

Next time you're headed to the grocery store, bulk up your shopping list with a few of these non-perishable items for our Christmas food drive

1. **Applesauce:** Plastic jars of unsweetened applesauce provide a quick snack, fiber and vitamin C. Applesauce also keeps well on food bank shelves.
2. **Canned Beans:** Opt for the low-sodium varieties whenever possible.
4. **Canned Fish** (Tuna and Salmon)
5. **Canned Meat** (Chicken, SPAM and Ham):
6. **Canned Vegetables:** Look for low-sodium options.
7. **Cooking Oils** (Olive and Canola): Canola and olive oils are best .
8. **Crackers:** Whole grain crackers are the best bet.
9. **Dried Herbs and Spices:** Stick to oregano, basil, cumin, pepper, rosemary, thyme and cinnamon.
10. **Fruit** (Canned or Dried): Choose those that are packed in water or fruit juice rather than sugary syrups.
11. **Granola Bars:** Look for ones with less sugar made with oats or other whole grains.
12. **Instant Mashed Potatoes:** (and send along some garlic powder too).
13. **Meals in a Box:** Look for pasta, rice & soup kits, especially those that are lower in sodium & higher in fiber & protein.
14. **Nuts:** Opt for unsalted varieties when possible.
15. **Pasta:**
16. **Peanut Butter:** Look for varieties that are lower in sugar.
17. **Rice:** donate brown rice when possible, Quinoa is also a great item to donate.
18. **Shelf-stable and Powdered Milk:** Because no fridge is required to keep this milk fresh.
19. **Soup, Stew and Chili:** If possible, try to find reduced sodium options.
20. **Whole Grain Cereal:** Select varieties that are low in sugar and high in fiber.

When purchasing items for a food bank, try to avoid:

- junk food
- items with glass or cellophane packaging, which can be broken in transit
- things that need can openers (**pop-top cans—whether for veggies, meat or fruit—are a plus**)

St. Volodymyr Ukrainian Orthodox Church

1810 Sidney Street Pittsburgh, PA 15203

Web www.stvladimirpgh.org

FaceBook StVladimirUOCPghPa

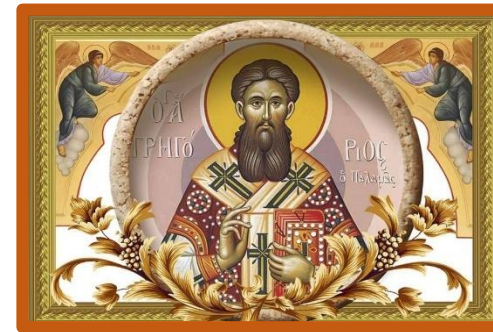
V. Rev. Father John Haluszczak, Pastor (412)-513-9148 otetsivan@gmail.com

Subdeacon Nathan Haluszczak Readers: Julian Burgan and Nicholas Sampson

Choral Directors: Mauri Druash-Gladys, Kira Senedak, and Pani Anne Haluszczak

Sunday March 16, 2025

Second Sunday of Great Lent / St Gregory Palamas



SUNDAY OF SAINT GREGORY PALAMAS

St Gregory Palamas's defense of hesychasm and the Jesus Prayer is a second "Triumph" of Orthodoxy?

Saint Gregory Palamas (+1396) was a defender and champion of Hesychasm, the silent prayer, the Prayer of the Heart, the Jesus Prayer. A learned monk, Barlaam, was the author of treatises on logic and astronomy, a skilled and sharp-witted orator. Barlaam

journeyed to Mt Athos, where he became acquainted with the spiritual life of the hesychasts. Saying that it was impossible to know the essence of God, he declared mental prayer a heretical error. Barlaam entered into disputes with the monks and attempted to demonstrate the created, material nature of the light of Tabor (i.e. at the Transfiguration). He ridiculed the teachings of the monks about the methods of prayer and about the uncreated light seen by the hesychasts. The heart of St Gregory's defense is that true practitioners of prayer could see the Uncreated Light of God.

Our incarnate Lord Jesus Christ, the second Person of the Holy Trinity, told His disciples, "I am the Light of the world. Whoever follows Me shall not walk in darkness but shall have the Light of Life" (John 8:12). Jesus also told them, "You are the light of the world... Let your light so shine before people, that they may see your good works and glorify your Father in heaven" (Matthew 5:14-16).

The Jesus Prayer is as follows: "Lord Jesus Christ, Son of God, have mercy on me a sinner." The power of the prayer is witnessed by countless ascetic saints throughout the centuries. Jesus says: "But if your eye is dark, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!" (Matthew 6:23).

Every follower of Christ is called to true prayer and intimate communion with Him. The depth of that intimacy depends on our ability to be a lens through which that Light shines towards other people, especially those in need. IOCC helps us become a lens of light for those who walk in darkness when disaster strikes. The Prophet Isaiah sums it up: "The people who walked in darkness have seen a great light; Those who dwelt in the land of the shadow of death, upon them a light has shined" (Isaiah 9:2)

REV. DR. FR. RICHARD ANDREWS

Remember in Prayer

Lyuba, Cecilia, Lottie, Evalyn, Collette, Matthew, Allison, Ivy, Eli, Victoria, Jamie, Theo, Pauline, Marianne, Anna, Lisa, Andrew, Kaitlyn, Mia, Tatiana, Steven, John, Carol, Damen, Kayleena, Ariana, Marje, Nick, Andrii, Celia, James, Chelsea, Jhana

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!"

Ukrainian Artists and Their Arts
ART.LOVE.FREEDOM.

Sunday, February 23 3rd Anniversary Commemoration of the War on Ukraine Panel Discussion 1:00 PM - 4:00 PM	Sunday, March 16 Musical Interlude A celebration of Ukrainian music 1:00 PM - 4:00 PM
Friday, February 28 An Evening with Jazz Pianist Taris Vrcek 7:00 PM - 9:00 PM	Friday, March 21 Film Premiere: "Why Ukraine Matters" - a powerful documentary screening 7:00 PM - 9:00 PM
Friday, March 7 Ukrainian Contemporary Music Night 7:00 PM - 9:00 PM	Sunday, March 23 Panel Discussion of the Psychological Aspects and Impact of the War on Ukraine 1:00 PM - 4:00 PM
Sunday, March 9 Commemoration of Ukraine's Poet Laureate & freedom advocate Taras Shevchenko featuring the children of the Ridna Shkola School of Ukrainian Studies of Pittsburgh 1:00 PM - 4:00 PM	Friday, March 28 U.S. Premiere of film "Les Kurbas" with special guest Tara Hutchinson, vocalist 7:00 PM - 9:00 PM
Saturday, March 15 Fashion Show: Contemporary Ukrainian Dress 6:00 PM - 9:00 PM	Sunday, March 30 Closing Reception featuring the Keystone Chorus 1:00 PM - 4:00 PM

Featuring artists from western Pennsylvania, Ukrainian artists implementing vital art therapy rehabilitation for children orphaned and displaced by warfare in Ukraine, and the children themselves.

Sponsored by the Ukrainian Cultural and Humanitarian Institute (UCHI) with generous assistance from the Vovk Foundation. For more information, please contact 412.327.8111 or uchi.us@gmail.com

All events will be held at the 3rd Street Gallery 220 3rd Street, Carnegie and are free of charge - freewill donations graciously appreciated.

February 23 to March 30, 2025

Five week show at the
**Third Street Gallery
and Double Dog Studios**

Works of internationally-renowned and local artists on view at both galleries during events and gallery hours Fridays 7-9 PM; Saturdays 11-4 PM; and Sundays 1-4 PM.



**St. Vladimir's
Ukrainian Hall
73 S. 18th
Street
South Side,
Pittsburgh, PA**



Baked Goods

Breads

Nut Rolls

Ukrainian Menu

- Holubsti— Stuffed Cabbage
- Pyrohy—Pierogies
- Halushky—Cabbage and Noodles
- Kobasa on a stick
- Fr. John's Tomato Plants



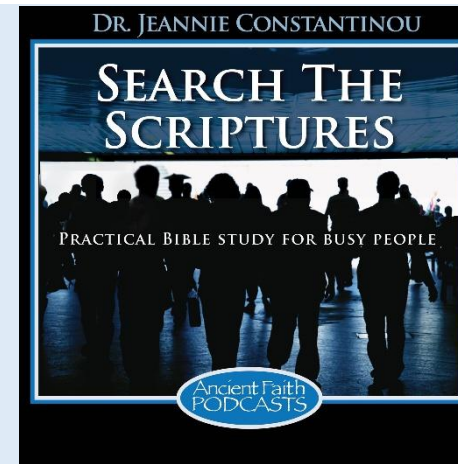
Eat In or Take Out.



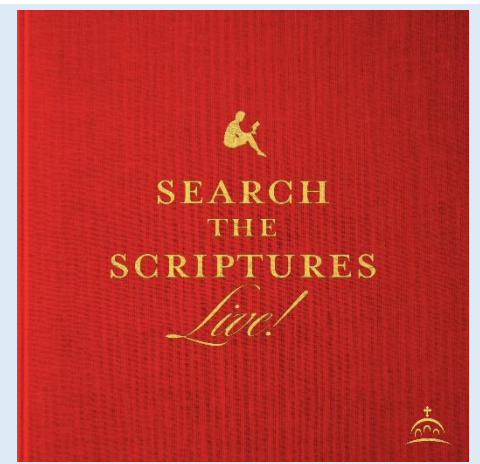
We will be making stuffed cabbage for our Spring Food Festival on Friday March 21 and Saturday March 22. On Friday we plan to steam the cabbage and cook the rice. **We are looking for 1-2 more volunteers for Friday evening** to help with these tasks. We will **begin at about 5:30 p.m.** and are hoping it will not take too long!

On Saturday March 22, we will be making the filling, rolling the stuff cabbages and cooking them. We need help with all of these tasks. We will begin around 10 am. on Saturday and will continue until the afternoon as we have to cook all of the stuffed cabbage. We have plenty of jobs from helping mix the filling, to rolling up the stuffed cabbages to getting them ready for the oven and then cooking them. We have a job for all skill levels!

Many hands make light work, so please come down and help, even for an hour or two if possible. Please let Alya know if you are planning to be there, or if you have any questions at all. Thank you all in advance!



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Interesting and accessible Bible study for busy people

Presbytera Dr. Jeannie Constantinou guides us through Holy Scripture with the eyes of the Church Fathers.

Is it a sin to eat chicken while fasting!

Fasting is a vital and helpful activity for spiritual progress, but we must not think that God is pleased when we do not eat chicken during fasting, but instead eats fish. So, if you eat fish, you are pleasing to God, but if you eat chicken, you are not pleasing to God. The salvation of our soul does not depend on the chicken – whether you eat it or not.

Many people suffer and think: “How will I endure; how will I manage without chicken or meat?”

But for God, it does not matter at all whether we eat chicken or not. God wants us to abstain from completely different things: from anger, from judgment, from envy, from slander, from foul language, from obscene words, and from many other sins.

That’s the goal of fasting and what truly matters...

Today’s Panahyda was requested by the Nataliya for Vira on the 40th day of her falling in asleep in the lord.

Orthodox Prayer For Doctors and Nurses

O Lord Jesus Christ our God, Lover of Mankind, Physician of our souls and bodies, who didst bear the pain of our infirmities, and by whose wounds we are healed; Who gave sight to the man born blind; Who straightened the woman who was bent over for 18 years; Who gave speech and sight to the mute demoniac; Who not only forgave the paralytic his sins, but healed him to walk; Who restored the withered hand of a troubled man; Who stopped the flow of blood of her who bled for 12 years; Who raised Jairus’ daughter to life; And brought the four-day-dead Lazarus to life; And who heals every infirmity under the sun: Do now, O Lord, grant Thy grace to all those who have labored and studied to go into all the world, and also to heal by the talent Thou hast given to each of them. Strengthen them, by Thy strength, to fear no evil or disease. Enlighten them to do no evil by the works of their hands, and preserve them and those they serve in peace, for Thou art our God, and we know no other, and to Thee we ascribe glory together with Thy Father who is from everlasting, and Thy most Holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.