



FOLK ARTS @ UHEC

Virtual Pysanka Demonstration

Learn about ancient symbols & legends. Follow along at home and make a traditional Ukrainian pysanka (Easter Egg) using the wax-resist method!

ON LINE
TUES. MARCH 14, 2023
6:30PM ET

Register Online: www.ukrhec.org/events



Virtual Pysanka Demonstration (Folk Arts @ UHEC)

Join the UHEC staff for a virtual pysanka making workshop where workshop participants will learn about the history of the pysanka, (a Ukrainian decorated egg) and create their own, with step by step instruction. Participants must purchase their own supplies in advanced.

Crafts for Kids:
 Wax Resist Pysanka Greeting Card (Virtual)

In this workshop, young artists will learn about the symbolism, colors and legends of traditional pysanka egg designs. We will use a wax resist method (using crayons) to make your own pysanka themed greeting card, inspired by the cards of pysanka designs in the museum collection.



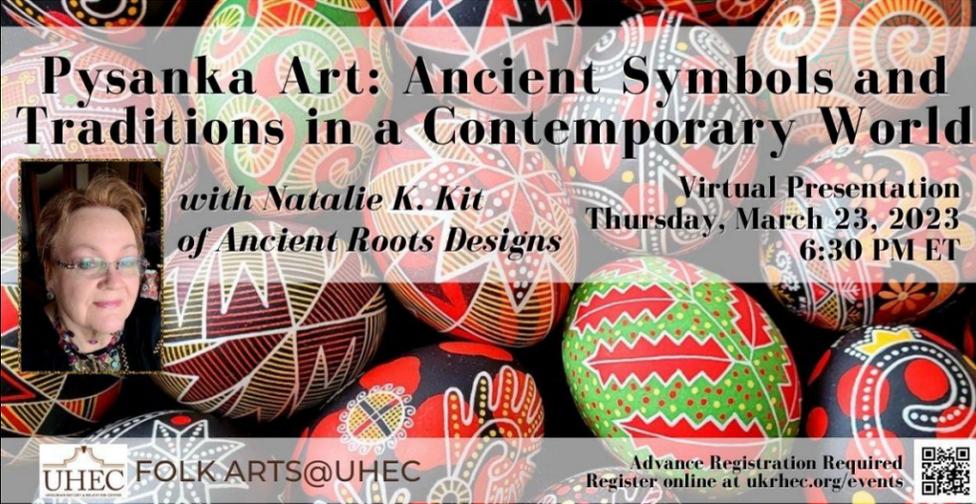
Crafts for Kids @ UHEC

Wax Resist Pysanka Greeting Card

VIRTUAL WORKSHOP
SUNDAY, MARCH 19, 2023
1:30 PM ET




The UHEC is supported in part by an American Rescue Plan Act grant from the National Endowment for the Arts to support general operating expenses in response to the COVID-19 pandemic. Made possible by the Somerset County Cultural & Heritage Commission. UHEC arts programming and activities are made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.



Pysanka Art: Ancient Symbols and Traditions in a Contemporary World

with Natalie K. Kit of Ancient Roots Designs

Virtual Presentation
Thursday, March 23, 2023
6:30 PM ET

Join Natalie K. Kit of Ancient Root Designs to learn more about the art of pysanky in the contemporary world.

Advance Registration Required
 Register online at ukrhec.org/events




PLEASE CALL FATHER JOHN for any and all emergencies – for hospital, nursing home, ALSO home visitations PLEASE call his Cell number 412-513-9148, if necessary, please leave a voice message, Father will return your call.
 THANK YOU.

St. Volodymyr Ukrainian Orthodox Church

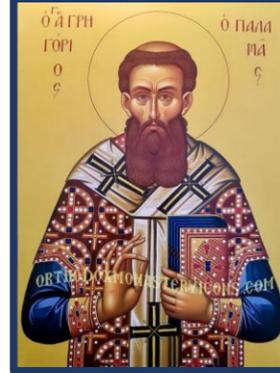
1810 Sidney Street Pittsburgh, PA 15203

Web site www.stvladimirpgh.org Facebook [StVladimirUOCPghPa](https://www.facebook.com/StVladimirUOCPghPa)

V. Rev. Father John Haluszczak, Pastor (412)-513-9148 otetsivan@gmail.com
 Subdeacon Nathan Haluszczak Readers: Julian Burgan and Nicholas Sampson
 Choral Directors: Mauri Druash-Gladys, Kira Senedak, and Pani Anne Haluszczak

Sunday March 12, 2023

Triumph of Orthodoxy/ St Gregory Palamas/ Liturgy of St. Basil the Great.
 St. Leo, bishop of Catania in Sicily / Ven. Prince Yaroslav the Wise (1054). St. Agatho, wonderworker of the Kyiv Caves (13th-14th c.).



“To the Heights! To the Heights!” (St. Gregory’s final words during his earthly sojourn) Since 1368 the Second Sunday of Great Lent has been dedicated to **St. Gregory Palamas, Archbishop of Thessalonica**, as a Second “Triumph of Orthodoxy”. Gregory was born in 1296 in Constantinople. His father was a prominent man at the court of Emperor Andronicus II Paleologos (1282-1328), but he soon died, and the emperor himself took part in the raising and education of the fatherless boy. Gregory was endowed with fine abilities and great diligence and soon mastered all the subjects which then comprised the full course of medieval higher education. The emperor hoped that the youth would devote himself to government work. But Gregory, barely twenty years old, withdrew to Mount Athos in the year 1316, and became a novice in the Vatopedi monastery. After his tonsure, the holy Evangelist John the Theologian appeared to him in a vision and promised him his spiritual protection. Gregory's mother and sisters also became monastics. On the Holy Mountain St. Gregory began to follow the method of unceasing prayer, which had been cultivated by monastics, beginning with the great desert ascetics of the fourth century, Evagrius Pontikos and St Macarius of Egypt. The experienced use of mental prayer (or prayer of the heart), requiring solitude and quiet, is called "Hesychasm" (from the Greek "hesychia" meaning calm, silence), and those practicing it were called "hesychasts." Gregory became fully imbued with the spirit of hesychasm and adopted it as an essential part of his life. In the year 1326, because of the threat of Turkish invasions, he and the brethren retreated to Thessalonica, where he was then ordained to the holy priesthood. St Gregory combined his priestly duties with the life of a hermit. Five days of the week he spent in silence and prayer, and only on Saturday and Sunday did he come out to his people. He celebrated Divine Services and preached sermons. His teachings often evoked both tenderness and tears for those present in Church,. In the 1330's events took place in the life of the Eastern Church which placed St Gregory among the most significant universal apologists of Orthodoxy, and brought him great renown as a teacher of hesychasm. About the year 1330 the learned monk Barlaam had arrived in Constantinople from Calabria, in Italy. He was the author of treatises on logic and astronomy, a skilled and sharp-witted orator, who had received a university chair in the capital city. Soon he journeyed to Mt. Athos, where he became acquainted with the spiritual life of the hesychasts. Declaring that it was impossible to know the essence of God, he declared mental prayer a heretical error and ridiculed the experience of the “uncreated light of Tabor” (where our Lord was transfigured), that hesychasts were prone to see. St Gregory began to use his talents in defense of the hesychasts. He debated with Barlaam at the Constantinople Council of 1341 in the church of Hagia Sophia. The Council accepted the position of St Gregory Palamas, that God, unapproachable in His Essence, does reveal Himself through His energies, which are directed towards the world and are able to be perceived, like the light of Tabor, but which are neither material nor created. The teachings of Barlaam were condemned as heresy, and he himself was anathemized and fled to Calabria. Thus was elucidated this most important truth regarding the nature of God and His interaction with the world, which became a pillar of Orthodoxy. But the dispute between the Palamites and the Barlaamites was far from over. Barlaam's disciple, the Bulgarian monk, Akyndinos, firmly resisted St. Gregory, upholding the teachings of Barlaam. Patriarch John XIV Kalekos (1341-1347), too, was inclined towards this opinion, as was the

Remember in Prayer

Peter, Lexi, Debra, Victoria, Theodore, Bob, Archimandrite Raphael, Jamie, Gloria, Maryanne, Marilyn, Chance, Jim, Pauline, Fr John, Mia, Tatiana, Mary Ann, Wesson, Fr Alexander Poshyvaijlo, Nicholas, Kateryna, Aleksandra, Kaleena, Amy, Natalia, Fr Robert, Stephen, Katherine, Victoria, Peter Iwashko

O Lord, Jesus Christ, the physician of souls & bodies, look down on your suffering servants, relieve them of their pain and suffering in order that they may be able to arise from their sick-bed and glorify your Holy Name. Amen!"

Please provide full names of your suffering friends and loved ones to Fr John (full names will only appear when first added but only if you wish to publish them here)

Birthdays

Hrystyna Petrylo 3/12 and Anna Babilya 3/13

emperor Andronicus III Paleologos (1328-1341). Gregory was locked up in prison for four years. But in 1347, when Andronicus was replaced on the Patriarchal throne by Isidore (1347-1349), St Gregory Palamas was set free and consecrated Archbishop of Thessalonica. In 1351 the Council of Blachernae finally confirmed once and for all the orthodoxy of Gregory's teachings. However, the people of Thessalonica did not immediately accept him, and he was compelled to live in various places. On one of his travels to Constantinople, the Byzantine ship fell into the hands of the Turks. St. Gregory preached to the Christian prisoners and even to his Muslim captors. The latter were astonished by the wisdom of his words. Some of them were unable to endure them, so they beat him and would have killed him had they not expected to obtain a large ransom for him. A year later, St. Gregory was indeed ransomed and returned to Thessalonica. St Gregory performed many miracles in the three years before his death, healing those afflicted with illnesses. On the eve of his repose, St John Chrysostom appeared to him in a vision (that Saint had also endured many tribulations and died in exile in the lands of Ukraine with the words: "Thank God for everything"). St Gregory Palamas fell asleep in the Lord on November 14, 1359, with the exhortation: "To the heights! To the heights!". In 1368 he was canonized at a Constantinople Council under Patriarch Philotheus (1354-1355, 1364-1376), who compiled his Vita and Services to the Saint.

Fr. Ihor Kutash - o. Irop Kyram kutash@unicorne.org

2023 Annual WPa/Ohio Pan-Orthodox Lenten Retreat

*"Create in me a Clean Heart, O God and
renew a Right Spirit Within me"*

Discernment vs. Judgment

Host Pasror: Fr. Mykola Zomchak, Pastor, SS. Peter & Paul (Youngstown); Speakers: Fr. John Charest, Pastor, SS. Peter & Paul (Carnegie, PA); Fr. Thomas Constantine, St. John Greek Orthodox Church (Boardman, OH); Fr. Yurii Bobko, Pastor, SS. Peter & Paul, Lyndora, PA

**9:30 AM to 3:30 PM
Saturday, March 18, 2023**

River Valley Community Resource Center
320 Shenango Street
Pulaski, Pennsylvania 16143 (724) 652-6184

Registration Fee: Adults: \$20.00; Students: No charge

To register click or place in your browser this link:

<https://forms.gle/1nbkzRNhiqCYWkuo8> or send an email to ms98carmack@gmail.com or call/text Marianne Carmack at 412-565-9441 or complete the mail in form.



UKRAINIAN ORTHODOX LEAGUE OF THE USA
DEDICATED TO OUR CHURCH DEVOTED TO ITS YOUTH

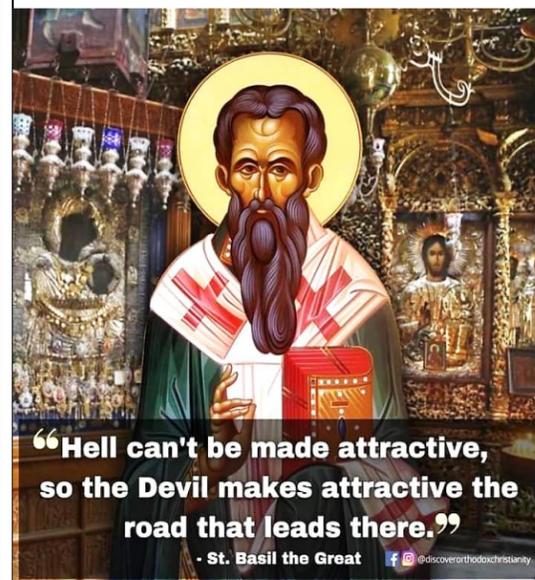
Continuing our Journey in Search of God

*Day's Events
Breakfast, Morning
Prayers, Speakers, Group
Discussions, Lunch,
Fellowship, Snacks,
Vespers*



In Byzantium there existed a remarkable and instructive custom at the coronation of the Emperor in St. Sophia's. This was that, when the Patriarch placed the crown on the Emperor's head, he at the same time placed in his hand a silk purse filled with grave-dust. This was so the Emperor might be mindful of his death, flee all pride and be humble.

Bishop Nikolai Velimirović.



**"Hell can't be made attractive,
so the Devil makes attractive the
road that leads there."**

- St. Basil the Great

March 13 @ 7:00 pm - 8:30 pm EDT

Ukrainian Artist Series: Solomiya Ivakhiv, Sung-Im Kim, & Yuriy Tarnawsky

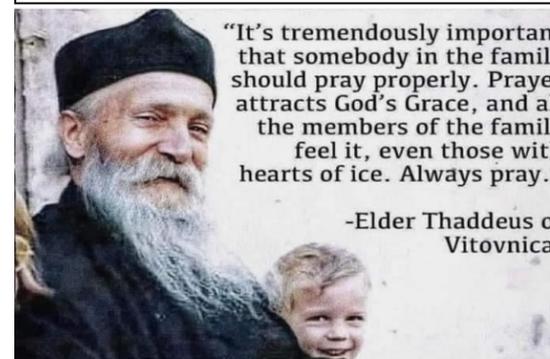
Alphabet City 40 W. North Avenue, Pittsburgh,
PA

This program is the remarkable debut of our Ukrainian Artist Series, which honors the resiliency of Ukrainian people and amplifies the remarkable work of Ukrainian artists. March's program features violinist Solomiya Ivakhiv, accompanied by esteemed pianist Sung-Im Kim and celebrated Ukrainian poet Yuriy Tarnawsky.



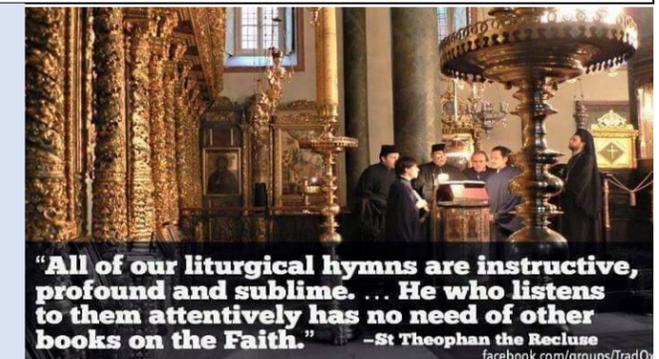
<https://cityofasylum.org/program/ukrainian-artist-series-solomiya-ivakhiv/>

**Free In-Person Tickets
Free Livestream Tickets**



"It's tremendously important that somebody in the family should pray properly. Prayer attracts God's Grace, and all the members of the family feel it, even those with hearts of ice. Always pray."

-Elder Thaddeus of Vitovnica-



"All of our liturgical hymns are instructive, profound and sublime. ... He who listens to them attentively has no need of other books on the Faith."

-St Theophan the Recluse
facebook.com/groups/TradOr

Today's memorial litany was requested by the Kocelko and Peters families for:

Daria Masur- March 7th was 8 years that she passed. Wolodymyr Masur- March 24 was 26 years

Nataliya Kocelko Stefan Kocelko

Kateryna Trojan Nestor Trojan

The Kocelko and Peters family are donating today's coffee hour in their memory.

