

St. Peter & St. Paul Ukrainian Orthodox Church

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

Rev. Fr. John Charest

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Deacon Evan O'Neil

Parish Hall: 412- 276-9718

President: Howard West 724-910-9627

www.orthodoxcarnegie.org

SUNDAY, DECEMBER 10, 2023

SUNDAY, DECEMBER 10TH

DIVINE LITURGY 9:30 AM

27TH SUNDAY AFTER PENTECOST TONE 2

ST. JAMES THE PERSIAN

EPH. 6:10-17; LK. 13:10-17

TUESDAY, DECEMBER 12TH

MOLEBEN FOR UKRAINE 7:00 PM

WEDNESDAY, DECEMBER 13TH

AKATO ST ANDREW THIST 6:00 PM

SATURDAY, DECEMBER 16TH

VESPERS 6:00 PM

SUNDAY, DECEMBER 17TH

DIVINE LITURGY 9:30 AM

28TH SUNDAY AFTER PENTECOST TONE 3

GREAT MARTYR BARBARA, ST. JOHN DAMASCENE

COL. 1:12-18; LK. 17:12-1

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**The Sts. Peter & Paul Ukrainian Orthodox Church Bulletin is published weekly by
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Editor: Michael Kapeluck

Bulletin Submissions are due by 8:00 am Thursday morning. Written submissions can be:

-hand delivered to the editor

-placed in the Bulletin envelope in the church vestibule.

-mailed to: 300 East Main Street, Carnegie, PA 15106

-e-mailed to: kapeluck@verizon.net

WE WELCOME YOU TODAY

We would like to remind our visitors of the following;:

- ❖ All people are encouraged to participate in the sacred services of our Church. We hope that you will be able to worship as well as have fellowship with us. Should you wish any information about the Orthodox Faith or this parish in particular, please see the rector or any member of the church. We are able to place you on our mailing list.
- ❖ Only Orthodox Christians may receive the Eucharist (Holy Communion) in the Orthodox Church. In like manner, Orthodox Christians may not receive the sacraments in a non-Orthodox Church. While we hope that one day all Christians will find unity and be able to approach the chalice of our Lord together, we observe the teachings of the Church that the Eucharist is a gift of unity and not a means of unity.

We remind our faithful and visitors of the following guidelines concerning the Holy Sacraments in the Orthodox Church.

- ❖ Orthodox Christians are urged to receive Holy Communion frequently.
- ❖ Communicants should be at peace with others before approaching the chalice (Mt 5:23-24)
- ❖ Realize the importance of making a thorough examination of sins and transgressions against God, ourselves and others and having prayed for forgiveness before coming to Holy Communion.
- ❖ Frequent communicants should come to Holy Confession at least four times a year (during the four fasting periods of the year). and additionally when an examination of conscience reveals the necessity to do so in order to heal any sinful behavior.
- ❖ Communicants should fast from all foods and liquids from the evening before receiving Holy Communion.
- ❖ Communicants should read prayers in preparation for receiving Holy Communion.
- ❖ All Orthodox Christians must receive the sacraments at least once a year.
- ❖ Those who are late for Divine Liturgy (after the reading of the Epistle and Gospel) should not approach the chalice.
- ❖ Those who are ill or who have special physical needs are exempt from the above guidelines.
- ❖ Infants and children (up to the age of seven) who are Orthodox Christians may receive Holy Communion and are exempt from the above guidelines.

Thank you for gathering to worship with us today. Together we have glorified the One God, Father, Son and Holy Spirit. May we be brought closer to one another and closer to God by following the eternal teachings of our Lord.

Нагадуємо нашім гостям., що:

ми заохочуємо всіх до участі у Священній Літургії в нашій Церкві; ми сподіваємося, що Ви зможете не лише помолитися тут, але й стати членом нашої громади. Якщо Ви хочете отримати якусь додаткову інформацію про Православну віру, чи, зокрема, про нашу парафію, звертайтеся, будь ласка, до отця настоятеля чи до будь-кого із членів нашої парафії. Ми можемо внести вашу адресу до парафіяльного списку розсилок;

лише православні християни можуть отримати Євхаристію (Святе Причастя) у православної церкви і, відповідно, православні християни не можуть отримувати святого причастя у неправославній 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 спізнився на Божественну Літургію (прийшов після того, як було прочитано Апостол і Євангеліє) не можуть підходити до чаші; **хворі**, і **ті, хто** має обмежені фізичні можливості, 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

GREAT MARTYR JAMES THE PERSIAN



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!

Troparion - Tone 4

You astounded all, long-suffering James, by enduring horrible tortures with great patience. As the evil assembly performed the slaughter, you uttered prayers of thanksgiving to the Lord. Through your sufferings you received your crown, and came to the throne of the heavenly King, Christ God. Entreat Him to save our souls!

Kontakion - Tone 2

You listened to your faithful wife and contemplated the judgment of God, holy James; you despised the threats and commands of the Persians, accepting the cutting of your body as though you were a vine. Therefore you were revealed as a martyr worthy of honor

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.

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.

The Lesson from the Epistle of St. Paul to the Ephesians

c.6, v. 10-17

Brethren, be strong in the Lord, with all the power of his might. Put on the complete armor of God, so that you may be able to make a stand against the stratagems of the devil. For our struggle is not against a human enemy, but against the satanic principalities and dominions, against the Rulers of universal darkness in the lower world and against all the spirits of wickedness in the upper world.

Therefore, take up the complete armor of God, so that, when the evil days come, you may make a stand and hold your ground after the battle is over. So stand fast, gird your waist with the belt of truth, put the breastplate of righteousness on your chest, and shod your feet with the readiness to proclaim the Gospel of peace.

Above all, carry the shield of faith, so that you may quench all the fiery darts of the wicked fiend. Put on the helmet of salvation and take up the sword of the Holy Spirit, namely, the word of God.

До ефесян 6:10-17

І нарешті таке. Будьте міцні в Господі, в Його могутній силі. Зодягніться в повний обладунок Божий, щоб протистояти диявольським підступам. Бо ми боремося не проти людей, не проти плоті й крові, а проти правителів, володарів темряви цього світу, духовних сил зла на Небесах.

А тому зодягніться в повний обладунок Божий, щоб змогли ви протистояти, коли настане лихий день, і вистояти, перемігши все. Тож будьте стійкими. Підпережіться паском правди, а праведність візьміть своїм панцирем. І, щоб мати стійку опору, взуйтесь у Добру Звістку про мир. А також візьміть віру як щит, за допомогою якого ви зможете зупинити всі вогняні стріли лукавого. Візьміть спасіння своїм шоломом вашим, а мечем Духа — Послання Боже.

Alleluia

v. The Lord answer you in the day of trouble! The Name of the God of Jacob protect you!

v. Save the king, O Lord, and hear us on the day we call!

The Gospel According to St. Luke

c. 13, v. 10-17

At that time, Jesus was preaching in one of the synagogues on the Sabbath. Here there was a woman who for eighteen years had been obsessed by a spirit of infirmity. She was bent down and could not straighten herself up at all.

When Jesus saw her, he called her and said to her : "Woman, you are released from your infirmity." Thereupon he laid his hands upon her. She was made straight immediately, and she glorified God.

But the leader of the synagogue was indignant, because Jesus had healed on the Sabbath, and said to the people: "There are six days on which it is right to work. Come on them and be healed, but not on the Sabbath day."

The Lord answered him: "You hypocrites! Everyone of you unties his ox or his donkey from the stall on the Sabbath and leads him away to water him. Now here is this woman, a daughter of Abraham, whom Satan has bound for eighteen years. Was it wrong that she had been released from this bond on the Sabbath day?"

All his opponents were put to shame by his remarks, while all the people rejoiced over the glorious miracles which he performed. "

Від Луки 13:10-17

Якось у суботу Ісус навчав у синагозі. Там була жінка, в яку вселився злий дух. І через це вона вже вісімнадцять років була немічна: вона була скорчена й не могла розпрямитися. Побачивши жінку, Ісус покликав її до Себе і сказав їй: «Жінко, ти звільнена від хвороби твоєї!» Тоді Він поклав руки на неї, і тієї ж митті жінка випросталась та почала славити Бога.

Тут озвався старший синагоги. Його розлютило те, що Ісус зцілив немічну в суботу. Він звернувся до народу: «Є шість днів на те, щоб працювати. Тож приходьте й зцілюйтеся в ті дні, а не в суботу!»

Господь відповів йому так: «Ви, лицеміри, чи є серед вас такий, хто б не відв'язав свого вола чи віслюка від ясел у суботу й не повів напувати? А тут же перед нами дочка Авраамова, яку сатана тримав зв'язаною протягом вісімнадцяти років. То як же не звільнити її від цих пут у суботу?»

Як Він це сказав, усім супротивникам Його стало соромно, а весь натовп радів усім чудесним діянням Ісусовим.

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 mere touch of the hem of your robe, visit and heal also your beloved servants:

Dolores Wachnowsky	Jane Allred	Teresa Stacy	Laila Bechtle
Maria Warholak	Kimberly Bailey	Donna Forbes	Rebecca White
Michael Sally	Shaun McAdams	Jack Carrigan	Pamela Graham
Michael Welsh	Sandy M.	Chris Brown	Dan Rosga
Nick Solominsky	Shelley Cameron	Jocelyn Barner	Deborah Schricker
Michael Klein	James White	Svetlana Khomenko	Jack Schricker
David Gazella	Dylan G	Olga Cherniavska	Nick Worobny
Gary Koss	Eric Barner	Michele Roberts	Lil Highfield
Lynda West	Michael Corba	Willie Caldwell	Victor LaBonte
Brenda Kline			

by the power and grace of Your Christ. Grant them the patience that comes from believing that You are always at work in our lives to bring good out of evil. Grant them strength of body, mind and soul. Raise them up from the bed of pain. Grant them full recovery. May they experience the same surge of healing power flow through their bodies, as did the sick woman who touched your robe. For we, too, are touching your robe today, dear Lord, through this our prayer. We approach you with the same faith she did. Grant them the gift of health. For You alone are the source of healing and to You we offer glory, praise and thanksgiving in the name of the Father, Son and Holy Spirit.

Amen

Mnohaya Lita - Many Blessed Years

Name Days

Dec 13 Apostle Andrew

Andrew Brennan, Andriy Holovatiuk

Andy Saad, Andrew Heren

Dec. 16 St. Adelaide

Pani Alice, Alice Sivulich

Anniversaries

Dec.13 Fr. Robert Popichak

Birthdays

Dec. 12 Melissa Haluszczak

Dec.15 Nicole Kauer

Dec.15 Andriy Holovatiuk

Dec.16 Mark Losego

Dec.16 Emma St. Clair

Feast Days of:

Dec. 13 Apostle Andrew

Dec.15 Prophet Habbakuk

Dec.16 Prophet Zephaniah

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

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

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

Stephen, Andrij, Yevhen, Olexander, Stepan, Volodymyr, Olexander, Yuri, Victor, Petro, Olexi, Victor, Ruslan, Roman, Olya, Miroslav, Evgen, Olexander, Taras, Roman, Vitaliy, Matthew, Paulina, POW Dymitro, Volodymyr, Yuri

Pray for our Catechumens & Inquirers

Katherine Mansfield, Joshua Merola, Tyler Duda, Renee Althaus, Jacob St. Clair, Emily Kate St. Clair, Will Borsch, Bianca Borsch

Pray for the newly departed servants of God



FINANCIAL OBLIGATIONS: At the annual parish meeting held on Sunday, October 29, 2023, the parish voted to increase the base annual member obligation from \$600 to \$725 per member, effective beginning with the 2024 calendar year. The parish also voted to increase the cemetery plot fee from \$100 to \$200 per plot (vault right, not real estate title) effective in 2024, and the perpetual care fee paid at time of burial from \$400 to \$500 for members and from \$2,000 to \$2,200 for non-members. Any member who is unable to meet the financial obligations may request a hardship exemption. Exemption requests should be made in writing to the Parish Council.

BASKET COLLECTION EXPLANATION: The initial basket collection is generally for member obligations. Member obligations go toward the "General Fund" which pays the operating expenses of the church and church properties. CORRECTION: Any loose donations in the first collection go toward the Stewardship Fund. The Stewardship Fund is used to support charitable donations that the parish makes to other organizations. The second collection each Sunday goes toward Sunday School expenses. The third collection at the end of Liturgy at the dismissal is your gift to the Priest.

CHRISTMAS AT THE SEMINARY: Our annual "Christmas at the Seminary" coffee hour will be held today. We are again asking for donations to support our Seminarians. Proceeds from the coffee hour will be donated to St. Sophia's Seminary. Pani Matka Alice and I will have a box in the lower hall into which material donations can be placed. Please see the flyer elsewhere in the bulletin for a list of items that the Seminary needs. We'll keep the box in place till December 24th.

SCRIPTURE STUDY: The next meeting of the Monday evening class will be Monday the 4th of December when we will be discussing Chapters 1-10 of Deuteronomy. The Monday class meets at 7 O'clock in the church basement and the Thursday class meets at 11:30 in the church hall.

COUNCIL MEETING: The next parish council meeting will be held in the hall on Wednesday 12/13/2023 immediately following the 6:00PM Akathist. All parishioners are welcome!

SVIATE VECHIR: On Saturday January 6th we will celebrate our Holy Supper. The dinner will start at 5:30 with Compline to follow at 7 O'clock. If you can provide a dish for our traditional meatless dinner, please let Pani Matka Alice know.

CHRISTMAS DINNERS: Again this year we will be doing Christmas dinners and we will need volunteers on Dec 23rd and 25th. If you can help out from 10:00 AM till 3:00 PM on the 23rd We will be doing food prep and boxing cookies. And from 9:30 AM till 4:30 on the 25th. You do not need to be there the whole day just a few hours would be a great help.

Also, we will be including a small box of Christmas cookies again this year to be included with each meal, if you could help out with cookies it would be great. We will need them to be delivered to the Church Hall on Friday AM or during the day on Saturday. If you can help or donate with this effort please see John Stasko or Howard West.

Stewardship

THANK YOU FOR THESE RECENT DONATIONS:



THIRD BENEFIT CONCERT FOR UKRAINE

SUNDAY, DECEMBER 10, 2023 AT 5:00 PM
PARK PRESBYTERIAN CHURCH
(275 COMMERCE STREET, BEAVER, PA 15009)

Featuring Solo and Chamber Performances by:

Katia Manukyan

*Soprano and Teaching Associate Professor of Slavic
Languages and Literatures, University of Pittsburgh*

David McCarroll

Concertmaster, Pittsburgh Symphony Orchestra

Victoria Luperi

Associate Principal Clarinet, Pittsburgh Symphony Orchestra

Carolyn Semes

Violin, Pittsburgh Symphony Orchestra

Marta Krechkovsky

Violin, Pittsburgh Symphony Orchestra

Sean Juhl

Viola, Pittsburgh Symphony Orchestra

Regi Papa

Violin, Pittsburgh Symphony Orchestra

Michael DeBruyn

Cello, Pittsburgh Symphony Orchestra

Eric Kochanowski

Director of Music, Park Presbyterian Church

Complete this form to reserve your seats and make a donation, or scan the QR code to donate online

Donations per person:

___ \$50 ___ \$100 ___ \$150 ___ \$500 Other: \$___

Name: _____

Guests: _____

Family Friendly 10 years old+

___: I will not be able to attend but would like to make a donation to Benefit Ukraine



Please make all checks payable to DTCare with Ukraine
Benefit in the memo and mail to

Cheryl Redmond
316 Beaver Street, #304,
Sewickley, PA 15143

For more information, visit

dtcare.org/ukraine-benefit

ST. SOPHIA UKRAINIAN ORTHODOX THEOLOGICAL SEMINARY
1950 Easton Ave. - Somerset, NJ 08873



Christmas Seminary

Saturday
December 16, 2023
2-5 pm

AT THE

ENJOY A MUSICAL PERFORMANCE BY THE
ST. SOPHIA SEMINARY CHOIR

Admission and holiday appetizers included
with your donation of items from the Wish List

GIFT CARDS: Amazon, Costco, Home Depot, Restaurant Depot,
Shop Rite, Target, Visa, Walmart

CLEANING PRODUCTS: Floor cleaner, bathroom cleaner,
multipurpose cleaner, toilet bowl cleaner, disinfecting spray &
wipes, wood polish & cleaner, stainless-steel cleaner, Swiffer duster
refills, dishwasher detergent/pods, kitchen sponges

LAUNDRY PRODUCTS: HE laundry detergent/pods, Clorox, Oxi
Clean, Starch Spray

HOUSEHOLD PRODUCTS: Paper towels, toilet paper, 13 gallon
kitchen garbage bags, Ziploc bags (all sizes), hot and cold disposable
cups

SHOP ONLINE ON THE TARGET GIFT REGISTRY:

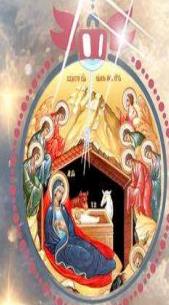
<http://tgt.gifts/SaintSophiaSeminary>



For more information, contact
Fr. Vasyl at 732-356-0090

UKRAINIAN ORTHODOX CHURCH OF THE U.S.A. - УКРАЇНЬКА ПРАВОСЛАВНА ЦЕРКВА США

Time to Trim the Tree Час Прикрашати Ялинку!



Children of all ages are invited to submit handmade ornaments to be hung on the official tree
located in the Rotunda of the Metropolia Center of the Ukrainian Orthodox Church of the U.S.A.

His Eminence Archbishop Daniel eagerly awaits the ornaments, which he will hang on the
Christmas tree himself. Don't keep Vladyka waiting too long. Ornaments must be received by

DECEMBER 18, 2023

Запрошуємо усіх дітей незалежно від віку, зробити орнамент щоб прикрасити офіційну
ялинку, що стоятиме в ротонді Центру Митрополії Української Православної Церкви США.

Його Високопреосвященство Архієпископ Даниїл особисто прикрашатиме Різдвяну ялинку.
Не заставляйте Владика довго чекати, а висилайте Вашу ручну роботи до

18 ГРУДНЯ, 2023

BONUS: Deliver your ornaments in person at the Consistory Offices, and get a photo taken with
Vladyka. Please call in advance to schedule appointment: 732-356-0090

БОНУС: Доставте свої орнаменти особисто до консисторії та сфотографуйтеся з Владикою.
Будь ласка, призначте зустріч заздалегідь: 732-356-0090



UKRAINIAN ORTHODOX CHURCH OF THE U.S.A.
УКРАЇНЬКА ПРАВОСЛАВНА ЦЕРКВА США



HOLODOMOR **FOOD DRIVE**

Sponsored by the UOL

90th Anniversary of Holodomor

HELP US

TO REACH THE GOAL

Join the UOL throughout the month of November in remembrance of the 90th anniversary of Holodomor as we continue our commitment to ending hunger and genocide by collecting donations for our local food pantries.

Labels for donations made throughout the month of November can be found online. For additional information, please contact Tracey Sally:

auditor@uolofusa.org



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

Christmas Dinners
Take-out &
Delivery Only*

December 25, 2023
1:00 to 4:00 PM

PLEASE PLACE
DINNER DELIVERY
ORDERS BY NOON
WEDNESDAY
12.22.2023!

***Delivery to Greater Carnegie Area Only**

WEBSITE



Questions about the
Orthodox faith or our
parish?
Please reach out to
Fr. John Charest at 847.910.7120 or
frjohn.charest@aol.com.

Dinner delivery or
take-out orders can be requested
by submitting an online order
from our website or calling
Parish hall at 412-276-9718.

Questions about the dinner or ways you
can help?

Call 412-276-9718 or Email >>
ssppdinners@orthodoxcarnegie.org



St. Nicholas Day

CELEBRATION!

DECEMBER 17, 2023



Join the youth of our parish as we honor St. Nicholas!
Directly after Divine Liturgy. All parishoners are
asked to bring a meatless item for the luncheon.
Please see the sign-up sheet at Coffee Hour.



ST. PETER & ST. PAUL YOUTH MINISTRY

WINTER YOUTH RETREAT

The season's most awaited event is here! Fun activities,
learning about our faith, serving others!

December 28, 2023

**St. Peter * St. Paul Ukrainian Orthodox Church
220 Mansfield Blvd. Carnegie, PA**

Youth 3-6 and Family(if you can) noon - 1:30pm
Youth 7-18 noon - 3pm
Lunch Included!

RSVP by December 26th to
Natalie at youthatstpp@gmail.com or 412-977-2010

CARING FOR OUR NEIGHBOR @ ADVENT!

Join the youth @ St. Peter & St.
Paul to collect adult and child
hats and gloves for the
Neighborhood Resilience Project



**Collect
until
January
7th**

Winter Clothes



412 - 216- 3346 - Sue Leis



youthatstpp@gmail.com



Drop off at 220 Mansfield, Carnegie PA or
at the Neighborhood Resilience Project

Essential Trauma Therapy and Life Skills Training for over 500 Ukrainian Children!

UCHI has funded ten cycles of the Warm Hands art therapy and skills development rehabilitation program run by the Ukrainian non-profit Pyateryna in Zamlynnya, Volyn' oblast, Ukraine. The latest ten-day program was held October 21-31, 2023 with 50 children taking part including those orphaned by the war, forcibly evacuated from zones in areas of Ukraine under attack from Russian invaders, removed from parental care, experiencing difficult life circumstances, and who have suffered physical and psychological injury from the war.

These children participated in art programs run by master artists and professional psychologists who help them work through the deep psychological scars inflicted by the terror they have experienced, regaining strength and energy, enjoying the friendship of other children, and gaining valuable knowledge and skills. They learned prayers that assist with their spiritual health, learned and sang Ukrainian folk and national songs, received training in crafts for future use, worked with psychologists to strengthen their emotional immunity, experienced riding horses, hiked, watched movies, and received necessary medical care. They traveled to the Lake "Svityaz" for recreation and relaxation. The program was conducted by 15 professionals and volunteers—a spiritual father, psychologist, medical doctor, art therapist, sports trainer, potter, floral artist, chef/cook, artist, iconographer, and volunteer assistants. Art-therapy-based psychological methods were applied daily to release emotional blocks, identify and implement the overcoming of psychological trauma through micro victories that build upon one another.

Work with the psychologist allowed balancing of the children's psycho-emotional firmament and strength. Daily interaction with the spiritual father enhanced the spiritual immunity and deepened stress-resistance. Art therapy master classes provided for rest and opportunity to open their minds to learn new art techniques and develop skills which will serve the children in the future. They ate four balanced meals per day with fruits and vegetables, milk, eggs, meat, most items locally grown. Daily trainings included practice with specialized equipment using sand art, sewing, coloring, horse riding, ceramics and pottery, and metaphorical cards and film-therapy that proved to be most effective in developing transformations among the children. The children received awards for successful conduct of the various tasks they undertook as well as a diploma for successful completion of the program. They were provided with proprietary materials for the production of continued independent work implementing the skills they developed during the program. The activities provided positive behavior correction and emotional health improvement.

The success of each cycle of this program demonstrates the colossal need for such rehabilitation for the children as the country of Ukraine adapts and rebuilds from the massive destruction inflicted upon its people and infrastructure and which only a psychologically healthy populace can accomplish.



The Power of a Purchase

Warm Hands Program Director Tetyana Myalkovska sends UCHI parcels containing art work produced by the children of Warm Hands, which UCHI sells at events supported by partner organizations across Western Pennsylvania. The psychological benefit to the child seeing that Americans across the world value their creativity and knowing that they are helping to finance care for children in the future is indescribable according to Tetyana! Contact UCHI to make your contribution today and empower children for a healthy future!



Donations received by December 15, 2023 Matched Dollar for Dollar to \$5,000!

One hundred percent of donations goes to assist those affected by the war to a fully-vetted, trustworthy program provider in Ukraine with specific, transparent reporting to donors. UCHI is a 501(c)3 corporation - all donations are deductible to the fullest extent of the law.

Online: <http://www.uchi-us.com> - click the "Donate" button - **Mail:** Send checks payable to **"UCHI"** at 610 Boquet Street - Carnegie, PA 15106 - **In person:** At any Dollar Bank location, ask for the **Ukrainian Humanitarian Relief Fund** or at the Ukrainian Selfreliance of W PA FCU - 700 Washington Avenue, Suite 100 - Carnegie, PA 15106. **Please send your email address to uchi.us@gmail.com so that we can keep you updated. Thank you for your support!**

CALENDAR OF EVENTS

COFFEE HOUR

Dec. 17 Church School St. Nicholas Day Potluck
Dec. 24 Scott & Brittany Brettell, Matushka Laryssa
Dec. 31 Bonnie & Nicole Reinhart, Alice Sivulich

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!!!

Parish Website/Social Media

To Submit items for publication on website & social media

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

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

E-mail Technology at technology@orthodoxcarnegie.org

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

Find & follow us on:



BULLETIN SPONSOR DATES

	Dec. 3 _____
Jan. 7 _____	
Dec. 10 _____	Jan. 14 _____
Dec. 17 _____	Jan. 21 _____
Dec. 24 _____ Sponsored	Jan. 28 _____
Dec. 31 _____	

BULLETIN SPONSOR FORM

Sponsor _____

In Honor of _____

In Memory of _____

Date of Bulletin you wish to sponsor _____

Donation (\$20. minimum suggested) _____

(Please make checks payable to "Sr. UOL Chapter") _____



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

RETURN SERVICE REQUESTED