



SS. PETER & PAUL UKRAINIAN  
ORTHODOX CHURCH

21 Evergreen Street  
Lyndora, PA 16045-1314



УКРАЇНЬСЬКА ПРАВОСЛАВНА  
ЦЕРКВА СВ. ПЕТРА І ПАВЛА

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ss.peterandpauluocofusa@gmail.com

**WELCOME All!** Welcome to the God-Loving and God-Protected Parish of Saints Peter and Paul! A Parish of the UOC of the USA and the Ecumenical Patriarchate. Our warmest greetings are extended to all visitors and guests, and to all of our beloved parishioners who are participating in today's Divine Liturgy. We are blessed to have you with us today! If you are with us for the first time, PLEASE introduce yourself to Father Yurii – he is looking forward to meeting you! Also, please feel free to email or call Father Yurii with any questions and let him know what is going on in your life, especially if you need spiritual guidance. We hope that you will find peace and comfort in Saints Peter and Paul Ukrainian Orthodox Church. You are very welcome to come every Sunday and on feast days, make yourself at home, and to become a part of our parish family. ]. Through your prayers and dedication of time, talents, and donations, this can become a reality in all faith and love.

## AUGUST 1, 2021 SCHEDULE

### SUNDAY

**August 1, 2021**

Sunday 6 after Pent, Procession of the Precious Cross, The Holy Seven Maccabee Children, Solomone Their Mother, and Eleazar Their Teacher I

**Confession – 9:00, Hours-9:15**

**Divine Liturgy –9:30**

### Thursday

**August 5, 2021**

**Great Vespers – 6:30 pm**

### Friday

**August 6, 2021**

**Transfiguration of our Lord and Savior Jesus Christ**

Epistle Reading: St. Peter's Second Universal Letter 1:10-19,

Gospel Reading: Matthew 17:1-9

**Divine Liturgy – 9:30 am**

### SUNDAY

**August 8, 2021**

7th Sunday of Matthew

Emilian the Confessor & Bishop of Cyzikos  
Our Holy Father Myronus the

Wonderworker, Bishop of Crete; Epistle Reading: St. Paul's Letter to the Romans

15:1-7, Gospel Reading: Matthew 9:27-35

**Confession – 9:00, Hours -9:15**

**Divine Liturgy – 9:30 am**

## CONTACT

**Father Yurii Bobko, Pastor**

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<http://peterandpauloclyndora.itgo.com>

Protopresbyter William Diakiw,  
Attached

Parish Board President:

Robert Prokopchak

Choir Director: Lydia Rudolf

21 EVERGREEN RD. LYNDORA, PA 16045



<https://www.facebook.com/UOCLyndora>

# SAINTS PETER AND PAUL UKRAINIAN ORTHODOX PARISH

SO, READ THE FATHERS, EVEN ONE OR TWO LINES A DAY. THEY ARE VERY STRENGTHENING VITAMINS FOR THE SOUL.

ST. PAISIOS

## GOSPEL AND EPISTLE READING

### St. Paul's Letter to the Romans 12:6-14 (Epistle)



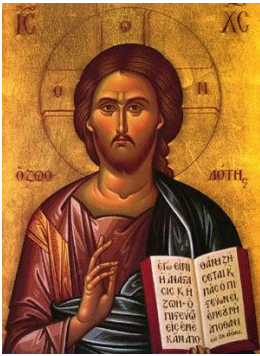
Brethren, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality.

Bless those who persecute you; bless and do not curse them.

## REMEMBER IN YOUR PRAYERS

Dorothy Cygan, Fr. Williaml, pani Sonia, Fr. Vasyl, Mary-Ann, Mary-Ann, Payton, Anthony, Tina, Mykola, Stella, Maksymko, Fr. Yurii, Maria, Fr. Jakiw, Fr. George, Volodymyr, Alexandr, Vincent, all the doctors and nurses and everyone who was infected by COVID-19.

## The Gospel According to Matthew 9:1-8



At that time, getting into a boat Jesus crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say 'Your sins are forgiven,' or to say 'Rise and walk?' But that you may know that the Son of man has authority on earth to forgive sins" he then said to the paralytic -- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.

### PARISH NEWS AND UPDATES

**Augusts 15** – We are going to have coffee hour which is going to be prepared by Karen Sheptak for the benefit of our Youth!

**July 22** – Potluck, please bring dish of food to be shared with others!

It is with sadness that we learn of the passing of Lee Vordos, formerly of our Parish on Monday, July 19. We express our deepest sympathy to Dottie and the Vordos family in Utah. May his memory be eternal.

**Please remember**, this week on **Friday, August 6**, we are going to celebrate one of the 12 great feasts of the Church year – **Transfiguration of our Lord and Savior Jesus Christ**. Please, come and celebrate together with us Divine Liturgy of this feast day! After the Divine Liturgy, we are going to have anointing and blessing of the fruits!

We would like to announce that our dear parishioner and Parish Board President Robert Prokopchak is moving to another state to work as a teacher in school. As you all know he was studying to be a science teacher and after his graduation, he would like to explore more and get more experience in the other part of the USA. All parish family would like to thank Robert Prokopchak for all the good work and service that he has done for the glory of God. He promised that it's not going to be for a long time and we are waiting for him to be back. "The Lord bless you and keep you; The Lord make His face shine upon

you, And be gracious to you; The Lord lift up His countenance upon you, And give you peace.” —Numbers 6:24–26.

After the fire in our Kitchen Hall, we are in need of a new oven for our future projects and bake sales. If you would like to help with donations, please inform any of our Parish board members or Fr. Yurii.

If you would like to receive the electronic PDF file of bulleting, please submit your name and email at the back of the Church! If you have any questions or would like to add something to a bulletin, please let Fr. Yurii know!

Holy Confession is available before Liturgy and Great Vespers! For Baptisms, Weddings, Memorial Litiya, or any other services, please arrange with Father Yurii! Pastoral Visitations of the Sick and Infirm: Please inform Father Yurii if you or your family members are going into the hospital for any reason or if they would like to receive Spiritual guidance!

## PARISH CELEBRATION

From the bottom of Ss. Peter and Paul parish family heart we wish **Maria Corbin, Andriane Hassler**, Happy Birthday!  
Happy Anniversary to **Karen and Steven Sheptak, Fr. William and Pani Sonya Diakiw, Lydia and Mark Rudolf!** May God's awesome blessings be upon you this day and for the Future years ahead for many happy and blessed years!

## SAINTS AND FEASTS



Because of the many diseases that occur in the month of August, the custom prevailed of old in Constantinople to carry the precious Wood of the Cross in procession throughout the city for its sanctification and its deliverance from illnesses. It was brought forth from the imperial treasury on the last day of July and placed upon the Holy Table of the Great Church of the Holy Wisdom; and beginning today, until the Dormition of the Theotokos, it was carried in procession throughout the city and was set forth for veneration before the people.

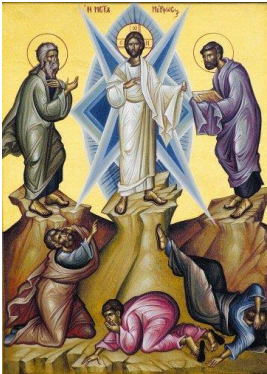
## **Tropar of the Holy Cross, First Tone**

Lord, save Your people and bless Your inheritance, granting our rulers to prevail over adversaries, and protecting Your commonwealth by Your Cross.

## **Kontakion of the Holy Cross, Fourth Tone**

Lifted up on the Cross by Your free will, Christ God, grant mercies to the new commonwealth that bears Your name. Gladden our faithful rulers by Your power, giving them victories over their adversaries. May Your alliance be for them a weapon for peace, an invincible standard.

## **Transfiguration of our Lord and Savior Jesus Christ**



Our Lord had spoken to His disciples many times not only concerning His Passion, Cross, and Death, but also concerning the coming persecutions and afflictions that they themselves would endure. Since all these evils were near at hand, but the enjoyment of good things which they hoped to receive in their stead was yet to come, our Savior desired to give them full assurance, evidently and openly, concerning that glory which is prepared for those who endure to the end. Therefore, fulfilling that which He had promised shortly before, that "there be some standing here which shall not taste of death, till they see the Son of man coming in His Kingdom" (Matt. 16:28), He took His three foremost disciples and ascended Mount Tabor, where He was transfigured before them. His face shone like the sun, and His clothes became white as the light. Suddenly, together with this dread and marvelous effulgence of light, there appeared those pinnacles of the Prophets, Moses and Elias, who spoke with the Lord Jesus concerning His saving Passion which was about to take place. Standing before Him as reverent servants, they showed that He is the Lord of both the living and the dead, for Moses came forth from Hades, having died many centuries before, and Elias, as it were from heaven, whither he had been taken up while yet alive. After a little while a radiant cloud overshadowed them and out of the cloud they heard that same voice which had been heard at the Jordan at the Baptism of Christ, testifying to the Divinity of Jesus and saying: "This is My beloved Son, in Whom I am well-pleased; hear ye Him" (Matt. 17: 5).

Such are the marvels, truly worthy of God, celebrated in this present feast, which is an image and prefiguring of the future state of the righteous, whose splendor the Lord

spoke of, saying: "Then shall the righteous shine forth as the sun" (Matt. 13:43). It is because of this that the Kontakion of this Feast is said daily (when there is not a great feast) in the Service of the Typica in perpetual commemoration of the glory that will be the lot of the Saints. According to tradition, the Lord's Transfiguration came to pass forty days before His Crucifixion; this is why the Transfiguration is celebrated forty days before the Exaltation of the Cross.

### **Tropar of Holy Transfiguration**

You were transfigured on the Mount, Christ God revealing Your glory to Your disciples, insofar as they could comprehend. Illuminate us sinners also with Your everlasting light, through the intercessions of the Theotokos. Giver of light, glory to You.

### **Kontakion of Holy Transfiguration**

You were transfigured upon the mount, O Christ our God, and Your disciples, in so far as they could bear, beheld Your glory. Thus, when they see You crucified, they may understand Your voluntary passion, and proclaim to the world that You are truly the effulgence of the Father.

## **The Distracted Mind and Our Spiritual Life**

*Presvytera Elizabeth Tervo*

Have you ever seen this sign at a church door: "Please turn off your cell phones"? We all know that we need to turn them off before Liturgy. We know that only the gravest emergency should interrupt church.

When we think about cell phones, we think about how connected we are, nowadays, to a wide community through the internet. We might think that our age poses a unique challenge for the Christian soul. We are connected with all kinds of news, events, and other people's passing thoughts, in an instant, and constantly, in a way that human beings never experienced before.

However, the problem of the distracted mind was quite well known to the Fathers and saints of our church, since ancient times. The distracted mind is nothing new. Passing thoughts, called *logismoi*, are not important, yet they can spoil our peace.

Even if our cell phone is off, we may still be distracted by our thoughts. That is why we have a narthex. That is the area in the back of the church where we light candles. We light a candle and say a short prayer. This helps us to take a breath and leave the outside world behind. Now our mind is ready to focus on Liturgy.



I do not mean that we are to ignore the world and our family, friends, neighbors and co-workers, or our illnesses and problems.

On the contrary, the Liturgy gives us many opportunities to pray for the whole world. We do not forget, but we put these people and things into their right place in the context of our relationship with God.

Stray logismoi, however, are another thing. Our brains are constantly busy. Nerve connections are made and thoughts occur to us. Some are ordinary, such as ‘My garden has a lot of weeds,’ but others are thoughts that lead us toward temptation, such as ‘So and so’s shoes are nicer than mine.’ In either case, while we are at prayer, the Fathers teach us to do the same thing with this kind of thought: ignore it! Then it will pass right out of your mind.

There is no thought as important as your prayer. If something is truly important, it will recur to you after the Liturgy. You do not need to try to remember it later or note it down.

If you let a whole train of logismoi start from that one thought, or even if you try to think out reasons why it is not a good thought, it is much more difficult to let it go. You may start with: ‘I need to weed the garden’ and continue with: ‘What is the weather today?’ ‘Will I have time in my schedule?’ ‘Nobody is helping me with the weeding.’

By now not only are your thoughts getting involved, but you’re also becoming resentful! It’s harder to bring your mind back now. How much easier it would have been to ignore the weeds in the first place!

Likewise, do not get angry with yourself and say, ‘Why am I thinking about my garden during church? Or someone else’s shoes? I can not focus!’ You get yourself wound up again, just in another way. Don’t get frustrated with yourself. Just try again.

‘Stop thinking that thought’ is easy to say. Here’s what to do. Immediately move your mind on to something else. “Say Lord has mercy.”

Notice where we are in the Liturgy and focus on the actual words being said. Look at an icon and contemplate it. Bring yourself back to where you are standing, or sitting, or kneeling. Make your cross to remind yourself to pay attention. In a minute you will even forget you had the thought.

We know that St. John Chrysostom knew about the distracted mind, because there are so many times in the Liturgy where our attention is called back.

For example: “Let us be attentive!”

“Wisdom! Let us attend!”

“Wisdom, arise!” Literally, we might say that this means, Straighten up!

People’s minds always need to be reminded to pay attention! It’s not just us in the 21st century. So... this means we have no excuse. We are still able to quiet our minds, as Christians in earlier ages have been able to do. When our mind is quiet, then we can pray and participate fully in our beautiful Liturgy.

We're glad you are here to worship Almighty God with us. We are a parish of the Ukrainian Orthodox Church of the USA, a canonical Orthodox church under the authority of the Ecumenical Patriarch. As Orthodox Christians, we believe in one God in Trinity: Father, Son and Holy Spirit. We also believe that Jesus Christ is the Son of God made man, was born of the Virgin Mary and suffered, died and rose from the dead so that we may have eternal life. Our Orthodox Faith is the universal living continuation of the Apostolic Church that was founded by Christ Himself. We seek to share the Good News of our faith and invite everyone to come and see and