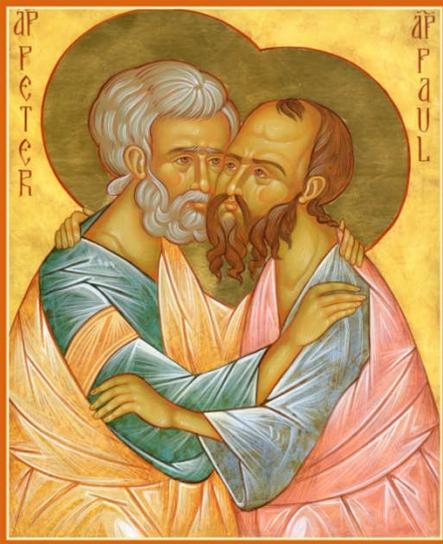


# THE PRONIGAL SON





# St. Peter & St. Paul Ukrainian Orthodox Church

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

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**Deacon Evan O'Neil**

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**President: Howard West 724-910-9627**

[www.orthodoxcarnegie.org](http://www.orthodoxcarnegie.org)

**FEBRUARY 9, 2020**

**SUNDAY, FEBRUARY 16<sup>TH</sup>**

DIVINE LITURGY 9:30 AM, TONE 2

SUNDAY OF THE PRODIGAL SON

R.T. SIMEON THE GOD-RECEIVER

1 COR 6 : 12 – 20; LUKE 15: 11 - 32

PARASTAS IN MEMORY OF MAX ROZUM

**SATURDAY, FEBRUARY 22<sup>ND</sup>**

VESPERS 6:00

**SUNDAY, FEBRUARY 23<sup>TH</sup>**

DIVINE LITURGY 9:30 AM, TONE 3

SUNDAY OF MEATFARE

LAST JUDGEMENT

1 COR 8: 8 – 9: 2; MATTHEW 25 : 31- 46

TODAY'S BULLETIN IS SPONSORED BY

NICHOLAS C. KOTOW IN MEMORY OF THE MARRIAGE OF  
JAKIV AND PARASKEVIA KOVAL KOTIV

ROZUM FAMILY IN MEMORY OF MAX ROZUM ON THE 95<sup>TH</sup>  
ANNIVERSARY OF HIS BIRTH.

MEMORY ETERNAL  
VICHNAYA PAMYAT

## 2019 Parish Board of Directors

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-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 нашім 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 розписки;

лише православні християни можуть отримати Євхаристію (Святе Причастя) у православної церкви і, відповідно, православні християни не можуть отримувати святого причастя у неправославної 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.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 спізнівся 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;

**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**

## SUNDAY OF THE PRODIGAL SON

### TROPARION TO THE RESURRECTION TONE 2

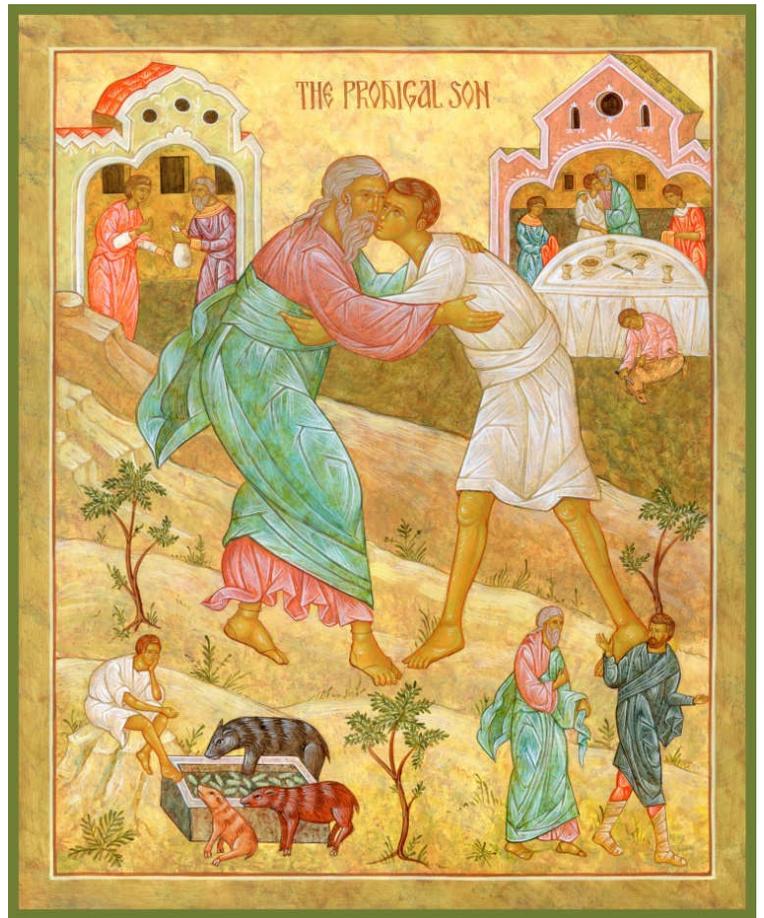
When Thou didst descend to death, O Life Immortal,  
Thou didst slay hell with the splendor of Thy God-  
head! And when from the depths Thou didst raise the  
dead, all the powers of heaven cried out; O Giver of  
Life, Christ our God! Glory to Thee!

### KONTAKION FOR THE PRODIGAL - TONE 3

I have recklessly forgotten Your glory, O Father; and  
among sinners I have scattered the riches which You  
had given me. Therefore, I cry to You like the  
Prodigal: "I have sinned before You, O  
compassionate Father;  
receive me a penitent and make me as one of Your  
hired servants."

### KONTAKION TO THE RESURRECTION TONE 2

Hell became afraid, O Almighty Savior, seeing the  
miracle of Thy Resurrection from the tomb! The  
dead arose! Creation, with Adam, beheld this and  
rejoiced with Thee, and the world, O my Savior,  
praises Thee forever.



## HOLY, RIGHTEOUS SIMEON THE GOD-RECEIVER

### TROPARION TONE 4

Simeon the Elder is filled with joy today, receiving into his arms the  
Eternal God as an infant. Begging to be released from the bonds of the  
flesh he cries: "My eyes have seen the salvation, which You have prepared  
for all the nations to see!"

### KONTAKION TONE 3

Let the godly pair be praised together: Simeon the Righteous and Anna the  
Prophetess, well-pleasing to God. They became witnesses of the Incarnate  
Lord when they saw Him as an infant; together they worshipped Him.

### PROKIEMON

The Lord is my strength and my song, and He is my salvation.  
*Verse:* The Lord hath chastened and corrected me; but He has not given me  
over unto death.

## Lesson from the First Epistle of Saint Paul to the Corinthians

(c. 6, v. 12-20)

Brethren, I am free to do everything, but everything is not convenient for me. Therefore, I do not want to be enslaved by anything. Food is meant for the stomach, and the stomach for food. But God will destroy them both ultimately.

The body is not meant for fornication, but for the service of the Lord. For the Lord is the master of our body. Now, God raised our Lord from the dead, and he will raise us also from the dead through his power.

You know that your bodies are members of Christ. Then, you must not take what belongs to Christ and hand it over to a harlot. Never! For you well know that every one, who unites himself to a harlot, becomes one body with her, as the Scripture says: "The two will become one flesh."

On the contrary, everyone, who unites himself to the Lord, becomes one spirit with him. Therefore, keep away from fornication. Any other sin, which a man commits, is perpetrated outside his own body, but the fornicator is committing a crime against his own body.

You know that your bodies are the shrines of the Holy Spirit within you. You have obtained them from God. Consequently, you are not the masters of your bodies. A ransom has been paid for your redemption. Therefore, glorify God in your bodies and in your spirits, which belong to God.

### 1 до коринтян 6:12-20

«Все мені дозволено», — стверджуєте ви. Та у відповідь я вам кажу: не все доцільно й бажано. Навіть якщо це правда, що «усе дозволено мені», але ніщо не повинно володіти мною як рабом. Ось інший мовить: «Їжа — для шлунку, а шлунок — для їжі». Та Бог знищить і те, й друге. Бо тіла наші не для розпусти, а для служіння Господу, й Господь — для тіла нашого. Бог не лише воскресив Господа з мертвих, Він і нас воскресить силою Своєю. Чи ви не знаєте, що тіла ваші є членами Христа? Тож хіба я візьму частини тіла Христа і зроблю їх членами розпусниці? Звісно, ні!

Знов таки: чи не відомо вам, що той, хто з'єднується з розпусницею, стає з нею одним цілим? «Бо двоє, — сказано у Святому Писанні, — стають одним тілом». Той же, хто з'єднується з Господом, духовно стає одним цілим з Ним. Уникайте розпусти. Кожен гріх, вчинений людиною, — поза її тілом, але розпусник грішить проти власного тіла.

Невже ви не знаєте, що тіла ваші — це храми Духа Святого, який живе в вас? І хіба ви не знаєте, що ви одержали Дух Святий від Бога, і що ви більше не належите собі? Адже Господь сплатив за вас високу ціну, тож прославіть Бога тілами своїми.

### Gospel According to Saint Luke

(c. 15, v. 11-32)

The Lord narrated this parable: "A man had two sons. The younger of them said to his father: 'Father, give me my share of the property.' So he divided his property between them."

"A few days later, the younger son gathered all his possessions and went away to a distant country, where he squandered his fortune in riotous living. After he had spent everything, a famine arose in that country, and he began to be in want. So he went to work as the hired servant of a citizen of that country who sent him to his fields to tend swine. He was ready to fill himself with the husks the swine were eating, but nobody would give him anything."

"Then he came to himself and said: 'How many of my father's hired servants have more than enough to eat, while I am starving here! I will get up, go to my father, and say to him: 'Father, I have sinned against heaven and before you. I am no longer worthy to be called your son. Receive me as one of your hired servants.' So he arose and went to his father."

"While he was yet a long way off, his father saw him, and had compassion on him. He ran up, fell on his neck, and kissed him. The son said: 'Father, I have sinned against heaven and before you, and I am no longer worthy to be called your son.' "

"But the father said to his servants: 'Bring quickly the best garment and put it on him. Give him a ring for his hand and sandals for his feet. Get the fatted calf and kill it. Let us eat and celebrate. For this son of mine was dead, and he is now alive. he was lost, and he is now found.' So they began to celebrate."

"Now his elder son was in the field. As he returned and drew near the house, he heard music and dancing. He called one of the servants and asked him what it all meant. He answered: 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' The elder son was angry and refused to go in."

"His father came out and urged him to join them. But he answered his father: 'Behold, I have served you for so many years and have never disobeyed a command of yours. Yet you have never given me a kid, so that I might entertain my friends. But when this son of yours came, who hast devoured your fortune with harlots, you killed the fatted , calf for him.'

"But the father answered: 'My son, you have been always with me, and all I have is yours. Yet we had to celebrate and rejoice, because your brother was dead, and he is alive. He was lost, and he is found.' "

## Від Луки 15:11-32

І сказав Ісус: «У одного чоловіка було двоє синів. Молодший син якось попросив: „Батьку, віддай мені мою частку майна”. І батько розділив своє добро між синами. А незабаром молодший син продав майно, забрав усі гроші й вирушив у далекі краї. Жив він там безладно й розтринькав усі гроші.

І коли він витратив останнє, напав на ту країну, де він мешкав, жорстокий голод, та син впав у нужду. Тоді він пішов і найнявся до одного з мешканців тієї країни. Той послав його в свій маєток годувати свиней. Годуючи свиней, він ладен був набити живіт хоча б лущинням, що їли свині, але й того йому не давали.

Опам'ятавшись, він сказав собі: „Наймани робітники в мого батька мають їжі вволю, а я тут з голоду гину! Відразу вирушу до свого батька і скажу йому: „Батьку, я грішний перед Богом і перед тобою; я не гідний більше називатися твоїм сином. Дозволь мені бути одним із твоїх наймитів””. І підвівшись, він подався до свого батька. Батько ще здалеку побачив, що він наближається, і сповнився милосердя до нього. Він побіг назустріч синові, обняв його й поцілував.

Син промовив до нього: „Батьку, я грішний перед Небом і перед тобою. Я більше не гідний називатися твоїм сином”. Але батько наказав слугам: „Мерщій принесіть найкраще вбрання і вдягніть його. Надіньте перстень на руку йому й сандалі на його ноги.

І приведіть вгодоване теля. Заріжте його й приготуйте обід — ми будемо святкувати! Бо цей мій син, який помер, а тепер повернувся до життя; загубився, а тепер знайшовся!” І вони почали святкувати.

Тим часом старший син був у полі. Коли він, повертаючись, наблизився до дому, то почув музику й танці.<sup>26</sup> Він покликав одного із слуг і поцікавився, що це все означає. Слуга відповів: „Твій брат прийшов. Батько твій звелів зарізати вгодоване теля на радіощах, що повернувся його син живий і здоровий”.

Старший син розлютився й не хотів заходити до хати. Отже батько вийшов і намагався заспокоїти його. Та він відповів батькові: „Послухай! Усі ці роки я вірно служив тобі, й жодного разу не було так, щоб я не виконав твій наказ! Але ти жодного разу не дозволив мені зарізати навіть козу, щоб я міг запросити своїх друзів повеселитися! А коли до тебе повернувся твій син, який розтринькав все твоє добро з повіями, ти наказав зарізати для нього вгодоване теля!”

Тоді батько сказав йому: „Сину мій, ти завжди зі мною. Все, що я маю, належить тобі. Але ми мусили відсвяткувати цю щасливу подію. Адже брат твій, який помер, повернувся до життя; загубився, а тепер знайшовся!”»

# 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:

Fr. Paisius McGrath	Kay Patridge	Pamela Graham	Reggie Warford	Jane Allred
Fr. Mykola Dilendorf	Sharon Welsh	Peter Zinski	Pearl Homyrda	Kathryn Ostaffy
Fr. Victor Wronski	James Horowitz	Stephen Sheptak	Richard Beighy	Sally T.
Dn Nicholas Zachary	Elissa Lopez	Irene Palahunik	Mary Ellen Heitzman	Patty Valentino
Shirley Neal	Sam Jarovich	Christopher	Olha Cherniavska	Rose Zalenchak
Tim Cromchak	Andrew Brennan	Jabrell	Alexander Zbalishen	Helen Wilwert
Eva Stasko	Penny T.	Ann F.	Steven Smyczek	Joanne Klein
Patty Spotti	Steve Sioulich	Dan Rosga	Shelly Cameron	Michael Klein
Deborah Schricker	Jack Schricker	Lynda West	Claudia Losego	Ben Cramer
Tetiana Kozak	Willie Haluszczak	Pat Dorning	Jackson Janosek	Corwin Cosentino
Jennifer Marley	Cynthia Mycyk	Yaroslava Dhzyrha	Donna Forbes	Teresa Stacy
Jason Bell	Catharine Livak	MaryAnn Sklaryk	Judee Shoup	Charlie Shoup
Sarah Winn	Baby Sean	Mary Lou Bender		

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

#### February 21 Great Martyr Theodore

Theodore Nixon

#### February 21 Prophet Zechariah

Zachary Kapeluck

### Anniversaries

#### Birthdays

February 16 Frank Gazella  
February 18 Acrilla Walewski  
February 19 Iryna Reiterovych  
February 19 Lois Buggan  
February 19 Rebecca Mills  
February 19 Sarah Dorning  
February 19 Kathy Peyton  
February 21 Greg Woznak

### Feast Days of:

February 18 Martyr Agatha  
February 19 St. Photius of Constantinople  
February 21 Great martyr Theodore Stratelates  
February 21 Prophet Zechariah

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

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

### Pray for our Catechumens

John Barth

### Pray for our parishioners in vocational studies

Deacon Evan O'Neil, Sue Leis



- **PIEROGIES**: We will be making pierogis in February for sale to our parishioners. Cost is \$7.50/dozen. Pierogis will be ready for pickup on February 22. Please see Pat Sally or John Stasko to place your order. There will be no pierogi orders taken during our March preparation schedule. All pierogis made during our March schedule will be for the Pysanka Sale.

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**COFFEE HOUR SCHEDULE**

February 16 Ethan & Natalie Nixon, Beverly Kapeluck  
 March 1 Oksana Aleksandrov, Victor & Natalie Onufrey  
 March 8 Juliana Leis, Olesya Zelenyak, Sandra Rozum  
 March 15 Fr. John, Matushka Larissa, Sherri Walewski  
 March 22 Bonnie Reinhart, Theresa Zatezalo  
 March 29 Sue Leis, Ann Woznak, Greg Woznak

\*\*\*\*\*

**Kitchen Workers Schedule**

February 20<sup>th</sup> - Thursday 12pm Potato Prep ( after senior coffee hour-12:00)  
 February 21<sup>st</sup> - Friday 9am 2 batches Pierogies pinch and cook 9am  
 March 26<sup>th</sup> - Thursday 12pm Potato Prep ( after senior coffee hour-12:00)  
 March 27<sup>th</sup> - Friday 9am 2 batches Pierogies pinch and cook 9am

**Pysanky sale prep**

March 31<sup>st</sup> - Tuesday 9am Steam and core cabbage  
 April 1<sup>st</sup> - Wednesday 9am Roll & cook stuffed cabbage  
 April 3<sup>rd</sup> - Friday 9am Easter Paska baking for sale 9am  
 If any questions please contact Sherri Walewski or John Stasko

\*\*\*\*\*

**PYSANKY WRITING SESSIONS**

Sunday, February 16 After Coffee Hour  
 Sunday, February 23 After Coffee Hour  
 Sunday, March 1 After Coffee Hour  
 Sunday, March 8 After Coffee Hour  
 Sunday, March 15 After Coffee Hour  
 Sunday, March 22 After Coffee Hour  
 Sunday, March 29 After Coffee Hour

## SECRET LENTEN PRAYER PAL :

The Sr. UOL Chapter will once again sponsor the special Lenten Prayer Pals as they have done over the past several years. As a reminder, the idea of the secret prayer pal is to remember the needs of others by offering prayers for them during the Holy Season of Lent; not only to concentrate on your attempts at making your own life better, but to also remember someone else through the act of prayer.

To join the group, please see Sue Leis during Coffee Hour over the next couple of weeks and ask to have your name included on the list. On **Sunday, March 1, 2020**, (during Coffee Hour) all participants will draw the name of their Secret Prayer Pal. Do not tell your prayer pal that you are praying for them, this is to be done privately.

On **Easter Sunday, April 19, 2020**, you are to greet your Prayer Pal with a pysanka or some small token (ex. icon card, Easter card, small flower) and the traditional greeting of "Christ Is Risen," letting them know that you were their secret Prayer Pal. Please make sure that you identify yourself to your Lenten Prayer Pal on Easter Sunday. In the past we have had people not do so. How much does this cost? Only a little bit of time; a small effort; and a nominal cost for the small token that you hand your Prayer Pal on Easter Sunday. Easy??? Definitely!!! Rewarding??? Extremely!!! It doesn't get much better than this. In this troubled world that we live in, who doesn't need a little extra prayer in their life? Remember, the best gift is the gift of constant prayer~and we could all use more of it!

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## *Gift Bag, Silent Auction & Pick-a-Pop Results!*

Thank you to everyone who donated items, helped with setup, selling, awarding and cleanup of these 2 Raffles and game! Everyone really loves doing these raffles and your generosity is greatly appreciated!

People who donated to the Pick-a-Pop Game: Chris Mills, Alexis Sawchuk, Bonnie Reinhart, & Sandy Rozum

Donations for the Silent Auction: Ron & Bev Wachnowsky, Becky Mills, Michael Kapeluck

The "Gift Bag Raffle" (disguised as basket raffle) donors and winners are as follows:



- 1) Crafting with Vika: Donated by Charest Family, Winner: Maggie Saad
- 2) Ivanka's Pony Express: Donated by Charest Family, Winner: Anita Kulik
- 3) My Hearts: Donated by Bonnie Reinhart, Winner: Kris Burianek
- 4) Nestor's Favorite Things: Donated by Charest Family, Winner: Ethan Nixon
- 5) Bon Appetite: Donated by St. Matronas Ladies Society, Winner: Olesia Stasko
- 6) Fun at the Movies: Donated by Sandy Rozum, Winner: Amy Losego
- 7) Ukrainian Surprise: Donated by UCHI, Winner: Shelly Trondle
- 8) It's Wine O'clock: Donated by Michael Welsh, Winner: Katie Parker
- 9) Sweethearts: Donated by Michele Kapeluck, Winner: Olesia Stasko
- 10) Candy Bouquet: Donated by Alexis Sawchuk, Winner: Amy Losego
- 11) Sweets for the Sweet: Donated by Marlane Pawlosky, winner: Cindy Haluszczak
- 12) Peanut Treats: Donated by Sandy Rozum, Winner: Olesia Stasko
- 13) Bag of Cheer: Donated by Anita Kulik, Winner: Alexis Sawchuk
- 14) Can you win: Donated by Bonnie Reinhart, Winner: John & Liudmyla Barth
- 15) Whisky Bag: Donated by Sandy Rozum, Winner: Steve Romanchik
- 16) Christmas Spirit: Donated by Chris & Becky Mills, Winner: Rachel Losego
- 17) Puzzle Mania: Donated by Michele Kapeluck, Winner: Marlane Pawlosky
- 18) Soapy: Donated by Bonnie Reinhart, Winner: Shelly Trondle
- 19) Toys: Donated by Alexis Sawchuk, Winner: Katie Parker
- 20) Cheers: Donated by Andy Brennan, Winner: Jack Kobistek

# Meat Fare Brunch

Sponsored by St. Peter & St. Paul's Church School

Please join us after Divine Liturgy to feast on some of our favorite meat dishes!

**When: Sunday, February 23**  
**Suggested Donation: \$5.00**

\*All money collected will go towards the Orthodox Christian Mission Center (OCMC). The church school students will be collecting for the OCMC as their Lenten Project this year.



**KIELBASA**  
**Meatballs**  
**Pulled Pork**  
**CHICKEN**  
**HAM BBQ**  
**Salads**  
**Potatoes**  
**& MORE**

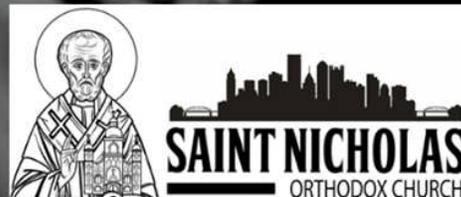
ORTHODOX CHRISTIAN PERSPECTIVES  
ON

# PRAYER

SATURDAY, FEBRUARY 22, 2020  
2:00 PM TO 4:00 PM

4TH ANNUAL  
ST NICHOLAS SYMPOSIUM

ORTHODOXPITTSBURGH.ORG



# Praying Our Way Together Through Great Lent 2020

Eph.6:17-18 "And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to the end with all perseverance..."



Come join your fellow brothers and sisters in Christ on a Lenten journey as we pray and read the Psalter each day for 20 days!

**What:** Reading the Psalter

**When:** March 16, 2020 – April 10, 2020, five days a week, Monday - Friday, at any convenient time

**Where:** In the comfort of your home or wherever you may be with your device.

**Why:** To heighten your Lenten journey by reading the Prayer Book of the Church!

If you would like to journey with us, please email your name, address, phone number, parish name, and parish address to Janice Meschisen at [Praying-our-way@uolofusa.org](mailto:Praying-our-way@uolofusa.org) and more information will be sent to you.

**Please respond by March 13, 2020**

**Sponsored by the UOL**



# Extreme Prep: The Long Triodion Warm-Up for Lent.

Lynnette Horner

Every act of physical hardship requires preparation. Nobody of right mind sets out to run the New York Marathon without serious endurance training. Even for a shorter race, to qualify for one of the early waves in the BOLDERBoulder 10K, a runner must show proof of the ability to run it in less than an oddly specific 68 minutes.

I'm in no danger of running anywhere unless a bear is chasing me, but as I write this I'm gazing out the window at eight inches of accumulated snow and a driveway that needs shoveling. This is not a chore for the frail. On a day like today, cardiology departments in the Denver area will be fully staffed, catheterization laboratories at the ready, because some people suffer heart attacks while shoveling snow. They aren't prepared for the effort.

The Orthodox Church takes the idea of preparation to a whole new level. This past Sunday we began the Triodion period, a three-week season of readying ourselves for the 40 days of Great Lent, followed by the seven days of Holy Week. Think about it. We take 21 days to ready ourselves for the following 47 days. Our prep time is almost half the length of Great Lent itself.

On the surface, this makes no sense. Would a runner arrive early for a 26-mile marathon in order to warm up with a 12-mile run? Would a BOLDERBoulder 10K participant begin the race 4.5 km before the starting line?

And would I warm up for shoveling my driveway by clearing three neighbors' snowy sidewalks first? (Okay, that's a theoretical possibility, but only if I felt particularly neighborly and owned a really good snow blower.)

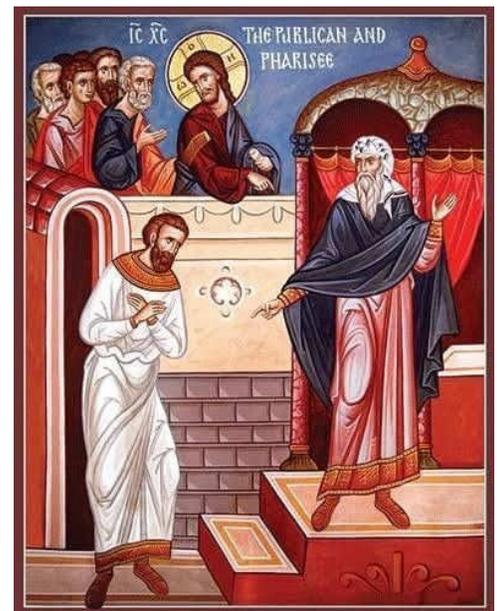
Orthodoxy seems guilty of a little overkill here. But in her deep wisdom, the Church understands human nature and our need to reorient ourselves for the ascetic work that we are about to undergo. *Ascesis* is Greek for "exercise," and the Church's Triodion warm-up gives us the time we need to stretch hearts and minds that have become stiff and neglected throughout the year.

## First Up: That Pesky Self-Righteousness

Our three-week preparation is not physical (although it's a good idea to clean out the pantry and refrigerator during this time), but it gives us four Sundays of reminders to consider our condition before we begin the vigorous exercise ahead of us. Without an honest heart check-up, we can convince ourselves that we're in shape spiritually.

The first Sunday of the Triodion period, the Sunday of the Publican and Pharisee (Luke 18:10-40), addresses this corrosive self-righteousness.

Jesus' parable, placed here in the Church calendar, is a less-than-subtle reminder that we should never take pride in our prayer, fasting, and almsgiving. When we congratulate ourselves for our feats of self-denial, it is easy for judgment of others to invade our thoughts: *He isn't following the fast. She hasn't been to a single prayer service. They rarely put a check in the offering plate.*



And so, like the Pharisee, we feel smug about our Lenten efforts. But the man who eats chicken on Clean Monday may have food allergies or a digestive condition. The single mom with the special-needs child can't attend many extra services, but she often keeps vigil at night, sacrificing sleep and singing Psalms to a little one who is having a meltdown. And the people who let the offering plate pass them by might have tremendous medical expenses, or they faithfully give online.

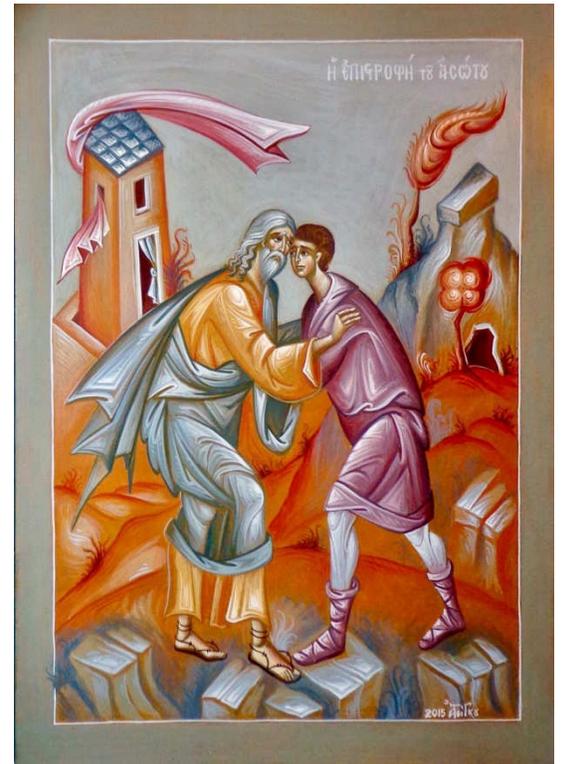
## Remembering God's Mercy

For some people, their inner pendulum swings to the other side, to self-condemnation. Instead of basking in pride, they feel tremendous guilt. They go well beyond the publican's humble confession of sin to the opposite extreme: beating themselves up over weaknesses, failures, and sins past and present.

On the second Triodion Sunday the Church addresses this tendency with Jesus' healing words.

Most of us are familiar with Jesus' parable that begins, "A certain man had two sons" (Luke 15:11-32). The younger son took his inheritance and squandered it on reckless partying. Starving and broke, he found a job feeding swine, the lowest of low positions for a good, kosher Jewish boy. An article from the Greek Orthodox Archdiocese for the Sunday of the Prodigal Son notes,

*The reading of this parable follows the Sunday of the Publican and the Pharisee so that, seeing in the person of the Prodigal Son our own sinful condition, we might come to our senses and return to God through repentance. For those who have fallen into great despair over their sins, thinking that there is no forgiveness, this parable offers hope. The Heavenly Father is patiently and lovingly waiting for our return. There is no sin that can overcome His love for us.*



## But Don't Forget: Eternity Awaits



On the third Sunday of Lenten preparation, we remember Jesus' parable of the sheep and the goats (Matthew 25:31-46). At the Last Judgment, Jesus invites the sheep into His Kingdom, telling them that the love they showed to people in need was really offered to Him.

To the goats, who did not help the needy, He says, “Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to me” (vv. 42-45). The righteous sheep inherit eternal life; the goats receive everlasting punishment.

In its Judgment Sunday article, the GOA website notes,

*On the past two Sundays of this pre-Lenten period, the focus was placed on God’s patience and limitless compassion, of His readiness to accept every sinner who returns to Him. On this third Sunday, we are powerfully reminded of a complementary truth: no one is so patient and so merciful as God, but even He does not forgive those who do not repent. The God of love is also a God of righteousness, and when Christ comes again in glory, He will come as our Judge. Such is the message of Lent to each of us: turn back while there is still time, repent before the End comes.*

Another important theme of this Sunday is love. When Christ comes to judge us, what will be His standard for judgment?

*The parable of the Last Judgment answers: love—not a mere humanitarian concern for abstract justice and the anonymous “poor,” but concrete and personal love for the human person—the specific persons that we encounter each day in our lives.*

## **Gathering at the Starting Line for Great Lent**

Finally, on the day before Great Lent begins, the Sunday of Forgiveness features two themes: we remember Adam and Eve’s expulsion from Paradise, and we consider our own need for forgiveness.

*Lent is a time when we weep with Adam and Eve before the closed gate of Eden, repenting with them for the sins that have deprived us of our free communion with God. But Lent is also a time when we are preparing to celebrate the saving event of Christ’s death and rising, which has reopened Paradise to us once more (Luke 23:43). So sorrow for our exile in sin is tempered by hope of our re-entry into Paradise. — “Forgiveness Sunday,” goarch.org*

The beautiful ceremony of mutual forgiveness at the end of Vespers on this evening reminds us:

*There can be no true fast, no genuine repentance, no reconciliation with God, unless we are at the same time reconciled with one another. A fast without mutual love is the fast of demons. We do not travel the road of Lent as isolated individuals but as members of a family. Our asceticism and fasting should not separate us from others, but should link us to them with ever-stronger bonds.*

As the sun sets on Forgiveness Sunday, we have now spent 22 days readying ourselves for Great Lent. Do we really need all this prep time ?

Yes.

We learn things best slowly, with repetition. Or, stated less graciously, the Church is trying to hammer some important truths into our thick heads. She reminds us, each year, of our tendency toward either prideful self-love or despairing self-hatred, of God’s requirement that we love Him by loving others, and of our need to walk in mutual forgiveness as we find our way back to Him. We are never “done.” We must be continually learning, repenting, and practicing this art of love.

We need reminders. We need to reorient ourselves to God’s ways. Battered by the world, the flesh, and the devil, we come to Great Lent each year after warming up for the race, shoveling the hindrances from our lives, in order to find our way back to God. <https://blogs.ancientfaith.com/walkinganancientpath/2020/02/13/extreme-prep-the-long-triodion-warm-up-for-lent/>

# Calendar of Events

April 5	53 <sup>rd</sup> Annual Pysanky Sale
June 12 – 15	St Nicholas Special Needs Family Camp
June 21-July 13	Diocesan Church School Camp
July 5-18	Teenage Conference
July 22-26	23 <sup>rd</sup> Annual UOL Convention
July 27-31	Mommy & Me /Daddy & Me Camp

## 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

3<sup>rd</sup> 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. all 276-9718 to schedule a donation.

### **Parish Website/Social Media**

**To Submit items for publication on website & social media:**

Submit items for Parish Website or Social Media posting by emailing items or information to [orthodoxcarnegie@gmail.com](mailto:orthodoxcarnegie@gmail.com) or use the technology link from the website. Any questions about the website, parish social media please see Chris Mills.

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>email information/items to [orthodoxcarnegie@gmail.com](mailto:orthodoxcarnegie@gmail.com)

>if you have a flyer (not required) submit in picture format if possible

>allow 24 to 48 hours for request to be completed.

If needed sooner, please indicate and text Chris Mills at 412-716-0562.

>an email can be submitted from Parish Website | Contact Page ; using the technology email form

**BULLETIN SPONSOR DATES**

February 2 \_\_\_\_\_  
February 9 \_\_\_\_\_  
February 16 \_\_\_\_\_  
February 23 \_\_\_\_\_

March 1 \_\_\_\_\_  
March 8 \_\_\_\_\_  
March 15 \_\_\_\_\_  
March 22 \_\_\_\_\_  
March 29 \_\_\_\_\_

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**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**