

Sunday Bulletin  
May 4<sup>th</sup> 2025 – 3<sup>rd</sup> Sunday of Pascha  
of Myrrhbearing Women



Sts. Peter & Paul Ukrainian Orthodox Church  
1025 N Belle Vista Ave, Youngstown, Ohio 44509



Sts. Peter & Paul Ukrainian  
Orthodox Church

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**Ministries:**

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

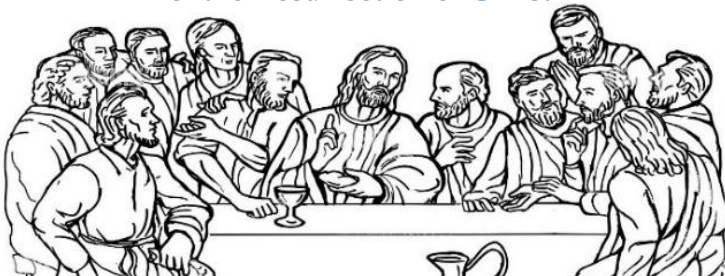
**Website:**

<http://www.stspeterpauluoc.org>



## STS Peter & Paul Ukrainian Orthodox Church

*We invite you to a celebration  
of the Resurrection of Christ*



### Sunday Bulletin

May 4<sup>th</sup> 2025 – 3<sup>rd</sup> Sunday of Pascha  
of Myrrhbearing Women

**Christ is Risen from the dead,  
trampling down death by death,  
and upon those in the tombs  
bestowing Life!**

**Happy 57<sup>th</sup> Anniversary to  
Bernie & Katie Rogenski**

- bull 16

- **Liturgical Schedule** - bull 5
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**Tone 2 Troparion (Resurrection)**

When You descended to death, O Life Immortal, You slew hell with the splendor of Your Godhead.  
And when from the depths You raised the dead, all the powers of heaven cried out://  
“O Giver of life, Christ our God, glory to You!”

**Tone 2 Troparion (Pentecostarion)**

The Angel came to the myrrhbearing women at the tomb and said: “Myrrh is fitting for the dead;  
but Christ has shown Himself a stranger to corruption! So proclaim: ‘The Lord is risen,//  
granting the world great mercy.’”

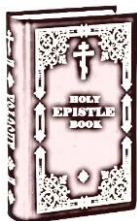
**Tone 8 Kontakion (Pascha)**

You descended into the tomb, O Immortal, You destroyed the power of death.  
In victory You arose, O Christ God, proclaiming: “Rejoice!” to the Myrrhbearing Women,//  
granting peace to Your Apostles, and bestowing Resurrection on the fallen.

**Tone 6 Prokeimenon**

O Lord, save Your people, / and bless Your inheritance! (Ps. 27:9a)  
V. *To You, O Lord, will I call. O my God, be not silent to me!* (Ps. 27:1a)

**The Reading is from the Acts of the Holy Apostles Acts 6:1-7**



In those days when the number of disciples was increasing, the Hellenistic Jews among them complained against the Hebraic Jews because their widows were being overlooked in the daily distribution of food. So the Twelve gathered all the disciples together and said, “It would not be right for us to neglect the ministry of the word of God in order to wait on tables. Brothers and sisters, choose seven men from among you who are known to be full of the Spirit and wisdom. We will turn this responsibility over to them and will give our attention to prayer and the ministry of the word.” This proposal pleased the whole group. They chose Stephen, a man full of faith and of the Holy Spirit; also Philip, Procorus, Nicanor, Timon, Parmenas, and Nicolas from Antioch, a convert to Judaism. They presented these men to the apostles, who prayed and laid their hands on them. So the word of God spread. The number of disciples in Jerusalem increased rapidly, and a large number of priests became obedient to the faith.

**Alleluia and Verses Tone 8**

V. *O Lord, You have been gracious to Your land; You have turned back the captivity of Jacob.* (Ps. 84:1)  
V. *Mercy and truth are met together, righteousness and peace have kissed each other.* (Ps. 84:10)

**Alleluia, Alleluia, Alleluia**



**The reading is from the Gospel according to Mark 15:43-16:8**

Joseph of Arimathea, a prominent member of the Council, who was himself waiting for the kingdom of God, went boldly to Pilate and asked for Jesus’ body. Pilate was surprised to hear that he was already dead. Summoning the centurion, he asked him if Jesus had already died. When he learned from the centurion that it was so, he gave the body to Joseph. So Joseph bought some linen cloth, took down the body, wrapped it in the linen, and placed it in a tomb cut out of rock. Then he rolled a stone against the entrance of the

tomb. Mary Magdalene and Mary the mother of Joseph saw where he was laid. When the Sabbath was over, Mary Magdalene, Mary the mother of James, and Salome bought spices so that they might go to anoint Jesus' body. Very early on the first day of the week, just after sunrise, they were on their way to the tomb and they asked each other, "Who will roll the stone away from the entrance of the tomb?" But when they looked up, they saw that the stone, which was very large, had been rolled away. As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed. "Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'" Trembling and bewildered, the women went out and fled from the tomb. They said nothing to anyone, because they were afraid.

**Instead of "it is right in truth"**

The angel cried to the Lade Full of Grace. Rejoice, Pure Virgin, Again I say: Rejoice. Your Son is Risen from His three days in the tomb. With Himself He has raised up all the dead: Rejoice, all peoples.

**Irmos:** Shine, Shine, O New Jerusalem, for the Glory of the Lord has shone on you. Exult now and be glad. O Zion and rejoice, Pure Birth-Giver of God in the Resurrection of Your Son.

**Communion Hymn**

Receive the Body of Christ; taste the fountain of immortality!

Praise the Lord from the heavens, praise Him in the highest!

*Alleluia, Alleluia, Alleluia!*

**MEMORY ETERNAL**

**PLEASE PRAY FOR RESTING OF THE SOULS**

Metro Senedak, Eleanor K. Laise, Julian Naumenko, Patricia Huly, David Scharba, John Senediak, Ann & George Klein, Sophia Karpa, Iryna Farion, Charles Demetrios, Nun Antonina, Elaine Cartier, Betty Ewanish, Mary Gula, Mykola Prychodczenko, Oleksander Dmytro. Victims of the war in Ukraine.

**PRAYER LIST**

**PLEASE PRAY FOR HEALING, COMFORT,**

**AND SPIRITUAL PEACE**



Metropolitan Anthony, Archbishop Daniel, Lorenzo, Rick Wilson, Walter Malys, Tom Drabick, Walter Duzzny, Lori, Christine Kline, Arlene Hawryluk, Jerry Zets, Larry, Darlene Moon, Jeff Smith, Soldier Ivan, Bernard Gnat, Dolly Mehalco, Jeff Ulbrich, Richard Scharba, Brittany, Matt, Stephen Shonn, Thelma Zemko, Artur Bohuslav, Bohdan, Lori Hayda, Shirley Duffy, Michele (Senediak) Caulder, Dobrodiyka Lilya, Sandy, Marilyn O'Leary, Alice Dobransky, Harold Owens, Dave Zylka, Marianne Carmack, Nicholas Yurchyk, Pauline Witkowsky, Eileen Maluk, Peter Anderson, Albert Auden, Michael Gino Maluk, Boris & Kathleen Vuksanovich, Kathy Zebel. People Suffering from any Illnesses. Ukrainian people suffering from war.

**MAY BIRTHDAYS**

1 Nancy Tipple	15 Steven Telischak
1 L P Villers	16 Richard Rappach
2 Anna Anderson	16 Michael Sernulka
2 Irene Maizel	16 Katherine Anderson
7 Howard Ulbricht	19 Fr. Andy Gall
7 Julia Senediak	22 Fr. Mykola Zomchak
9 Zenon Walkowicz	24 Eryna Sanetrick
9 Andrew Betts	28 Stephanie Rimedio
10 Michael Walkowicz	28 Gregory Senediak
13 Douglas Dobransky	30 Ken Senediak



# Liturgical Schedule & Feast Days



## SERVICE AND FEAST DAY SCHEDULE

\* (HEARING CONFESSIONS ON SUNDAYS BEFORE LITURGY 8:30AM - 9:15AM)

- Sunday, May 4, 9:30AM – **Divine Liturgy**, 3<sup>rd</sup> Sunday, of the Myrrh-bearing Women
- Sunday, May 11, 9:30AM – **Divine Liturgy**, 4<sup>th</sup> Sunday, of the Paralyzed Man.
- Sunday, May 18, 9:30AM – **Divine Liturgy**, 5<sup>th</sup> Sunday, of the Samaritan Woman.
- Saturday May 24 - from noon to 4PM – **Blessing of the Graves at the Cemetery.**
- Sunday, May 25, 9:30AM – **Divine Liturgy at the Cemetery**, 6<sup>th</sup> Sunday of Pascha, of the Blind Man. **Memorial Day. Blessing of the Graves after Liturgy.**
- Sunday, June 1, 9:30AM – **Divine Liturgy**, 7<sup>th</sup> Sunday, Ascension of the Lord  
**Church School Promotion & Awards Day**
- Sunday, June 8, 9:30AM – **Divine Liturgy**, 8<sup>th</sup> Sunday, PENTECOST - Trinity Sunday  
**First Confession.**
- Sunday, June 15, 9:30AM – **Divine Liturgy**, 1<sup>th</sup> Sunday after Pentecost  
**Recognition of our Parish Graduates. Fellowship for the Graduates/Father's Day**

## Upcoming dates & events

- May 11 – **Mother's Day Brunch by the Brotherhood.**
- May 18 - **Last Day of Church School**
- May 24-25 - Memorial Day Weekend:
  - Saturday May 24 – Blessing of the Graves from noon – to 4PM
  - Sunday May 25 – Divine Liturgy at Sts. Peter & Paul Cemetery. Memorial Service. Luncheon. Blessing of the Graves.
- June 1 - **Church School Promotion & Awards Day**
- June 8 - **First Confession.**
- June 15 - **Recognition of our Parish Graduates.** Fellowship for the **Graduates/Father's Day**
- July 23-27, 2025 - UOL Convention in Florida – SAVE the DATE – July 23-27, 2025.

## Church School Calendar

- \* **Church School** – May 4
- \* **Church School** – May 11
- \* **Last Day of Church School** – May 18
- \* **Church School Awards Day** – June 1

## All Saints Camp Programs 2025:



- June 18 - 21, 2025 - **St. Nicholas Program** for Special Needs Family Camp
- June 22 - 28, 2025 - **Diocesan Church School Camp** for Children 9 - 13
- June 29 - July 12, 2025 - **Teenage Conference** for Teenagers 13 - 18
- July 20 - 24, 2025 - **Mommy & Me / Daddy & Me** for Children 4 - 8 and their parents

To register for a Camp Program – please visit <https://www.uocyouth.org/campingministry>

## Pyrohy Schedule

ORDER BY DATE:	WORK DAY	WORK DAY	PICK-UP DAY
May 12	May 13	May 15	May 16

## ANNOUNCEMENTS:



• Let it be known to you of the Impending Marriage of **Peter Majetich**, son of Steven & Elaine Majetich with **Katherine Anderson**, daughter of David & Anna Anderson  
*The wedding is June 28, 2025.*

• **Need volunteers to help at the Memorial Day Picnic – May 25.**

• **The Blessing of the Graves :**

Pascha is the Feast not only to the living but also to those who have departed this life. As Christians we have to bring the Risen Lord to them also! It is the time to pray at their graves.



**On Memorial Day Weekend** we will do two days of **blessing of the Graves at our Cemetery:**

**On Saturday May 24** – Blessing of the Graves from noon – to 4 PM

**On Sunday May 25** – Divine Liturgy at Sts. Peter & Paul Cemetery.

Memorial Service. Luncheon. Blessing of the Graves.

**POTLUCK LUNCH AFTER THE SERVICE – PLEASE BRING A DISH !**

*(If your relatives are buried at other locations, please contact Fr. Mykola at 330 799 3830 to schedule blessing of the graves)*

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• **Recognition of our Parish Graduates:**

Our parish graduates will be honored on Sunday, June 15, after Liturgy at the Center. Please come and celebrate the accomplishments of our parish youth! If you have a high school or college graduate in your family - please give a short biography and picture of the graduate to Fr. Mykola by Sunday, June 1<sup>st</sup>, so they can be included in the Sunday bulletin on June 15.



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### **Bulletin Dedication** *(in memory or in honor)*

<u>Sun Apr 6</u> 1. Dedicated 2. Dedicated	<u>Sun Apr 13</u> 1. Available 2. Available	<u>Sun Apr 20</u> 1. Available 2. Available	<u>Sun Apr 27</u> 1. Dedicated 2. Available	
<u>Sun May 4</u> 1. Available 2. Available	<u>Sun May 11</u> 1. Available 2. Available	<u>Sun May 28</u> 1. Available 2. Available	<u>Sun May 25</u> 1. Dedicated 2. Available	

For bulletin dedication please call – 330-799-3830 Fr Mykola

OUR OFFERINGS TO THE LORD	On Apr 18-20	On Apr 27
General:	<b>\$ 7354.00</b>	<b>\$ 2875.00</b>
Renovation:	<b>\$ 165.00</b>	<b>\$ 35.00</b>
Online Donations on Tithe.ly	<b>\$ 65.00</b>	<b>\$ 40.00</b>

## The Myrrh-bearing Women: Models of Courage, Love, and Faith

On the third Sunday after Pascha, the Church honors the holy Myrrh-bearing Women—those faithful women who rose early in the morning after the Sabbath to anoint the body of Jesus with fragrant spices. Among them were Mary Magdalene, Mary the mother of James, Salome, Joanna, and others. They are often overshadowed in the Gospel narratives by the apostles, but their faithfulness and courage shine with extraordinary clarity in the darkest moment of the Passion story.

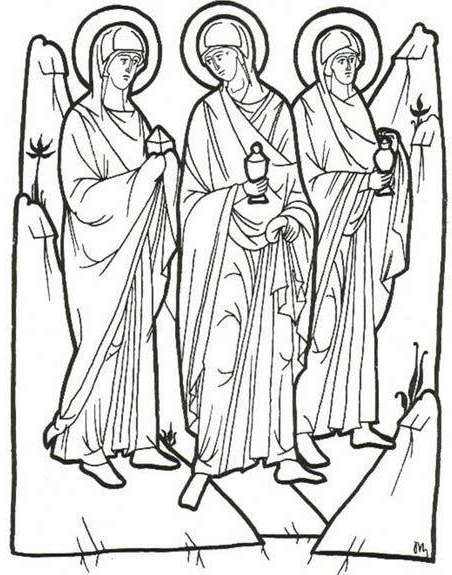
While most of the male disciples fled or hid in fear, these women remained. They stood by the Cross as Jesus died. They followed Joseph of Arimathea and Nicodemus to see where He was laid. And on the third day, at great personal risk, they returned to the tomb—not expecting a miracle, but simply to perform an act of love and honor for the One they believed was gone.

Their journey was not easy. They approached the tomb worrying about how they would roll away the heavy stone. They surely knew Roman guards were stationed there, and that by coming so close to someone condemned by the state, they could be punished themselves. But love overcame fear. Devotion overcame doubt.

And it was to them—not to Peter, not to John, not to any of the Twelve—that the Resurrection was first revealed. The angel told them, “He is not here; He is risen!” And Christ Himself appeared to Mary Magdalene, calling her by name. The first to hear the Good News became the first to proclaim it.

The Myrrh-bearing Women show us that true discipleship often takes place quietly, behind the scenes, in moments of hidden service and quiet devotion. They remind us that faith is not just about bold declarations, but about showing up when it matters most—even in fear, even in grief, even when hope seems lost.

THE MYRRH-BEARERS



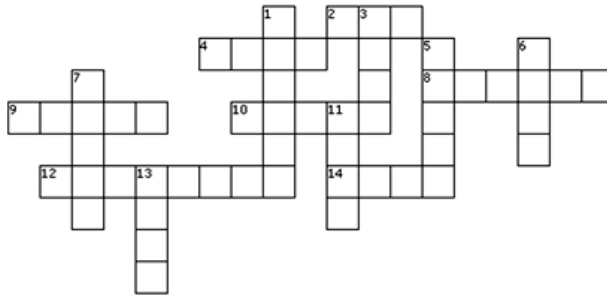
They also teach us something vital about how God works. In the eyes of the world, these women were not powerful. They were not priests, prophets, or rulers. But they were chosen to be the first witnesses of the Resurrection. This is how the Kingdom of God turns everything upside down: the last become first, the humble are exalted, and those who serve in silence are honored by God.

Today, we are called to follow their example. In times of darkness, we are called to walk in love. When we are afraid, we are called to be faithful. And when we encounter the Risen Christ—in the Gospel, in the Eucharist, in the poor and suffering—we are called to proclaim with joy: “Christ is Risen!”

Let us honor the Myrrh-bearing Women not just with our words, but with our lives. Let us be bearers of love, witnesses of the Resurrection, and faithful servants in the quiet corners of the world..

# He is not here. He has risen!

Words taken from John 20:1-18 (NIV)



## ACROSS

2. To shed tears
4. The opposite of alive
8. A heavenly being
9. The thing that covered the entrance to Jesus'tomb
10. The color that is the opposite of black
12. A person who takes care of plants and flowers
14. The name of the woman who discovered Jesus' empty tomb

## DOWN

1. The male parent
3. Return to an upright position after lying down; to return from the dead
5. The opposite of late
6. A period of seven days
7. An adult female person
11. A place where someone is buried; another name for grave
13. The opposite of light

## Words Used

early	angels	gardener	rise
week	white	Mary	dead
dark	woman	tomb	
stone	cry	father	

*You are looking for Jesus the Nazarene, who was crucified.*

*He has risen! He is not here.*

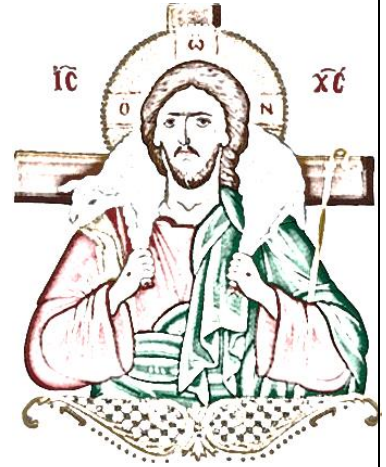
- Mark 16:6



# Orthodox Christianity 101

## THE CROSS

The Holy Cross has particular significance for the Church. An instrument of death, it has become the instrument of salvation. St Basil the Great identifies the 'sign of the Son of man' mentioned by Christ in connection with His Second Coming (Matt.24:30) with the arms of the Cross pointing towards the four ends of the universe. The Cross is a symbol of Christ Himself and is infused with miraculous power. The Orthodox Church believes that Christ's energy is present in the Cross. Therefore Christians not only make crosses and place them on the same level as icons in churches; they also wear crosses on their chests, make the sign of the Cross over themselves and bless each other with the sign of the Cross. They even address the Cross as something capable of hearing them: 'Rejoice, life-bearing Cross', 'O most honourable and life-creating Cross of the Lord'.



The Church knows about the miraculous, salvific and healing power of the Cross and of the sign of the Cross from her centuries-old experience. The Cross protects a person travelling, working, sleeping, praying. Indeed in all places, through the sign of the Cross, Christ's blessing comes down upon every good deed which we undertake: 'The Cross is the protector of the whole world, the Cross is the beauty of the Church, the Cross is the power of kings, the Cross is the foundation of the faithful, the Cross is the glory of the angels and the sore of the demons', sings the Church at festivals of the Cross.

The teaching on the Holy Cross as a symbol of divine dispensation and as an object of religious veneration is expounded by St Isaac the Syrian in one of his newly-discovered works. According to St Isaac, the power in the Cross does not differ from that through which the worlds came into being and which governs the whole creation in accordance with the will of God. In the Cross, the very same power lives that lived in the Ark of the Covenant, itself surrounded by fearful veneration on the part of the people of Israel. The Ark was venerated, he answers, because in it the invisible Shekhina (Presence) of God dwelt. The very same Shekhina is now residing in the Cross: it has departed from the Old Testament Ark and entered the New Testament Cross.

The material Cross, whose type was the Ark of the Covenant, is, in turn, the type of the eschatological Kingdom of Christ, states St Isaac. The Cross, as it were, links the Old Testament with the New, and the New Testament with the age to come, where all material symbols and types will be abolished.

## CHURCH TIME

The Church exists on earth, yet at the same time she is turned towards heaven; the Church lives in time, yet breathes eternity. This experience of communion with eternity forms the basis of the church calendar and the cycle of worship throughout the year, week and day. It is in the year that the Church recollects and experiences the whole history of the world and the human person, the entire 'economy'

of the salvation of the human race. In the yearly cycle of feasts there passes before us the life of Christ from His Nativity to His Crucifixion and Resurrection; the life of the Mother of God from her Conception to her Dormition; and the lives of the saints glorified by the Church. In the scope of a week and of a single day the entire history of the salvation of the human race is also renewed and recollected in worship. Each cycle has its centre towards which it is directed: the centre of the daily cycle is the Eucharist, the centre of the weekly cycle is Sunday and the centre of the annual cycle of celebrations is Christ's Resurrection, Easter.

The Resurrection of Christ is the main and defining event in the history of the Christian faith: 'If Christ has not been raised, then our preaching is in vain and your faith is in vain' (1 Cor.15:14). If Christ had not risen, Christianity would have remained but one of the many moral teachings and religious outlooks alongside Buddhism or Islam. Christ's Resurrection instituted the Church as a new life, a new divine-human existence in which the human person becomes god because God has become a human person. From the very beginning of the Church's existence the feast of Christ's Resurrection became the foundation stone of the Christian calendar.

The feast days of the Church are not merely recollections of events happening in the distant past: they make us part of the spiritual reality behind them, which has a timeless and fixed significance for all of us. Each Christian receives Christ as his personal Saviour, Who became incarnate for him personally. Therefore all the events of Christ's life become the personal experience of every Christian. The feast day is a contemporary actualization of an event that occurred once in time but it is forever happening outside of time. At the feast of the Nativity we hear in church, '*Today* Christ is born in Bethlehem'; at Epiphany, '*Today* the nature of the waters is sanctified'; and at Easter, '*Today* Christ has trampled down death and risen from the tomb'. If people not of the Church live with reminiscences of an already irretrievable past or hope in an unknown future, in the Church they are called upon to live by the ever-present 'today', which is the reality of everyday communion with God.

The feast of Christ's Resurrection, while it occurs only once a year, penetrates the entire church year. The radiance of Easter is reflected in the whole cycle of worship. Easter is not simply a calendar date. For the Christian, Easter is always present as a communion with the risen Christ. St Seraphim of Sarov throughout the whole year met all who approached him with the Paschal greeting, 'Christ is risen!' It is said of a hermit of old, who abided in unceasing prayer and was famed for his sanctity, that when a disciple came to him with some food and said, 'Elder, today is Easter!', answered in reply, 'Is it really?' Of course, neither St Seraphim, for whom everyday was Easter, nor the hermit who did not know its precise date, denied the church calendar. But they both lived by their experience of eternity and knew that Easter was not a single day of the year, but an eternal reality of which they partook daily.

The yearly cycle of feast days is, as it were, a reflection of eternity in time. Church time is an icon of the eternity. As in an icon a timeless spiritual reality is reflected in material colours, so in the church calendar the realities of eternal life are reflected in the dates of the secular calendar. As an icon encompasses the energy and presence of the one depicted on it, so church time is full of eternal energy and of the presence of Christ, the Mother of God, the angels and saints, whose memories are commemorated throughout the year.

# Jesus is risen

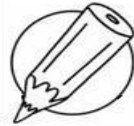
(John, chapter 20)



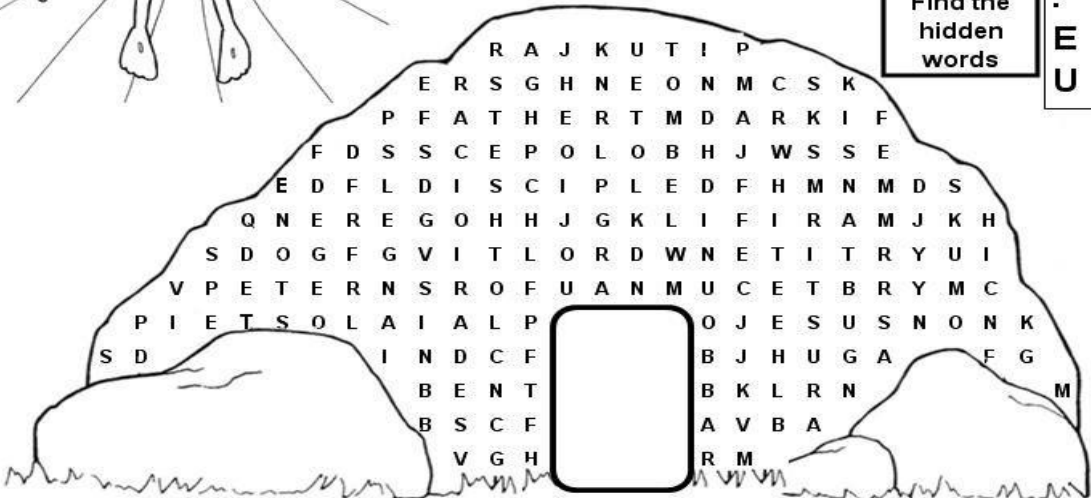
JESUS  
MARY  
DARK  
TOMB  
STONE  
ANGELS  
WHITE



PETER  
DISCIPLE  
CLOTH  
BENT  
LORD  
RABBONI  
FATHER



Find the  
hidden  
words



Mary of Magdala  
went and announced  
to the disciples,  
“I have seen the Lord.

John 20:18

# He Is Risen Crossword!

E	K	H	J	T	A	O	C	S	P	R	Y	A	D	N	U	S	S	F	G	O	F	I	M
K	T	R	X	I	D	P	E	B	T	J	Z	T	L	S	I	D	T	M	A	R	S	O	T
B	G	Z	B	M	I	D	O	R	E	S	S	V	P	A	J	C	O	Y	R	T	G	K	Y
Y	C	X	F	Z	E	I	W	O	V	M	X	A	H	X	E	E	N	Z	R	L	F	N	X
V	R	Y	O	Y	Q	S	P	I	C	E	B	O	W	O	U	Z	E	H	C	T	O	G	I
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O	S	J	H	Z	J	I	E	A	S	A	L	V	A	T	I	O	N	L	C	N	M	C	X
X	S	B	V	S	M	P	A	S	U	Y	F	A	X	D	E	V	Z	Y	V	M	O	D	W
K	Z	X	C	G	A	L	E	N	O	R	S	L	F	H	C	W	R	Z	V	C	T	O	L
P	A	I	X	G	R	E	N	W	O	R	C	T	Y	D	S	D	Y	O	Y	E	R	B	J
R	W	G	B	A	Y	S	C	X	X	M	M	Y	G	C	Y	E	W	S	E	Z	B	D	Z
A	C	H	R	I	S	T	M	V	H	J	Z	A	X	B	G	T	C	E	V	A	Z	O	Z
P	K	G	J	B	U	U	F	R	K	B	F	D	E	B	N	K	Q	X	B	X	N	C	H
U	Q	C	G	J	I	X	V	N	G	L	H	I	Z	U	N	I	Z	I	V	J	U	V	J
I	R	W	W	J	K	P	S	G	O	D	V	R	K	P	W	I	I	N	T	M	A	P	V
W	A	Q	A	L	Y	K	W	A	J	N	H	F	X	A	E	B	U	H	O	Y	Q	R	I
J	K	F	G	K	T	C	A	J	I	O	S	D	I	G	L	Q	K	L	Z	Z	B	A	X
T	L	J	W	Y	P	A	A	M	T	E	Q	O	A	P	M	J	F	L	J	I	K	Y	T
W	G	L	I	T	M	R	Y	L	G	F	K	O	O	K	E	E	M	F	V	A	U	E	A
D	J	Q	W	T	E	G	O	F	C	T	O	G	L	L	V	S	Q	O	M	E	Q	R	D
U	O	B	N	P	X	F	H	H	T	V	K	J	N	H	K	U	X	B	W	K	T	W	E
P	I	H	S	R	O	W	F	S	A	O	Z	S	B	O	J	S	W	G	A	M	R	D	W
S	M	M	X	A	N	G	L	E	N	J	V	N	N	I	N	E	S	I	R	L	J	M	O
T	X	D	O	I	L	O	V	E	Z	F	R	H	J	Y	X	W	E	X	W	G	I	S	K

GOOD FRIDAY

DISCIPLES

SALVATION

WORSHIP

CHRIST

PRAYER

SAVIOR

SUNDAY

ANGLE

CROSS

CROWN

EMPTY

JESUS

RISEN

STONE

HOLY

LOVE

MARY

TOMB

GOD

# Ukrainian Borscht

*with Pork Ribs or Chicken Meat*

Servings: 6–8 \* Prep & Cook Time: 1.5–2 hours

## Ingredients:

### For the broth:

- 1.5–2 lbs pork ribs or bone-in chicken thighs/legs
- 10 cups cold water
- 1–2 bay leaves
- 5–6 black peppercorns
- 1 tsp salt (to start)

### Vegetables:

- |                                      |  |
|--------------------------------------|--|
| • 2 medium beets, peeled and grated  | • 1 tbsp tomato paste or 1 fresh grated tomato         |
| • 1 large carrot, grated             | • 2 tbsp vinegar (white or apple cider) or lemon juice |
| • 1 medium onion, finely chopped     | • 1 tsp sugar (optional, to balance acidity)           |
| • 1/2 small cabbage, thinly shredded | • Salt and black pepper to taste                       |
| • 2 medium potatoes, diced           | • Fresh dill and/or parsley for garnish                |
| • 1–2 cloves garlic, minced          | • Sour cream for serving                               |

## Instructions:

### Cook the meat and make the broth:

- Place ribs or chicken in a large pot with 10 cups of cold water.
- Add bay leaves and peppercorns. Bring to a boil, skimming off foam.
- Reduce heat and simmer gently for 1–1.5 hours, or until meat is tender.
- Remove meat, cut into bite-sized pieces, and set aside.
- Strain broth if necessary.

### Prepare the vegetable base:

- In a skillet (using a bit of water to prevent sticking), sauté the onion and carrot until softened
- Add the grated beets, vinegar, sugar, and tomato paste. Cook on medium heat for 10–15 minutes, stirring, until the beets are tender and fragrant.

### Assemble the soup:

- Return broth to a gentle boil.



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- Add diced potatoes and cook 10–15 minutes.
- Stir in the beet mixture.
- Add shredded cabbage and minced garlic. Simmer for another 10–15 min  
(until all vegetables are soft)
- Add the cooked meat back into the soup.
- Adjust seasoning with salt and pepper.

**Let it rest and serve:**

- Remove from heat and let the borscht sit, covered, for 20–30 minutes to deepen the flavor  
(or refrigerate and reheat the next day—it only gets better).
- Serve hot with a generous spoonful of sour cream and a sprinkle of fresh dill or parsley.
- Best enjoyed with rye bread or pampushky (Ukrainian garlic rolls).

# Ukrainian Garlic Rolls (Pampushky)

Servings: 12 rolls  
 Prep Time: 20 minutes  
 Rise Time: 1.5–2 hours  
 Bake Time: 20–25 minutes

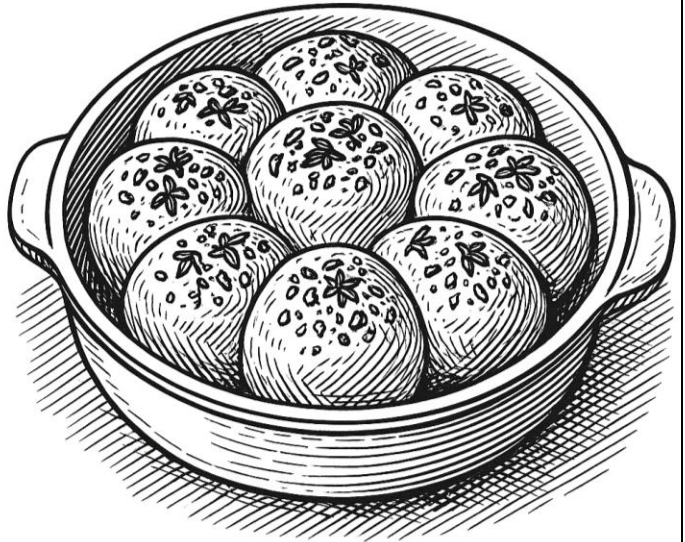
**Ingredients:**

**For the dough:**

- 2 ¼ tsp active dry yeast (1 packet)
- ¾ cup warm water (not hot)
- 2 tsp sugar
- 2 ½ cups all-purpose flour
- 1 tsp salt
- 2 tbsp vegetable oil

**For the garlic topping:**

- 3–4 cloves garlic, minced or crushed



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- 2 tbsp sunflower or vegetable oil
- 1–2 tbsp water
- 1 tbsp fresh parsley or dill, finely chopped
- Pinch of salt

### **Instructions:**

#### **Prepare the dough:**

- In a large bowl, combine warm water, sugar, and yeast. Let sit for 5–10 minutes until foamy.
- Add salt, oil, and flour gradually, mixing to form a soft dough.
- Knead for 7–10 minutes until smooth and elastic. Add a bit of flour if it's too sticky.
- Place in an oiled bowl, cover with a clean towel, and let rise in a warm place for about 1 hour, or until doubled.

#### **Shape the rolls:**

- Punch down the dough and divide it into 12 equal pieces.
- Roll each piece into a ball and place them close together in a greased baking dish (round or rectangular).
- Cover and let rise again for 30–45 minutes, until puffy.

#### **Bake:**

- Preheat oven to 375°F (190°C).
- Bake rolls for 20–25 minutes, until golden on top.

#### **Make the garlic oil:**

- While the rolls are baking, mix garlic, oil, water, herbs, and a pinch of salt in a small bowl.

#### **Finish:**

- Remove rolls from the oven and immediately brush with the garlic-herb oil while still hot.

#### **Serve:**

- Serve warm alongside borscht or other soups. Pampushky are best enjoyed fresh.



Please share your favorite recipe with our parishioners. Email the recipe to [stspeterpauluoc@gmail.com](mailto:stspeterpauluoc@gmail.com)

And it will be published in our Sunday Bulletin

- *Bon Appétit Everyone* -

# Bernie & Katie Rogenski



HAPPY **57**  
*Anniversary*

**God Bless You!**

**Love, son Russ & wife Steph,  
daughter Carla  
& grandchildren Nick & Sammy**



*May 4, 1968*