

2nd Sunday of Great Lent – St. Gregory Palamas
March 24, 2019 – Sunday Bulletin



Sts. Peter & Paul Orthodox Church
Youngstown, Ohio



SS. Peter & Paul Ukrainian Orthodox Church

Святі Петро і Павло Українська Православна Церква
1025 N. Belle Vista Ave, Youngstown, OH 44509
330.799.3830

Fr. Ivan Tchopko, Pastor

Fr. Gregory Becker, Choir Director

Chuck Woloschak, President of the Church Council

March 24, 2019

Second Sunday of Great Lent - Tone 2

St. Gregory Palamas the Archbishop of Thessalonica.

Synaxis of all Venerable Fathers of the Kyiv Caves. St. Sophronius, patriarch of Jerusalem (638). Hieromartyr Pionius of Smyrna and those with him (250). St. Sophronius, recluse of the Kyiv Caves (13th c.).

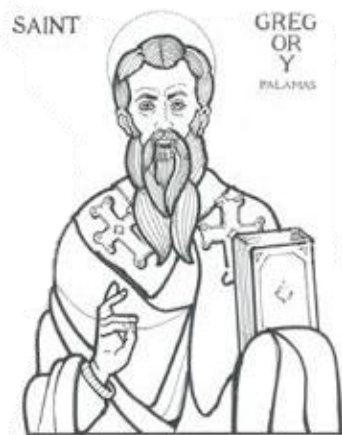
Epistle: Hebrews 1:10–2:3; Gospel: Mark 2:1-12

For the Saint - Epistle: Hebrews 7:26 - 8:2; Gospel: John 10:9-16

ST. GREGORY PALAMAS

Our father among the Saints Gregory Palamas (1296-1359), Archbishop of Thessalonica, was a monk of Mount Athos in Greece, and later became Archbishop of Thessalonica. He was a preeminent theologian and a proponent of hesychastic theology. In Orthodox Christianity, it is type of monastic life in which practitioners seek divine quietness (Greek *hesychia*) through the contemplation of God in uninterrupted prayer.

St. John Climacus, one of the greatest writers of the Hesychast tradition, wrote, “Let the remembrance of Jesus be present with each breath, and then you will know the value of the *hesychia*.” Hesychasm was violently attacked in the first half of the 14th century by Barlaam (Varlaam) the Calabrian. St. Gregory Palamas defended the Hesychast monks. The teachings of Palamas were confirmed by the Orthodox Church in a series of councils held in Constantinople (1341, 1347, 1351).





The Sundays of Great Lent

1st Sunday



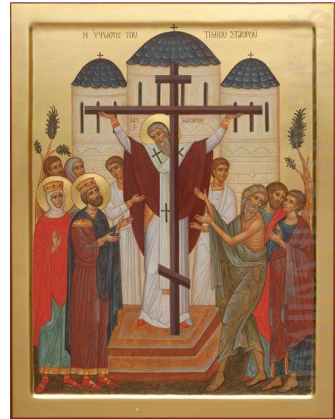
Triumph of Orthodoxy

2nd Sunday



St. Gregory Palamas

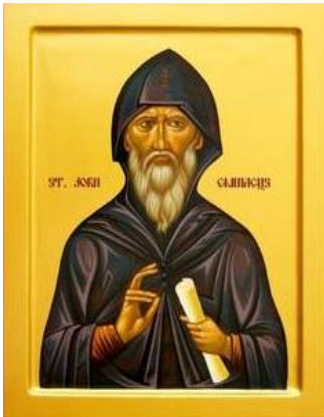
3rd Sunday



Adoration of the Cross



4th Sunday



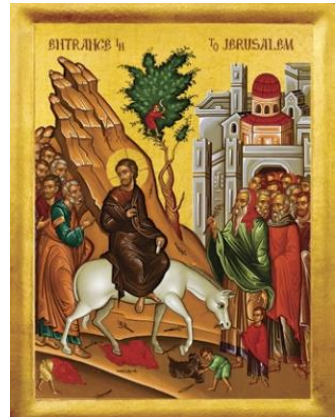
Venerable John Climacus

5th Sunday



Venerable Mary of Egypt

6th Sunday



The Entry of the Lord into Jerusalem



Rectory Renovation

Rectory Renovation

There's still time!

The Church is still accepting donations to help fund the Rectory Renovation. You have until Sunday, April 7, 2019, to give a gift to Sts. Peter & Paul for this project. After that deadline, we will not be able to include names on the Plaque that acknowledges your gift and anyone you list to honor or remember. There are forms and envelopes available in the back of the Church. If you have any questions, please contact Chuck Woloschak or Fr. Ivan.

Stewardship
*is the grateful response of a Christian
disciple who recognizes and receives
God's gifts and shares these gifts with
their neighbor with the love of God.*

PLEASE TAKE NOTE:

STEWARDSHIP CARDS ARE ON THE WAY!!!!

Stewardship Cards will arrive very soon delivered to the address you have on file with the Church by the United States Postal Service. So, please be on the lookout for this very important yearly request to renew your commitment to Sts. Peter & Paul Ukrainian Orthodox Church and its vital ministry to all Orthodox Christians, the members of our community, and those who are interested in embracing the Orthodox Way. Your time, your talent, your material resources and the fellowship we share with one another are the precious gifts we bring to our Lord and Savior, Jesus Christ. With your support, we look forward to many years in His Vineyard

FROM THE TRIODION – 3RD WEEK OF GREAT LENT

Monday

*Matins: Sessional Hymn (Tone 8)
after the 3rd reading of The Psalter)*

Holy and Honored Trinity, As we now enter the third week of the fast, Keep us safe from harm and condemnation. Enable us rightly to pass through the remaining time, And, so to fulfill all Your commands, That offering up our hymns of praise with a pure conscience, we may attain the glorious resurrection!

Tuesday

*Matins: Sessional Hymn (Tone 3)
after the 3rd reading of the psalter):*

Made glad by the fast and greatly rejoicing in song, Gaining mastery of all the passions through our prayers, Let us trample underfoot all the snares of the devil And cry aloud with one accord to Christ: Count us worthy to behold your cross, In your compassion granting us great mercy!

Wednesday

Vespers: Verse from the Aposticha (Tone 7)

I, a prodigal, confess that I have sinned, Lord. From where I fell and have now become wretched, I dare not lift my eyes to gaze at heaven! I have sinned before heaven and before You; I am no longer worthy to be called Your son. I condemn myself, seeking neither defenders nor accusers, Because my very life of wretchedness judges me, My nakedness confirms the shame in which I am clothed! Tender-hearted father, only-begotten son and holy spirit, Receive me in repentance and have mercy on me!

Thursday

Matins: Sessional Hymn (by Theodore) Tone 6

Divine apostles, Stars that shine on all the world, Give light to us who sing Your praises as we keep the fast! We pray that we all may be counted worthy To look upon the wood of the life-giving cross with pure eyes, Embracing it with pure lips and crying aloud with joy: O Lord, glory to You!

Vespers "Lord I call" Verse - Tone 1 (by Theodore)

We have completed the third week of the precious fast. Enable us, Christ the word, To behold the wood of Your life-bearing cross, To bow before it worthily, To praise and glorify Your majesty, To exalt and magnify Your passion, To attain in purity the holy, glorious resurrection Through which Adam re-enters paradise:

The mystical Pascha!

Friday

*Matins Sessional Hymn Tone 1
after the 3rd reading of The Psalter*

With our flesh cleansed by abstinence And our souls filled with light by prayer, Count us worthy, Lord, to behold Your precious and venerable cross; To reverence it with fear, singing hymns and saying: Glory to Your life-giving cross; Glory to the holy spear that pierced You, By which we are restored to life, For You alone are the lover of mankind!

Saturday

Vespers "Lord I call" Verse - Tone 5

Rejoice, life-bearing cross! The invincible weapon of godliness, The gate of paradise, the protection of the faithful! The cross is the might of the church, Through which corruption is abolished, Through which the power of death is crushed. The cross raises us from earth to heaven, The cross is the enemy of Satan! The cross is the glory of the martyrs! The cross is the haven of salvation, Which grants the world great mercy!



STUDENT MISSION TRIP STRUDEL SALE

Apple \$8 ■ Cherry \$8 ■ Cherry with Cheese \$9

Order by Tuesday, April 9th

Pickup Sunday, April 14 from 12-noon to 2 pm at the Orthodox Center.

Please call to place your order and please prepay ahead.

Mrs. Diane Senedak 330-792-6699 ■ Mr. Mischey 330-799-7911

If you would like to help, we are baking and wrapping boards on Saturday, April 13, starting at 8 AM. We also need help packing, labeling and filling orders before church at 8:00 AM on Sunday morning. Thank you!

STEWARDSHIP ACTIVITIES AND OPPORTUNITIES

Don't Just go to Church, Be the Church/Thank you for your Gifts of Love

Pray at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, and also for me (a priest), that utterance may be given me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains; that I may declare it boldly, as I ought to speak. Ephesians 6: 18-20

Please continue to pray for **Fr. Gregory Becker's** complete and timely recovery from the injuries he sustained during the first week of Lent. It was a wonderful gift to be able to visit with him last Sunday following the Blessing of the Rectory and Luncheon Reception for Fr. Ivan. He so much wanted to be there and was quite moved and so appreciative of everyone's kindness and prayerful support.

PRAYER LIST

*Please pray for good health for our following parish family members and others:
Fr. Gregory Becker, Fr. Andrew Gall, Fr. Paisius McGrath, Fr. John Nakonachny,
Pani-matka Mary Ann Nakonachny, Mykola Prychodczenko, Walter Duzzyny,
Alice Dobransky, Nancy Tiedeman, James Bobersky, Kay Mahys, Marie Pupa,
Deborah Harvey, Mary Lapushansky, Stella Woytek, Kathy Duzzyny, Mary Ann
Owens, Pauline Witkowsky, Dr. Dinah Fedyna, Mary Goncy, Catherine Rogenski,
Marianne Carmack, Kenneth, Matthen, Peter, Michelle, Basil*

UPCOMING PARISH AND OTHER EVENTS

Please contact the church office to schedule Panikhidas, request Bulletin Dedications, or make Prosphora Offerings.

2nd SUNDAY OF GREAT LENT, March 24, 2019: St Gregory Palamas

- 9:30 – Divine Liturgy of St. Basil the Great
 - Meeting of the Senior UOL Immediately following the Divine Liturgy
 - 5:00 PM Lenten Vespers: St. Mark Orthodox Antiochian Orthodox Church, 3560 Logan Way, Liberty Township, Youngstown, OH 44505
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3rd WEEK OF GREAT LENT – Service and Event Schedule

- Tuesday, March 26, 2019 – **COMMUNITY DINNER**
- Wednesday, March 27, 2019, 6:30 PM – Akathist to the Mother of God Nurture of Children
- Saturday, March 30, 2019 – 8:00 AM – 5:00 PM **UOL Lenten Retreat:** *Don't just go to Church, Be the Church* at Villa Maria Education and Spirituality Center, Pulaski, PA. All invited attend. Please see Stephanie Rimedeo to register.

3rd SUNDAY OF GREAT LENT, March 31, 2019: Adoration of the Cross

- 9:30 – Divine Liturgy of St. Basil the Great
 - Meeting of St. Mary's Sisterhood immediately following the Divine Liturgy
 - 5:00 PM Lenten Vespers: St. John the Forerunner Orthodox Church, 4955 Glenwood Avenue, Boardman, OH 44512
 - This Sunday's second collection will be sent Fr. John and Pani Laryssa Charest to help fund the hosting of three siblings from Ukraine this summer. Fr. John and Pani Laryssa are in the process of seeking to adopt these three children.
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NEXT PEROGIE SALE

FRIDAY, MARCH 22, 2019 (PICKUP 10 AM – NOON)

Don't forget: your help is always welcome and needed.

Task	APRIL	MAY
Potato Prep	3 rd (Wed)	8 th (Wed)
Pinching	4 th (Thurs)	9 th (Thurs)
Pick-up	5 th (Fri)	10 th (Fri)
Potato Prep	17 th (Wed)	22 nd (Wed)
Pinching	18 th (Thurs)	23 rd (Thurs)
Pick-up	19 th (Fri)	24 th (Fri)

DON'T FORGET WE CAN ALWAYS USE YOUR HELP!!

GREAT LENT SUNDAY VESPER SCHEDULE

5:00 PM - March 24th - St. Mark, Youngstown, OH

5:00 PM - March 31st - St. John the Forerunner, Youngstown, OH

5:00 PM - April 7th - Holy Trinity, Youngstown, OH

5:00 PM - April 14th - Sts. Peter & Paul, Youngstown, OH



The Lenten Prayer of St. Ephraim the Syrian

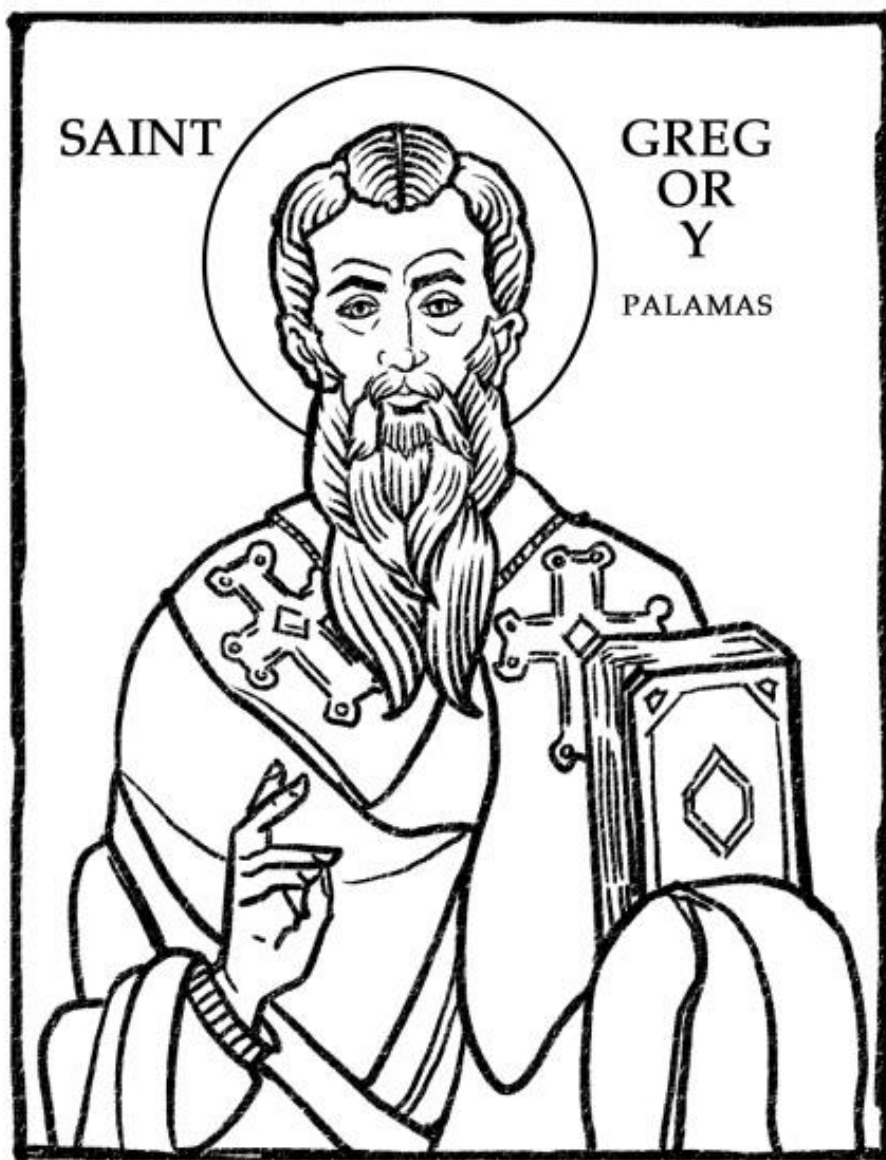
*O Lord and Master of my life!
Take from me the spirit of sloth,
faint-heartedness, lust of power, and idle talk.
(prostration)*

*But give rather the spirit of chastity,
humility, patience, and love to Thy servant.
(prostration)*

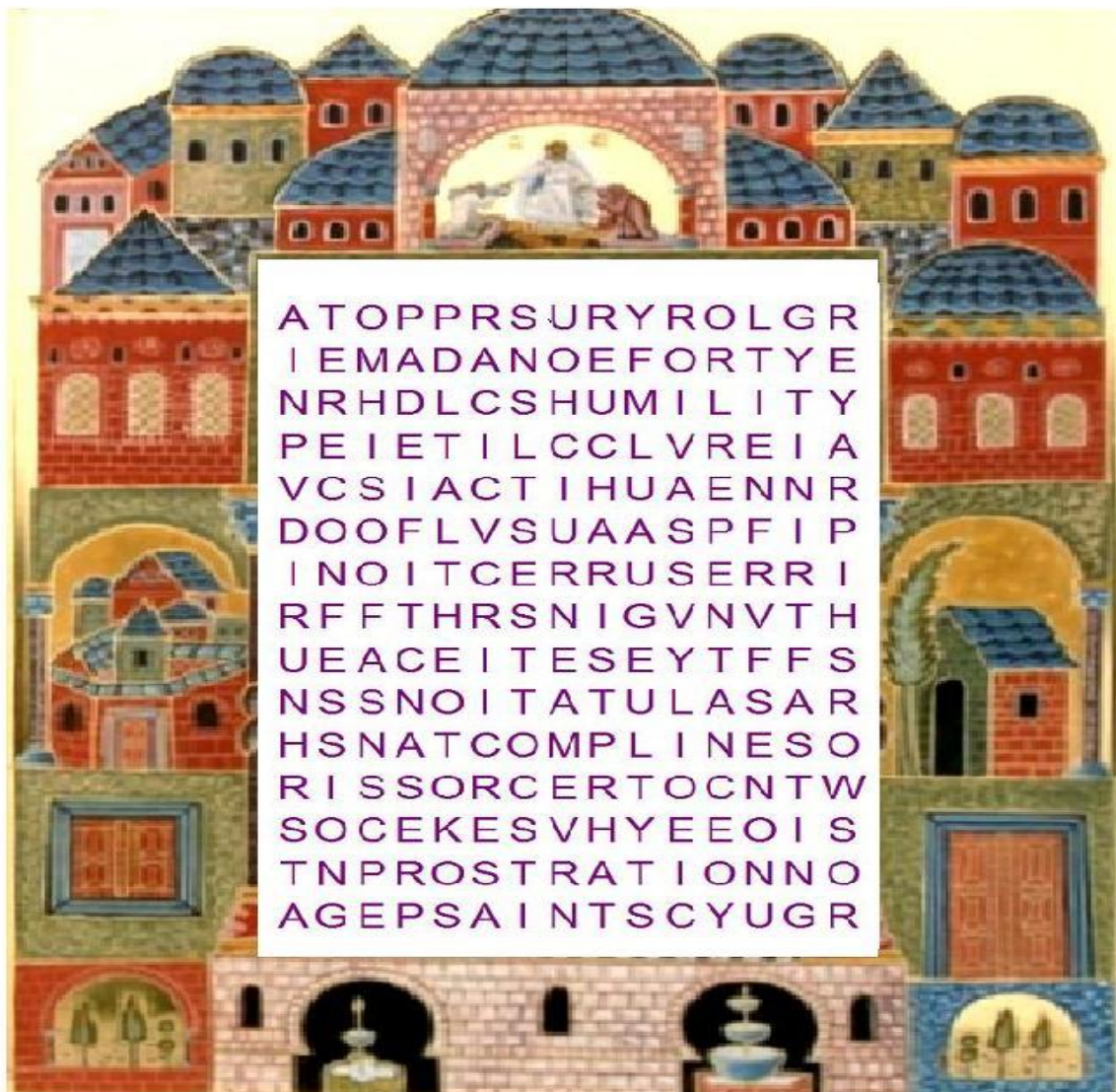
*Yea, Lord and King! Grant me
to see my own errors
and not to judge my brother,
for Thou art blessed unto ages of ages. Amen.
(prostration)*

Amen





TO THOSE WHO RESPECT AND WORSHIP HIM, AND WHO
LOVE AND KEEP HIS COMMANDS, HE PROMISES AND GIVES
THE HEAVENLY KINGDOM AND PERPETUAL AND PAINLESS LIFE,
AND LIFE IMMORTAL, AND UNSETTING LIGHT TO ENJOY.



A T O P P R S U R Y R O L G R
 I E M A D A N O E F O R T Y E
 N R H D L C S H U M I L I T Y
 P E I E T I L C C L V R E I A
 V C S I A C T I H U A E N N R
 D O O F L V S U A A S P F I P
 I N O I T C E R R U S E R R I
 R F F T H R S N I G V N V T H
 U E A C E I T E S E Y T F F S
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 S O C E K E S V H Y E E O I S
 T N P R O S T R A T I O N N O
 A G E P S A I N T S C Y U G R

LENTEN WORD SEARCH

Adam
Eucharist
Forty
Icon
Prayer
Resurrection
Sinner
Unction

Compline
Eve
Glory
Life
PreSanctified
Saints
Soul
Worship

Confession
Faith
Heaven
Liturgy
Prostration
Salutations
Theotokos

Cross
Fasting
Humility
Pascha
Repentance
Savior
Trinity