teacher of the Church, its confirmation,
O ideal of monks and invincible champion of theologians,
O wonder-working Gregory, glory of Thessalonica and preacher of grace,
always intercede before the Lord that our souls may be saved.

KONTAKION TO ST GREGORY - TONE 8

Holy and divine instrument of wisdom,
joyful trumpet of theology together we sing your praises,
O God-inspired Gregory. Since you now stand before the Original Mind, guide our minds
to Him, O Father, so that we may sing to you: "Rejoice, preacher of grace."

TONE 4 KONTAKION *(from the Lenten Triodion)*

Now is the time for action!
Judgment is at the doors! So let us rise and fast,
offering alms with tears of compunction and crying:
"Our sins are more in number than the sands of the sea;
but forgive us, O Master of all,
so that we may receive the incorruptible crowns!"

Tone 5 Prokiemon

Thou, O Lord, will protect us; and will keep us from this generation forever.
Verse: Save me, O Lord, for there is not one godly man left.

Tone 1 Prokeimon *(St. Gregory Palamas)*

My mouth shall speak wisdom; / the meditation of my heart shall be understanding.

Lesson from the Epistle of St. Paul to the Hebrews

(c. 1, v. 10-14; c. 2, v. 1-3)

"In the beginning, O Lord, you laid the foundation the earth, and the heavens are the works of your hands. They will perish, but you will always remain. They will all grow old as garments. You will roll them up as a mantle, and you will change them. But you are always the same, and your years will have no end."

God has never said to any of his angels: "Sit at my right hand until I make your enemies a stool for your feet." yet, they are all ministers, who are sent forth to serve and help men to obtain salvation.

Therefore, we must pay close attention to the doctrines we have heard and not allow ourselves to drift away from them. For the message, delivered by the prophets of old, proved to be authentic. Every transgression and disobedience received a just retribution.

Consequently, we cannot escape punishment, if we neglect such an opportunity for our salvation. This salvation was proclaimed at first by the Lord himself. Then, it was confirmed to us by the Apostles, who heard him.

До євреїв 1:10-14

І ще: «Спочатку, Господи, Ти заклав землі основу, і небо — також плід Твоїх зусиль. Колись настане їм кінець, а Ти залишишся навечно; вони геть зносяться, немов старе вбрання. Ти згорнеш їх, мов плащ, й тоді заміниш шатами новими. А Ти — ніколи не міняєшся, і нема кінця Твоїм рокам». До кого з Ангелів Бог звертався з такими словами: «Сядь по праву руку від Мене, доки не покладу Я ворогів Твоїх до ніг Твоїх?»

Ангели є духами, які служать Богу. Він посилає їх на допомогу тим, кому призначено здобути спасіння.

Через те ми мусимо уважніше прислуховуватися до того, чого нас навчають, щоб не збитися з путі праведного. Слово Боже, що було сказане Ангелами, підтвердилося, а непокора завжди приводила до належного покарання. То як же нам уникнути кари, якщо ми нехтуємо цим великим спасінням? Це спасіння першим проголосив Господь наш, а потім його підтвердили для нас ті, хто чув Господа.

Alleluia

V. He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God.

V. He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust."

Tone 2

V. The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment.

The Gospel According to Saint Mark (с. 2, v. 1-12)

At that time, Jesus went to Capernaum. Immediately it was learned that he was at home. Thereupon so many people were gathered together that there was no longer room for them even about the door. He preached the Gospel to them.

Then a paralytic carried by four men was brought to him. As they could not get near him because of the crowd, they removed the roof above him, made an opening, and lowered the cot on which the paralytic lay.

When Jesus saw their faith, he said to the paralytic: "My son, your sins are forgiven." But some of the scribes sitting there pondered in their minds: "Why does this man talk so? He is blaspheming. Who can forgive sins but God alone?" Jesus guessed their thoughts immediately and answered them: "What are you pondering in your minds? Which is easier? To say to the paralytic: 'Your sins are forgiven!' Or to say: 'Rise up, take up your cot, and walk!' But I will show you that the Messiah has authority to forgive sins on earth."

Thereupon he said to the paralytic: "I tell you; rise up, take up your cot, and go home!" He stood up at once, took up his cot, and went out in the presence of all. They were all amazed and glorified God saying: "We have never seen such a miracle before."

Від Марка 2:1-12

За кілька днів повернувся Ісус до Капернаума, і по місту пішла чутка, що Він був вдома. Тож зібралось там так багато людей, що місця не вистачало навіть за дверима. У той час, коли Ісус проповідував їм слово Своє, надійшов гурт із паралізованим чоловіком, якого четверо несли на ношах. Вони не могли пронести чоловіка до Ісуса крізь натовп, тож, розібравши дах будинку, де знаходився Христос, спустили до кімнати ліжко, на якому лежав паралізований. Коли Він побачив, як сильно вони вірують, то мовив до немічного: «Сину Мій, гріхи твої прощені».

Там сиділи деякі книжники, які бачили, що Ісус зробив, та почали говорити поміж собою: «Як Він може казати таке? Він зневажає Всевишнього! Ніхто не може прощати гріхи, крім Самого Бога!»

Ісус одразу взнав, що вони думали про себе і сказав їм: «Чому ви так думаете? Що легше: сказати паралізованому: „Твої гріхи прощені” чи „Вставай, візьми свої ноші і йди?” Але Я доведу, що Син Людський має владу на землі прощати гріхи». І мовив Він до паралізованого: «Кажу тобі: вставай, бери постіль свою і йди додому». Тієї ж миті паралізований встав, забрав свої ноші, і на очах у всіх пішов собі. Всі були приголомшені, та, славивши Бога, казали: «Ми ніколи не бачили нічого подібного».

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:

Steve Sivulich	Jane Allred	Teresa Stacy	Laila Bechtle
Peter Zinski	Ronda Bickel	Gabby Mills	Sharon Pfander
Pearl Homyrda	Maria Warholak	Shaun McAdams	Betty Kimack Mash
Ann Sekelik	Pamela Graham	Rebecca White	Rosemary Berry
Joann Klein	Shelley Cameron	Jocelyn Barner	Deborah Schricker
Michael Klein	James White	Theresa Zatezalo	Jack Schricker
Dan Rosga	Dylan G	Olga Cherniavska	Jeff Mills
Nick Worobny	Michele Roberts	Gary Koss	David Gazella
Dolores Wachnowsky	Georganne K.	Michael Corba	
Fr. Jakiw Norton	Nick Solominsky	Michael Welsh	

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

Name Days

Anniversaries

Mar 21 Michael & Tracey Sally
Mar 23 Oleh & Inna Holovatiuk

Birthdays

Mar 23 Kathy Stasko
Mar 23 Elizabeth Kauer

Feast Days of:

Mar 24 St. Sophronius of Jerusalem

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

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

Pray for our Catechumens

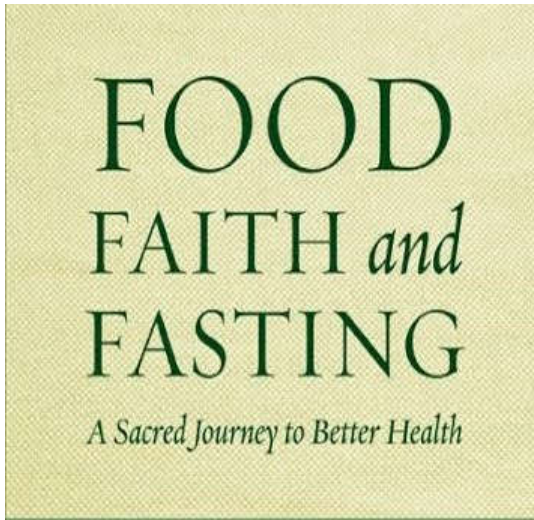
, Eren & Adrienne Saltik

Pray for the newly departed servants of God

- **THANK YOU:** Thank you to everyone for the beautiful cards and good wishes on my 95th Birthday. You made my celebration even more special. Thank you again for remembering me. I miss you all.
Theresa Zatezalo
- **MEMORY ETERNAL:** Our prayers and sympathies go out to the family of Sandra Rozum, who fell asleep in the Lord this past week. Sandy's funeral was on Saturday and she was buried in our parish cemetery. May her memory be eternal.

Stewardship

THANK YOU FOR THESE RECENT DONATIONS:



Join us for a cooking demo, walk away with quick cooking and nutrition tips and recipe ideas to utilize through the rest of Great Lenten Fast.

Date: March 22, 2022

Time: 8pm EST

Register: <https://foodfaithfasting.gumroad.com>

Questions? Call or email:

Phone: 808.754.8741

ritafoodfaithfasting@gmail.com

PYSANKY SALE

HELP NEEDED

We are less than a month away from the Pysanky Sale and now is the time to let us know if you can help. Because of the exposure Ukraine is receiving we are probably going to have much larger crowd, so all the help we can get is very appreciated.

Workers are needed for these areas:

Egg Sale Tables- Please see Michael Kapeluck , 412-527-5359, kapeluck@verizon.net

Craft/Cultural Tables- Please see Michael Kapeluck

Pysanky Supply Tables- Please see Chris Mills, 412-716-0562, cxljovi99@gmail.com

Kitchen- Please see Sherri Walewski, 412-874-4190, najoda@comcast.net

Basket Raffle- Please see Sue Leis sueleis94@gmail.com 412-216-3346., Michele Kapeluck, 412-303-1454, kapeluck@verizon.net

Bake Sale-Please see Pani Alice O'Neil, 724-622-4604, alicecliffoneil@yahoo.com

ITEMS NEEDED

BASKET RAFFLE: The Annual Basket Raffle will be held at the Pysanky Sale on Sunday, April 10th. If you would like to donate a basket please let Michele Kapeluck know via e-mail, kapeluck@verizon.net, or by text/phone call, at 412-303-1454. Or Sue Leis via e-mail, sueleis94@gmail.com or text/phone call at 412-216-3346. You can drop off your basket(s) at the Hall on Friday, April 8th from 11:00- 2:00pm or Saturday, April 9th from 11:30-2:00pm, or by 9:00 am the morning of the sale. We have baskets if you need one. Every year we have such a success because of all the donations of beautiful baskets we receive from you.

BAKE SALE: Calling all bakers, welcome back! Bake goods are needed for our Annual Pysanky Sale. You can bring your bake goods to the hall or Saturday, April 9th between 10-2. If you are unable to bring your bake goods to the hall please call us at 724-775-1166 or email us at alicecliffoneil@yahoo.com and we will pick them up.
Deacon Evan, Pani Matka Alice

For Those Wanting to Help with Humanitarian Assistance to Ukraine

The Ukrainian Cultural and Humanitarian Institute (UCHI) in conjunction with the Ukrainian Technological Society of Pittsburgh and New Ukrainian Wave, Pittsburgh Branch compiled this list of organizations which are providing aid to Ukraine during this time of foreign invasion. Each of the organizations listed below is collecting funds to assist Ukrainians with the first four having networks to provide this help and the last two acting as conduits. Each has been fully vetted and is a secure and trusted organization with which our western Pennsylvania Ukrainian-American churches and organizations have long-standing relationships. Each has the status of an accredited non-profit organization registered with the IRS. We have also included a section on non-financial assistance.

FINANCIAL ASSISTANCE

United Ukrainian American Relief Committee, Inc.

With millions of potential victims in Ukraine, UUARC is fundraising to provide vital medical supplies to victims, care for the injured and refugees, as well as shelter and food to those affected.

United Ukrainian American Relief Committee, Inc (UUARC) was established in 1944 and started fulfilling its mission of “brother-to-brother” by assisting Ukrainians in refugee camps during and after WWII, and then helping to resettle more than 70,000 of these refugees in the United States. Since its beginning, UUARC has endeavored to provide aid where the need is the greatest, as well as assisted countless Ukrainians throughout the world. UUARC is working closely with UCCA, UWC, US Aid, and the Ukrainian Embassy in the coordination of aid.

Donations can be made:

- 1) Directly to United Ukrainian American Relief Committee, Inc. - 1206 Cottman Avenue - Philadelphia, PA 19111 - Phone: 215-728-1630 - Email: UUARC@uuarc.org – or
- 2) Via GoFundMe link on their website www.uuarc.org.

Ukrainian Orthodox Church of the USA

Contributions will be delivered in person to the proper individuals, for the medical care of the thousands of people who have been injured, some very severely, during these difficult days. Your contribution may be the primary reason that another human being receives the treatment necessary for survival.

Donations can be made by:

1. Using the secure online donation link located on its website www.uocofusa.org – Click on the “LET’S HELP UKRAINE” icon.
2. Sending by special postal delivery to P. O. Box, 495, South Bound Brook, NJ 08880; or
3. Hand delivering to the Consistory office at 135 Davidson Avenue, Somerset, NJ 08873, marked “LET’S HELP UKRAINE.”

Ukrainian Catholic Eparchy of Philadelphia

Donations to the Humanitarian Aid Fund for Ukraine can be made as follows:

1. Write a check to the “Ukrainian Catholic Archdiocese of Philadelphia” and send it to the office at 810 North Franklin Street, Philadelphia PA 19123. Please write on the check “Humanitarian Aid Fund for Ukraine.”
2. You can donate on the Philadelphia Archdiocese’s website www.ukrarcheparchy.us, and click on **Donate through PAYPAL** and select “**WAR VICTIMS AND HUMANITARIAN CRISIS IN UKRAINE;**” Encourage local financial and other institutions to make contributions.

Brother’s Brother Foundation

Pittsburgh-based Brother’s Brother Foundation is partnering with the Pittsburgh Technology Council to raise \$250,000 to aid Ukrainian humanitarian relief efforts in partnership with Highmark and the Allegheny Health Network. Highmark/AHN is providing financial support and critical medical supplies, which Brother’s Brother will airlift to those in need. Credit card donations can be made on the organization’s website - www.brothersbrother.org by choosing Ukraine Relief in the dropdown menu. Checks should be made payable to Brother’s Brother Foundation and sent to: Brother’s Brother Foundation – P.O. Box 645934 – Pittsburgh, PA 15264-5257.

Revived Soldiers Ukraine

Providing medical aid and sustainable living standards to soldiers of Ukraine and members of their families as well as to those people who suffered and were affected by military conflict in ATO zone (anti-terrorist operation in Eastern Ukraine). E-mail: info@rsukraine.org. **100% of donations go to fund soldiers’ rehabilitation.**

Donations can be made on the website www.rsukraine.org. Click on the “Donate” icon to use either PayPal or credit card or debit card.

Ukrainian Technological Society (UTS)

Contributions will be forwarded to organizations listed above. The Ukrainian Technological Society of Pittsburgh is a 501 (c)(3) non-profit organization. UTS is a nonsectarian, nonpolitical, cross-generational association of Ukrainian professionals and businesspersons interested in cultivating Ukrainian cultural and social awareness and strengthening the Ukrainian Community through active participation and leadership. UTS has served as a conduit for donations for numerous Ukrainian causes since its founding in 1970 including: Children of Chernobyl Relief Fund; Flood Aid to Carpathian Mountain Regions; and others.

Contributions may be made by sending them to: Ukrainian Technological Society - P.O. Box 4277 - Pittsburgh, PA. 15203. Write "Aid to Ukraine" on your check or enclosed note.

NON-FINANCIAL ASSISTANCE

St. Mary's Ukrainian Orthodox Church in McKees Rocks, PA

Collecting medical supplies and personal items for shipment to Ukrainians in need. Every Sunday from 9:00 AM – 1:00 PM, people may bring the following items to the church at 116 Ella Street in McKees Rocks:

Medicine: Acetaminophen 500 mg tablets

Bandages, sutures, adhesive plasters: Individual sterile dressing package with first aid elastic compression component with protective moisture-resistant shell; sterile gauze bandage 7 m long and 14 cm wide; chemical means for stopping bleeding (hemostatic tamponade bandage with hemostatic agent) – celox or analogue; gel-based occlusive thoracic bandage with or without valve; adhesive plaster on a non-woven basis 3-5 meters long, 2-3 cm wide.

Medical Supplies: Non-sterile nitrile medical examination gloves size L or XL; nasopharyngeal airway and tube with lubricant.

Personal Items: Blue water-proof markers to be used for writing information; scissors for cutting clothes and shoes (atraumatic); polyethylene-based thermal blanket 160 cm wide and 210 cm long; first-aid kit case (medical bag); toothpaste; toothbrushes; wet wipes; soap; men's socks; men's and women's underwear of various sizes; men's t-shirts; metal cups and mugs; dark-colored gloves and mittens for men; cough drops; protein bars.

New Ukrainian Wave, Pittsburgh PA

Collecting medical supplies for shipment to Ukrainians in need. Call (412) 760.0439; (724) 544.5660; or (412) 454.5642.

Medicines: - Paracetamol 500 mg tablets - Meloxicam 7.5 mg tablets - Ciprofloxacin 500 mg or levofloxacin 500 mg tablets

Antibiotics: Zosyn and Unasyn iv, Vancomycin iv - Aspirin - Diphenhydramine/Benadryl - Doxycycline and or Bactrim antibiotics - Fluids, IVF – NSS 09%, LR, d5nss - Gels, foams, hydrocolloids, alginates, hydrogels, and polysaccharide pastes, sutures - Ibuprofen / Advil - Loperamide / Imodium - Miconazole

Medical supplies: - Non-sterile medical nitrile medical examination gloves size L or XL - Means for stopping bleeding mechanical type "CAT" - Nasopharyngeal airway (airway, tube) with lubricant - Laryngeal tube - Latex or rubber gloves - IV catheters - Mouthpiece for giving CPR - First aid kit case (medical bag) - Antiseptic wipes

Bandages, sutures, adhesive plasters: - Central venous catheter kit - Chest seals - Coban roll, standard 2" x 5 yards - Cravat /triangular bandage, 45"x45"x63 - Dressing materials, include dry or impregnated gauze - Elastic bandages - Elastic wrap / ACE bandage 4"x5yards - Individual sterile dressing package with first aid elastic compression component with protective moisture-resistant shell - Sterile gauze bandage 7 m long and 14 cm wide - Chemical means for stopping bleeding (hemostatic tamponade bandage with hemostatic agent) – Celox or analogue - Gel-based occlusive thoracic bandage with or without valve - Adhesive plaster on a non-woven basis 3-5 meters long, 2-3 cm wide - Hemostatic Bandages - Tourniquet (First Aid) - Butterfly bandages

Miscellaneous: - blue water-proof marker for writing information - Scissors for cutting clothes and shoes (atraumatic) - Polyethylene-based thermal blanket 160 cm wide, 210 cm long – Headlamp

US-Ukraine Foundation

A Call for Ukrainian-Speaking Volunteers!

Help is needed in providing psycho-social support services via tele-health for people in Ukraine during the crisis. This help is being provided through CETA, a mental health organization at Johns Hopkins University. They have been working in Ukraine for many years and are looking for volunteers who speak Ukrainian and are interest in being trained to assist with this work. Volunteers can live anywhere and do not need to have any background in mental health.



INTRODUCING A "NEW" LENTEN DINNER

UKRAINIAN POTATO PANCAKE DINNER

Friday, March 25, 2022

4 PM to 7 PM

Eat-In or To-Go options

**\$15 Cash
Payment Dinner**

**\$16 Credit Payment
Dinner**

Dinner Includes

- Ukrainian Potato Pancakes
- Choice of Soup (Borscht or Soup Selection)
- A Dessert from our Dessert Table
- Beverages
- Gluten Free Menu items will be available



Ukraine Relief Efforts

We will have a free will donation box available for donations for Ukraine Relief and other ways to help.

Ukraine Relief is separate Fundraiser from Dinner.



St. Peter & St. Paul Ukrainian Orthodox Church
220 Mansfield Blvd | Carnegie PA 15106
orthodoxcarnegie@gmail.com
www.orthodoxcarnegie.org



In the beginning...



75th UOL Convention July 2022
St. Peter & St. Paul UOC Carnegie, PA

The Dinner is Sponsored by the 75th UOL Convention Committee and is a Fundraiser for the 75th UOL Convention.

THE ORTHODOX CLERGY BROTHERHOOD OF GREATER PITTSBURGH INVITES YOU TO THE

Akathist to the Mother of God "The Inexhaustible Cup"



**A PRAYER SERVICE FOR
ALL THOSE SUFFERING FROM
ADDICTION OF ANY KIND.
PRAY FOR YOUR AFFLICTED
LOVED ONES AND FRIENDS.**

SUNDAY MARCH 27, 2022 | 5 PM

HELD SIMULTANEOUSLY AT THE FOLLOWING AREA CHURCHES:

St. George Antiochian Orthodox Church, 3400 Dawson St, Pittsburgh (Oakland)
Holy Trinity Greek Orthodox Church, 985 Providence Blvd., Pittsburgh (McCandless)
Ss. Peter & Paul Orthodox Church, 200 Walnut St., Carnegie
St. Michael Orthodox Church, 1182 Ashland St., Greensburg



**BE
JOYFUL
IN HOPE,
PATIENT
IN AFFLICTION,
FAITHFUL
IN PRAYER
ROMANS 12:12**

In the beginning...



75th UOL Convention July 2022

St. Peter & St. Paul UOC Carnegie, PA

**FUNDRAISING
SURE TIP RAFFLES!**

***HURRY!
TIME IS RUNNING
OUT!***

ONE RAFFLE LEFT!

75THSureTipRaffles | St. Peter & St. Paul (orthodoxcarnegie.org)

<https://orthodoxcarnegie.org/75thsuretippaffles>



**SCAN QR CODE for SURE TIP
Info on our Website**



**WHAT ARE YOU WAITING FOR?
CHANCES ARE ALMOST GONE!**



75th UOL Convention

Sr. UOL Chapter of

St. Peter & St. Paul Ukrainian Orthodox Church

P. O. Box 835 | Carnegie, PA 15106

Email: 75uolconvention@gmail.com

Website: www.orthodoxcarnegie.org/75thuolconvention

In the Beginning... 75th UOL Convention July 27 – 31, 2022

Commemorative Yearbook Advertising Form

Inside Front Cover \$200 <input type="radio"/>	Outside Back Cover \$200 <input type="radio"/>	Inside Cover Back \$200 <input type="radio"/>
Full Page Ad \$175 <input type="radio"/>	Full Page "Color" Ad \$195 <input type="radio"/>	Half Page Ad \$90 <input type="radio"/>
Quarter Page Ad \$45 <input type="radio"/>	Eighth Page/Business Card Ad \$30 <input type="radio"/>	Patron Listing \$10 each <input type="radio"/> (See separate page to complete)
Ad not camera ready/publisher ready please add \$10 <input type="radio"/>	NEW: Video greeting (see info below) \$10	Most of the Yearbook will be "Black & White."

- Full Page Ad purchasers receive a "free" copy of the 75th UOL Convention Yearbook.
- Additional copies of the 75th UOL Convention Yearbook will be \$20
- Photos will not be returned. Reproduction quality cannot be guaranteed.
- Pages will be 8.5x11 and divided accordingly.
- Please email your ad to: 75thuolyearbook@orthodoxcarnegie.org
- We will also accept ads submitted via US Mail, digital preferred.

Please make checks payable to "75th UOL Convention"

Mail all money and/or forms by **May 1, 2022**, to:

**Sts. Peter & Paul UOC 75th UOL Convention: YEARBOOK/Chris Mills
PO Box 835 Carnegie, PA 15106**

Video Yearbook Info: Video Deadline April 1, 2022

By submitting your video yearbook greeting, you grant the 75th UOL Convention Committee and the Ukrainian Orthodox League rights to use the content and your image for publication.

Best Practices, Instructions for filming & Submitting:

- Please be sure to record your video in an appropriate location with little to no background noise.
- Please be sure that your background is pleasing to the eye and appropriate.
 - *If it's a nice day, consider filming outside!*
- Videos should not reveal any personal information you would not want others to know.
- The video can be recorded on your computer or smartphone.
 - *If filming on a phone, please film **horizontally** (not up & down!) to avoid having black space on the sides.*
- Please submit all video as .mp4 format.
- **Upon receipt of submission form and payment, you will receive a link to upload your video.**

Name: _____ Email: _____

Address: _____

Phone: _____ (day) Phone: _____ (night)

Calendar of Events

Apr. 10 Pysanky Sale
July 27-31 75th UOL Convention

COFFEE HOUR

Mar 20 Sue Leis, Juliana Leis, Pat Dorning
Mar 27 Cindy Haluszczak, Rachel Losego
Apr 3 Sherri Walewski, Lisa Ryan, Eryna Sanetrik
Apr. 10 Pysanky Sale
Apr 17 Alexis Sawchuk, Steven Sawchuk

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 th parish hall. **YOU ARE NOT PERMITTED TO BRING ANYTHING!!!** However, bring a Friend!!!

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 276-9718 to schedule a donation.

Parish Website/Social Media

To Submit items for publication on website & social media

>email any information to be included on the Website, Facebook or Instagram to Parish Technology.

If you have any fliers or jpgs please include them, but not necessary.

E-mail Technology at technology@orthodoxcarnegie.org

Please indicate the time frame you would like items posted to website and/or social media.

Find & follow us on:



BULLETIN SPONSOR DATES

Mar 6 _____
Mar 13 _____
Mar 20 _____
Mar 27 _____

Apr. 3 _____
Apr. 10 _____
Apr. 17 _____
Apr. 24 _____

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") _____



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

RETURN SERVICE REQUESTED