

Sunday Bulletin
July 24th, 2022 – 6th Sunday after Pentecost
Blessed Equal to the Apostles – Great Princess Olha



Sts. Peter & Paul Ukrainian Orthodox Church
Youngstown, Ohio 44509



July 24th, 2022

SS. Peter & Paul UOC
Українська Православна
Церква Святих Петра і Павла
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Anna Anderson
Choir Director
Chuck Woloschak
President of the Church Council

Ministries:

Altar Servers
Church Choir
Church School
Adult Education
St. Mary's Sisterhood
SS. Peter & Paul Brotherhood
Senior UOL Chapter
Junior UOL Chapter
Orphanage Mission Ministry
Fr Mykola Zomchak - Editor

Website:

<http://www.stspeterpauluoc.org>

STS Peter & Paul Ukrainian Orthodox Church

*We invite you to a celebration of
the Resurrection of Christ each week.*



July 24th, 2022 – 6th Sunday after Pentecost
Blessed Equal to the Apostles - Great Princess Olha

Epistle: Romans 12:6-14

Gospel: Matthew 9:1-8



Tone 5 Troparion (Resurrection)

Let us, the faithful, praise and worship the Word,
co-eternal with the Father and the Spirit,
born for our salvation from the Virgin;
for He willed to be lifted up on the Cross in the flesh,
to endure death,
and to raise the dead//
by His glorious Resurrection.

Troparion — Tone 1 (Great Princess Olha)

Giving your mind the wings of divine understanding,
/ you soared above visible creation seeking God the
Creator of all. / When you had found Him, you
received rebirth through baptism. /
As one who enjoys the Tree of Life, /
you remain eternally incorrupt, ever-glorious Olga.

Tone 5 Kontakion (Resurrection)

You descended into hell, O my Savior,
shattering its gates as Almighty,
resurrecting the dead as Creator,
and destroying the sting of death.

You have delivered Adam from the curse, O Lover of man, //
and we cry to You: "O Lord, save us!"

Kontakion — Tone 4

Today let us praise God the Benefactor of all, /
who glorified divinely-wise Olga, / that through her prayers,
He may grant our souls remission of sins.

Tone 5 Prokeimenon (Resurrection)

You, O Lord, shall protect us / and preserve us from this generation forever.
V. Save me, O Lord, for there is no longer any that is godly! (Ps. 11:1a)

The Reading is from the Letter of the Holy Apostle Paul to the Romans

Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness. Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse.

Alleluia and Verses Tone 5

V. I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation. (Ps. 88:1-2)

V. For You have said: Mercy will be established forever; Your truth will be prepared in the heavens. (Ps. 88:3)

Alleluia, Alleluia, Alleluia

The reading is from the Gospel according to St. Matthew

So He got into a boat, crossed over, and came to His own city. Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you." And at once some of the scribes said within themselves, "This Man blasphemes!" But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven you,' or to say, 'Arise and walk'? But that you may know that the Son of Man has power on earth to forgive sins" – then He said to the paralytic, "Arise, take up your bed, and go to your house." And he arose and departed to his house. Now when the multitudes saw it, they marveled and glorified God, who had given such power to men.

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! (Ps. 148:1)

Alleluia, Alleluia, Alleluia!



MEMORY ETERNAL

Rev Fr Gregory Becker, Mary Ann Senedak,
John Nicholas Visa, Alexandra Prychodzenko,
Dr. Steven Sivulich, Cheryl Kraynik (Dobransky),
Helen Zebel, Kateryna
All Innocent Victims Who died because of shootings
All Who gave their lives during the war in Ukraine

PRAYER FOR THE DEPARTED

For Thou are the Resurrection, the Life, and the Repose of Thy servants who have fallen asleep, O Christ our God, and unto Thee we ascribe glory, together with Thy Father, who is from everlasting, and Thine all-holy, good, and life-creating Spirit, now and ever unto ages of ages. Amen.

PRAYER LIST

PLEASE PRAY FOR HEALING, COMFORT, AND SPIRITUAL PEACE

Metropolitan Antony, Carol Rappach, Charles Senediak,
Audrey Racz, Katerina Ulrich, Marianne Carmack,
Michael Woloschak, Pauline Witkowsky, Eileen Maluk,
Joe Ewanish, Peter Anderson, Mary Ann Senediak,
Albert Auden, Michael Gino Maluk,



Gr. Martyr and
Healer St.

Boris & Kathleen Vuksanovich, Mykola Prychodczenko, Kathy Zebel, Artem
Pavlusyk, Romania Pavlusyk
All victims Suffering from the Corona Virus
All Ukrainian people who are suffering from the war.

PRAYER FOR THE SICK

O Christ, Who alone art our Defender: Visit and heal Thy suffering servant (name) delivering him (her) from sickness and grievous pains. Raise him (her) up that he (she) may sing to Thee and praise Thee without ceasing, through the prayers of the Theotokos, O Thou Who alone lovest mankind. Amen.



Q&A: WHAT IS THE MEANING OF CONVERSION?

THE ENGLISH WORD "CONVERSION" IS ASSOCIATED WITH THE HEBREW WORD *SHUV*, WHICH MEANS TO TURN BACK OR RETURN, AND THE GREEK WORDS *EPISTREPHO* AND *METANOEO*, BOTH OF WHICH INDICATE TO TURN TOWARDS GOD. THE KEY TERM IN THE NEW TESTAMENT IS THE LATTER, TOGETHER WITH ITS NOUN



FORM *METANOIA*. THIS TERM SIGNIFIES NOT SIMPLY A CHANGE OF MIND (AS IN CLASSICAL GREEK) BUT A CHANGE OF HEART. *METANOIA* CAN ALSO BE TRANSLATED AS "REPENTANCE." JOHN WESLEY WAS CERTAINLY TRUE TO THE BASIC WITNESS OF SCRIPTURE WHEN HE DEFINED CONVERSION IN HIS DICTIONARY AS "A THOROUGH CHANGE OF HEART AND LIFE FROM SIN TO HOLINESS, A TURNING." ALTHOUGH CONVERSION IS BASICALLY A CHANGE IN ONE'S RELATIONSHIP TO GOD, THIS SPIRITUAL CHANGE ENTAILS A TRANSFORMATION IN SOCIAL ATTITUDES AS WELL.

CONVERSION IS PRIMARILY A SPIRITUAL EVENT, BUT IT HAS PROFOUND IMPLICATIONS IN THE SECULAR OR PUBLIC SPHERE OF MAN'S LIFE. IT POINTS MAN TOWARD A SPIRITUAL GOAL, HE IS CALLED TO PURSUE THIS SPIRITUAL GOAL ALL THE WAY THROUGH HIS LIFE.

"IF ANYONE WISHES TO COME AFTER ME, LET HIM DENY SELF, AND TAKE UP HIS CROSS, AND FOLLOW ME."

(MATT. 16:24-25)

Who is Blessed Olga?

Blessed Olga lived during the 10th Century, born sometime between 890 and 925 A.D.. Her husband is the Prince of Kyiv Igor I. After her husband's murder in 945, she became the de facto ruler of Kyivan Rus. (Her son was not yet of age). It was during this time that she came to seek the true faith, and traveled to Constantinople to be baptized.

We know Olga as a fierce woman. She sought revenge against the pagan Drevlyani tribe who murdered her husband. Though she had not yet converted at the time, her strong victory against the Drevlyani (a tribe who lived by the sword) is viewed as a victory for God. As well as a fulfillment of the words of Christ: "Put your sword back into its place; for all who take the sword will perish by the sword." (Matt 26:52). While Blessed Olga was unable to bring her son to Christianity, she is cited as playing a major role in the conversion of her grandson, Vladimir the Great.

The figure of the holy equal-to-the-apostles princess Olha is shrouded in glory – folk, church, and historical. She is one of the most famous women in Ukraine's history. Princess Olha (in Holy Baptism – Olena) was the first Christian on the Grand Throne of Kyiv, wisely ruled a powerful state for 17 years, and became a saint of the Church of Christ.

She lived more than a millennium ago, so, unfortunately, much of her life story remains unknown to us. We learn about her Varangian origins from the chronicles, so the name Olha is an adapted Scandinavian name Helga (Helga), which translates as "holy." Saint Demetrius of Rostov (Tuptalo) in the Lives of the Saints tells how she became a princess: Prince Ihor once saw a beautiful girl on the hunt and sought to seduce her, but she acted with dignity, so he wished to marry Olha legitimately. So in 903, Olha became princess.

She entered the historical arena in 945, after the tragic death of her husband. As the heir – their son Sviatoslav – was only 3 years old at the time, Princess Olha became his regent and took the helm with the power of the Grand Princess of Kyiv. She became famous for many decisive, bold, and wise state decisions, with her glory shining on far beyond Rus-Ukraine.

But Princess Olha's greatness manifested itself the most when she accepted the Christian faith, thus significantly raising the prestige of her state in the eyes of Byzantium and the then rulers of Europe. Olha's baptism is celebrated as a significant event not only by domestic chronicle sources, but also by foreign ones, although even today, historians argue about the specific date and location. Most likely, she was baptized no later than 955, in Rus or in Constantinople. In the icons, the equal-to-the-apostles Olha is traditionally depicted standing up. In her right hand is a cross, a



symbol of the preaching of Christ, done by all saints, and in her left hand – a symbolic image of the temple. According to legend, she built many churches in the Kyiv state, with the first one being the St. Nicholas Church on Askold’s grave.

According to the chronicles, Princess Olha “traveled across towns and villages throughout the land of Rus, preaching the Gospel as a true disciple of Christ and equal to the apostles” and that “many people gladly accepted the word of God and got baptized.” Christianity had a profound effect on her personal life – she pursued acts of charity, remained kind, generous, fair, and kind to people.

Having become a Christian, the princess showed the people a new type of worldview. She could not convert her son Sviatoslav to the true faith, but generously sowed the seeds of Christian faith in the soul of her grandson, Prince Volodymyr. Princess Olha passed in 969, commanding not to commit pagan delusion over herself, but to bury her according to Christian custom in the Kyiv church of St. Nicholas, on Askold’s grave. The princess’s body remained incorruptible, and later her grandson Volodymyr transferred the relics of the saint to the Tithe Church of the Assumption of the Blessed Virgin.

Celebrating St Olga

To commemorate this feast day, be sure to say the prayers and tropars in your icon corner as a family. The fruit of St. Olga’s work was not completed in her lifetime, but in her grandson’s. Spend some time today with your family talking about your hopes for your children, and what you hope to pass down to them. Discuss what virtues are most important to you as a family. And most of all, discuss the faith together!



GIVE AND IT SHALL BE GIVEN TO YOU... Luke 6:38

OUR OFFERINGS TO THE LORD AS OF

		July 17
General:		\$ 1276.00
Renovation:		\$ 170.00
Online Donations on Tithe.ly		\$ 40.00

**“GIVING IS SHARING A PORTION
WITH THE ONE
WHO FIRST GAVE IT ALL TO YOU...”**





Liturgical Schedule, Feast Days

Please contact Fr Mykola to schedule Prayer Services - 330-799-3830 (Liturgy, Panakhyda, Moleben, Confession, Blessing of houses, cars, etc.) to request Bulletin Dedications, Announcements or Proshpora Offerings

SERVICE AND FEAST DAY SCHEDULE

- Saturday, July 23, 5PM – Great Vespers
- Sunday, July 24, 9:30AM – Divine Liturgy, 6th Sunday
- Sunday, July 31, 9:30AM – Divine Liturgy, 7th Sunday
- Saturday, August 6, 5PM – Great Vespers
- Sunday, August 7, 9:30AM – Divine Liturgy, 8th Sunday
- Sunday, August 14, 9:30AM – Divine Liturgy, 9th Sunday
- Friday, August 19, 9:30AM – Divine Liturgy, The Holy Transfiguration of Our Lord, God and Savior Jesus Christ
- Saturday, August 20, 5PM – Great Vespers
- Sunday, August 21, 9:30AM – Divine Liturgy, 10th Sunday

"REMEMBER THE SABBATH DAY AND KEEP IT HOLY.



Help us at the BINGO to support our Church. Volunteers needed for our BINGO nights: selling cards, tickets, helping at the kitchen etc.

Please refer to Chuck Woloschak if you're willing to help.



VOLUNTEERS NEEDED

PYROHIES SALE SCHEDULE

- August** Order by: Monday, August 8
Work date: August 10
Pick-up on: Friday, August 12, from 9:00 am – noon
- Septemb** Order by: Monday, September 12
Work date: September 14 & 15
Pick-up on: Friday, September 16, from 9:00 am – noon
- October** Order by: Monday, October 3
Work date: October 5 & 6
Pick-up on: Friday, October 7, from 9:00 am – noon
Order by: Monday, October 17
Work date: October 19 & 20
Pick-up on: Friday, October 21, from 9:00 am – noon
- Novemb** Order by: Monday, October 31
Work date: November 2 & 3
Pick-up on: Friday, November 4, from 9:00 am – noon
Order by: Monday, November 14
Work date: November 16 & 17
Pick-up on: Friday, November 18, from 9:00 am – noon
- Decemb** Order by: Monday, December 5
Work date: December 7 & 8
Pick-up on: Friday, December 9, from 9:00 am – noon

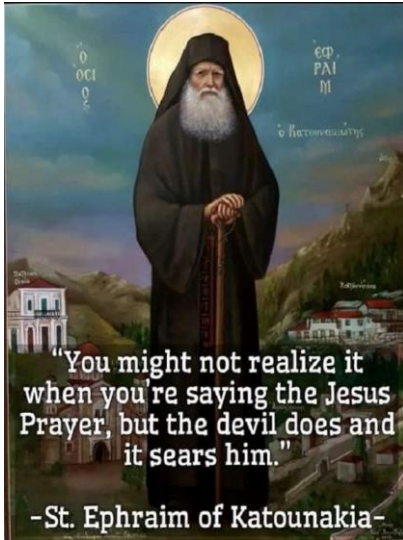


Potato & Cheese, Potato Onion, Kraut or
Potato & Kraut \$8.00 a dozen

Stuffed cabbage & Baked Goods - TBA

**Please join us for making Pyrohy on the work dates.
For questions: (234) 247-1534 Anna Anderson**





What is Jesus Prayer?

The Jesus Prayer, also known as The Prayer, is a short formulaic prayer esteemed and advocated especially within the Eastern churches: "**Lord Jesus Christ, Son of God, have mercy on me, a sinner.**" The prayer has been widely taught and discussed throughout the history of the Orthodox Church. The Jesus prayer is recognized in the Church as a very important form of prayer to help us progress in our spiritual maturity by coming closer to a unity with God. Some say it is the only prayer we need to learn.

What is the purpose of Jesus Prayer?

The Jesus Prayer is used for **repentance, growing in humility, developing clarity of mind, experiencing the Presence of God, and aligning oneself with the Lord.**

Who can say the prayer?

Clearly, the Jesus Prayer is not only for monks. We are told that the prayer is for cab drivers, social workers, business persons, teachers, professional baseball players (not necessarily used to win a game), psychiatrists. We use the Jesus Prayer to do God's will, not our own bidding. Anyone, everyone can say the Jesus Prayer. There are no prerequisites for saying the Jesus Prayer. We are all sinners and need to pray, always. We try to keep the Commandments, be living members of His Body on earth, and try to find a guide. Bishop Kallistos Ware has sound advice for those who simply can't find a suitable guide. "But those who have no personal contact with starets may still practice the Prayer without any fear, so long as they do so only for limited periods - initially, for no more than ten or fifteen minutes at a time - and so long as they make no attempt to interfere with the body's natural rhythms."

When to Pray?

The Jesus Prayer is recommended in the morning, following our prayer rule, for some period of time, perhaps 10 or 15 minutes. If that is impossible, then sometime before noon, or in the evening. This might be called "formal" use of the

prayer. The second form of the Jesus Prayer is the "free" use of the prayer. This means at any and all other times of the day, or night. This is especially true for the semi-automatic tasks such as driving, doing dishes, walking, being unable to sleep, etc. The Jesus Prayer is notably useful in time of extreme concern or upset. When alone, we might find it helpful to pray the Jesus Prayer, out loud. This can help lower the distraction level.

How beneficial is the prayer to us?

The Jesus prayer is very powerful in its simplicity. It enables us to participate in the life of Christ. It allows us to call Him into our thoughts and feelings continually, to make Him a part of our minds and hearts in a living way. This prayer brings Christ into every aspect of our life. It is with us no matter where we are or what we are doing. It eventually becomes a living part of us and is continually repeated in our heart. Remember, its aim is union with Christ and not some kind of spiritual experience or peaceful state.

There are two functions of the Jesus Prayer. **The first is worship** with repentance like all prayer. In this regard it must be repeated with total sincerity. It must be coupled with an attitude of repentance coupled with humility. We must also have a feeling of awe when calling on God's name, recognizing His perfect love and His awesome power. At the same time we must be fully aware of our limitations in being able to live the way He intended for us at our Creation. We know from the story of our creation in Genesis, He made us in His "image and likeness". So we have an incredible potential to live up to. If we honor this and recognize how far we miss the mark, we will approach Him with a contrite heart and along with a sincere desire to be helped and transformed so we can live up to this beautiful potential He gave to each of us.

The **second** purpose of this prayer is **to help us concentrate our inner life**, calming it, so we can focus our attention totally on God and his teachings. We may refer to this as a form of spiritual purification. If we study human behavior we know that our brain is very active and easily distracts our mind as it continually reacts to various stimulus through our five senses based on hidden assumptions programed in its inner workings. The repetition of this prayer is an ascetic discipline to help us focus the attention of our mind on God rather on the endless stimulation of our senses and our biased orientation to seek pleasure and avoid pain.



Beds and Logistical supplies purchased and delivered to the elderly refugees in Ukraine



And Jesus said unto him, "The foxes have holes, and the birds of the air have nests, but the Son of Man hath nowhere to lay His head." Matthew 8:20

It is heartbreaking to think that Christ had no place to lay His head and get some rest. It is poignant to realize that today many people find themselves in the same situation. With the unprovoked

Russian invasion of Ukraine, hundreds of thousands of innocent Ukrainians had to flee their homes, thereby become internally displaced persons. They had to leave behind not only their physical dwellings, but, everything that entails including their creature comforts - material goods that contribute to physical ease and well-being, such as good food and accommodations. These people fled westward to distance themselves from Russia. While many crossed the borders into Poland, and Romania, others could not bring themselves to leave their homeland and settled in refugee camps and temporary housing in the western cities of Ukraine. Sadly, many of these IDPs have no place to lay their heads.

After a long day we look forward to cuddling up in our soft beds and getting some rest, to re-energize for the next day's activities. Even the Lord rested on the seventh day of Creation, in order for us to realize the importance of resting our own bodies and minds. To help these stressed and anxious individuals who are already dealing with the tragedies of war, with the blessing of His Eminence Metropolitan Antony and Archbishop Daniel, the UOC of the USA sponsored the purchase of 60 beds in the Lviv region who were in need.



Working in conjunction with Metropolitan Dymytriy of Lviv and Sokal, the beds were delivered to the Municipal Institution of the Lviv Regional Council "Pidbuz Geriatric Boarding House", which is located in the village of Pidbuz, Drohobytsky District, Skhidnytskyi Territorial Community, Lviv Region.



This is the second endeavor in which the Ukrainian Orthodox Church of the USA has assisted the Lviv-Sokal Diocese of the Orthodox Church in Ukraine.

With the assistance of the parish pastor, Ivan Almes of the Cathedral of St. John the Forerunner (Drohobitsk-Sambir Diocese), the beds were delivered to the elderly who take refuge in the Boarding

house. These individuals expressed their gratitude at the donation of beds, as many of them are not mobile, and spend most of their days sitting or lying down. Now, even though most find themselves alone, with their children and families far away in relative safety, they know that they are not forgotten, but, remembered by their Ukrainian brothers and sisters from far away America, who have donated funds to ease their lives and bring them comfort in these troubling times.

As the residents of the Boarding House settled into their sturdy and comfortable beds, Metropolitan Dymytriy visited them all, praying with them, talking to them, and gifting them with an icon.

The Boarding House also is blessed to have a small church on the grounds where the elderly residents can attend Divine Liturgy and partake of the Holy Sacraments.



It is thanks to the faithful of the Orthodox Church of Ukraine and their hierarchs that these individuals who are enduring physical hardships, mental stress, and spiritual struggles, today have had their hopes renewed, and can face tomorrow in physical comfort, encircled in a spiritual and loving hug from the faithful of the Ukrainian Orthodox Church of the USA. The need is great. Please consider donating the Humanitarian Aid Fund of the UOC of the USA.

Consistory of the UOC of USA

**HELP FOR
UKRAINE**

**TO MAKE A CONTRIBUTION TOWARDS
AID TO UKRAINE**

Make checks to the UOC of USA with Memo:
AID FOR UKRAINE



**Join our Orthodox Christian
Community – other Orthodox
parishes in the area, at the
2022 Canfield FAIR.**

**Let us show our unity in Christ
among the people!**



Support the Fundraising

UA ribbon pins for \$5.00 each.



All profits will benefit orphans relocated from the war zone to Poland. Makes a great gift for family or friends!



See Diane for your ribbons. Praying for peace



Save the date! -
**PILGRIMAGE to the
Monastery**
AUGUST 7, after the Liturgy

PILGRIMAGE to the Orthodox Monastery of the Transfiguration along with visiting Fr. John's Harvey graveside at the monastery (Ellwood city, PA)

Please write your name in the sign-up sheet at the back of the Church to be part of our pilgrimage. See father Mykola for any questions.



Quarter Auction

October 8, 2022

Money to Benefit FR. Olynyk
Scholarship Fund



Seeking Donations:

cash , lottery tickets,
gift cards and gas cards. **NO GIFTS.**

Because of **YOU** and your generous donations were very successful in 2019.

To make a donation (or for an additional information) please contact :

Let`s benefit our Scholarship Fund

Crystal – 330 766 6872

Yvonne – 330 402 8716



2022 Upcoming dates & events

Local

August 7 A pilgrimage to the Orthodox Monastery of the Transfiguration along with visiting Fr. John's Harvey graveside.

National

July 27-31 75th UOL Convention at Sts Peter & Paul, Carnegie, PA.

August 1-5 Mommy/Daddy & Me at ASC

August 5-8 St. Nicholas Program at ASC

Aug 28 – Sep 1 ASC for Adults

Aug 31 – Sep 5 Canfield Fair

September 2-5 Family Fest at ASC

October 13-15 23rd Regular Sobor of the UOC of USA, South Bound Brook / Somerset, NJ

Fr Mykola served as a spiritual father at All Saints Camp

