

St. John the Baptist Orthodox Church

A Parish of the American Carpatho-Russian Orthodox Diocese, Ecumenical Patriarchate of Constantinople

Rev. Fr. Dave Urban, Pastor

Very Rev. Fr. John Branco, Pastor Emeritus

Timothy Martin, Reader

Matthew Peifer, Stephen Branco, & John Radick, Cantors

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June 11, 2017

Volume III

1st Sunday after Pentecost / Sunday of All Saints

9:30 am – Divine Liturgy

Tone 8

Liturgical Color: **Green**

Epistle: Hebrews 11:33-12:2; Gospel: Matthew 10:32-33,37-38,19:27-30

Add'l collection for Capital Improvement Fund / Panachida for Fr. +Ronald Hazuda,

Fr. +William George, and +Henry Beben (Pañi Tobias' father) / Family Day at Camp Nazareth

SERVICES AND READINGS FOR THE WEEK

Tuesday, June 13 – 7pm Akathist to the Icon of the Inexhaustible Cup

Saturday, June 17 – 11am Mystery of Holy Baptism and Initiation into the Orthodox Faith of Christopher Stephen Kubis

* Monday	Romans 2:28-3:18	<i>All Scripture is inspired by God and is profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. – 1 Tim.3:16-17</i>	Matthew 6:31-34,7:9-11
* Tuesday	Romans 4:4-12		Matthew 7:15-21
* Wednesday	Romans 4:13-25		Matthew 7:21-23
* Thursday	Romans 5:10-16		Matthew 8:23-27
* Friday	Romans 5:17-6:2		Matthew 9:14-17
* Saturday	Romans 3:19-26		Matthew 7:1-8

* Apostles' Fast (Peter & Paul Fast) * Let us imitate Christ and the Saints and fast as they did.

Sunday, June 18 – 2nd Sunday after Pentecost / Sunday of Carpatho-Rusyn Saints

9:30 am – Divine Liturgy

Tone 1

Liturgical Color: **Green**

Epistle: Romans 2:10-16; Gospel: Matthew 4:18-23

YOUTH Sunday / Panachida for all deceased Fathers

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A Warm Welcome To Our Visitors!

Glory Be To Jesus Christ! (*Glory Be Forever!*)

Slava Isusu Christu! (*Slava na v'iki!*)

We are happy that you have joined us today! Please join us downstairs for coffee and a bite to eat. It is our pleasure to have you in our presence this morning and we wish God's Blessings to all who visit with us today and hope you stop in again soon! If you have any questions in regards to our worship or Orthodoxy, please see Fr. Dave and he will gladly answer any of your questions to the best of his ability. He looks forward to meeting you!

This Bulletin is offered...

In memory of
+ Michael Hudak.

May his memory
be eternal!



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BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions for this section to Father by Wednesday.)

Congratulations! to Nicole (Mushinsky) and David Maruscak and their families on the birth of **Penelope Jean** born on 6/5 (8 lb 12 oz – 21"). Your prayers have been much appreciated!

"Preserve her and this child which she has borne.

Cover her with the shelter of thy wings from this day until her final end, through the prayers of the most Holy Theotokos and of all the saints. Amen" – from Prayers for a Woman on the 1st Day after Childbirth

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Coat Drive – Do you have a clean coat or two that you have not worn in years – but it still looks good and you don't want to get rid of it? We are now collecting coats and jackets, in good condition, to donate to FOCUS Pittsburgh this August. We will 'store' the clean coats on the coat rack in the church hall.

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House Blessings to Resume – For those who did not have their house blessed prior to the Great Fast, please contact Fr Dave to arrange a time over the next couple weeks.

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Akathist to the "Inexhaustible Cup" – We offer this service on **Tuesday, June 13th** at 7pm on behalf of those who suffer from alcoholism and other addictions. All are called to come and pray. We also encourage those who have friends or family members who struggle with addiction, as well as those who work in the field of recovery, to come and pray with us!

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Holy Fire from Jerusalem for your home - If you would like to take the Holy Fire home, one option is to purchase a 6-day candle (that fits nicely in car cup holders) and take the Light home. (*It's not recommended to drive with the windows open.*) When the candle is out, we'd appreciate it if you brought the empty glass back to church with you the following week. (Purchase multiple candles and keep the flame going!)

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Weekly Candle Intentions/Memorials were offered last week by Tim Martin; Melanie Shuster; Viola Peifer; Barbie Kirish; Lawrence Martin; Olga Radick; Eleanor Sanger; Mary Jane Hudak; Joanne Nelson; Theresa Sharpless; Melanie Paieski; Cindy Pavilonis; Patty Watson.

"I am the light of the world; he who follows Me will not walk in darkness, but will have the light of life." - John 8:12

The Eternal Lamp was offered last week by John Gaydos, Jr., In Memory of Mother, Catherine; and by Mary Jane Hudak, In Memory of Parents, Michael and Ann. May Their Memory Be Eternal! Vičnaya Pamjat!

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Our Stewardship Gift To God

Dues/Stewardship:	\$ 163
Candles/Small C./Eternal Lamp/C. box:	\$ 217
Envelopes: Sunday/Feast Day/Special	\$ 1146
<u>Community Outreach:</u>	<u>\$ 20</u>
Total Donations:	\$ 1546
Capital Improvement Fund:	\$ 25

Collection for the Saints:

"On the first day of the week let each one of you lay something aside, storing up as he may prosper." 1 Cor 16:2

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Father's Vacation – Father Dave (and family) will be on vacation in Romania from Monday, June 19th thru Tuesday, July 4th. Please contact the following priests for any hospital visits or other emergencies:

- Fr. Robert Prepelka: 724-266-2879
- Fr. Nik Ferencz: 724-953-6046
- *Fr. Michael Zak: 412-461-3264
- (*Fr Zak will not be available from 6/25-28)

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Coffee Social Stewards Are Needed! The ideas are being kicked around for changing our format for the weekly coffee social. On weeks that no one signs up for the coffee social, we will have a 'pot-luck' meal. On these weeks, we ask that every household brings something small for a pot-luck surprise spread for the community to enjoy that week! (Don't over think the menu - Plan to *keep it simple* ☺) *The Divine Liturgy concludes at the final blessing, but the liturgy continues downstairs as we gather in love and fellowship with our parish family and visiting neighbors. Lets keep this critical ministry alive in our parish!*

Coffee Social Steward Schedule

June 18: **Kathy Schrmack**

June 25: **"Pot-Luck"**

July 2: **"Pot-Luck"**

Thank you to all those who support this critical ministry of our Church!

Icon Cards – Please consider repurposing your greeting cards. The collection box is in the vestibule for *Holy Transfiguration Monastery*. What we currently have collected will be delivered with the items collected this month. Thank you for giving back!

Visit Our Parish & Diocese On-Line

- St John's: www.OrthodoxPittsburgh.com
- Diocesan Website: www.acrod.org
- Camp Nazareth: www.campnazareth.org
- FB: www.facebook.com/acroddiocese
- Twitter: twitter.com/acrodnews
- You Tube: youtube.com/acroddiocese

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ORTHODOXY AROUND DA 'BURGH

Upcoming Greek Food Festivals:

- June 12-17 - Koimissis (2111 Davidson St., Aliquippa)
- June 13-16 - Holy Cross (123 Gilkeson Rd., Pittsburgh)
- June 23-25 - Holy Dormition (12 Washington Ave., Oakmont)



Please see the flyer on the bulletin board in the church hall for times and more information or visit <http://www.holytrinitypgh.org/pittsburgh-greek-festivals-guide>

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ST JOHN'S MONTHLY COMMUNITY OUTREACH

2017 Requested Donations List from *The Orthodox Monastery of the Transfiguration*

Monastery Supplies:

- Paper napkins
- Toilet tissue
- Facial Tissues
- Tall Kitchen White
- Trash bags
- Black Trash Bags
- Plastic forks (individual boxes, not in sets)
- Plastic knives
- Plastic spoons
- dessert size **paper** plates
- 9in and 12in **paper** plates
- Paper cups for cold drinks (approx 10oz size)

- Paper cups for hot drinks (approx 10-12oz size)
- Cases of water bottles
- Laundry detergents
- Fabric softeners, liquid and dry sheets
- Postage Stamps

- Cleaning Supplies:**
- Clorox Bathroom Cleaner (not wipes)
 - Clorox Bleach Cleaner
 - 409 Cleaner
 - Old English Lemon Oil
 - Simple Green Cleaner

- Window Cleaner
- Toilet bowl cleaners
- Air fresheners

- Food Items:**
- Mixed salted nuts (without peanuts)
 - Small cans of tuna

- Kitchen items:**
- Sandwich bags
 - Freezer bags
 - Paper towels
 - Wax paper

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STEWARDSHIP SNIPPET

From: <http://www.acrod.org/ministries/stewardship/stewardship-blog/>

Joys of Generosity “What does it profit a man, to gain the whole world and forfeit his life?” (Mk 8:36)

St. Gregory of Nazianzen states, “Let everyone bring to God what fruits he can, at all times, at every turn of life and its events, to the measure of his ability according to the gifts he has been given.” There is a joy in being generous and after all is not generosity one of the virtues. And, according to St. Gregory of Nyssa, if you possess one virtue then you possess them all, they are linked. Likewise possessing one passion will lead to the others.

In Proverbs 11:24, we read, “one man gives, yet grows richer.” When sharing the gifts God has given you in gratitude, God receives those gifts and returns them in greater abundance. That does not mean that you should endeavor to give back for the purpose of receiving more. That is an improper motive and no joy will come of it. The joy in giving is that the riches you were gifted with do not govern your life. An abundant life that is free from greed, that you are not possessed by them, gives you freedom and joy and your life is at peace.

Joy also comes from not being concerned about your future. God has blessed you richly and has taken care of you. You are able to live a virtuous life, thinking of others before yourself, because you know that God will continue to take care of



you. He will provide for all your needs and He will do this because you are leading a virtuous life, a life led in gratitude for all that He has given you.

To the contrary, those who do not share the gifts that God has given them, will not only forfeit what He has gifted them, they will live in constant torment and fear of the loss of their possessions, relationship and even their life.

Christ commanded us to “love” our neighbors as He has loved us. Christ is talking about that true kenotic, self-emptying love whereby we would give all we have for the benefit our neighbor as Christ gave to us. That is real joy. It is always good to receive but the joy in giving, in sharing, in participation of the life of another is one of the greatest joys of this world.

Be a good steward and experience the joy of giving and sharing with God and the body of Christ

Parish Stewardship Opportunities...

- Take one of the coffee social weeks
- Bring in a lightly used coat for FOCUS
- Join the ACRY
- Attend additional services
- Bring in items for the Garage Sale
- Donate to our parish
- Donate to our Monthly Community Outreach

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LIVING ORTHODOXY

Gardening Therapy: The New Health Trend We Should All Be Enjoying

from “The Orthodox Church of Tomorrow” on September 9, 2016 Adapted By Fr. John Peck

It’s time to whip out your gardening gloves because not only are digging and weeding great exercise, a good stint of gardening boosts mental health too.

Last month, we found out that people living in an area rich in vegetation have improved physical and mental health, and 30% of the overall morality benefit from living near vegetation came from lower levels of depression. So now, we want to delve a little deeper into how gardening is being implemented to improve people’s health.

Professor Tim Lang, Centre for Food Policy at City University London says it’s widely recognised that regular contact with plants, animals and the natural environment can improve our physical health and mental wellbeing.

‘For the large number of people in our society – children and adults – who live with challenging physical or mental health problems, gardening and community food growing can be especially beneficial,’ explained Professor Lang.

‘Such activities can relieve the symptoms of serious illnesses, prevent the development of some conditions, and introduce people to a way of life that can help them to improve their well-being in the longer term. And even if you are feeling fine, gardening is... well, just a very nice thing to do.’



What is gardening therapy?

GPs in London have already started to prescribe gardening time, with the help of Lambeth GP Food Co-operative, which aims to harness the physical and mental therapeutic benefits of gardening while growing more local produce.

It was launched in 2013 at the Brockwell Park Surgery, South London but is now present at several GP surgeries across the borough where unused outdoor space is turned into gardens for patients to grow fruit and vegetables.

Ed Rosen, it’s director, says,

‘We began this with a specific focus on patients with long-term health conditions, such as diabetes, arthritis and asthma. Our patients tend to be older as they have developed long term health conditions later in life.

‘They also tend to be more socially isolated and lonely than younger people because often their partners have died or their families have moved away. So we wanted to create a health generating activity that people will enjoy.’

Why is gardening therapy good for you?

1. Soil is actually an antidepressant

Soil has been found to have similar effects on the brain as antidepressants to lift mood. A study by the University of Bristol and colleagues at University College London looked at how mice

exposed to 'friendly' bacteria normally found in soil, altered their behaviour in a similar way to that produced by an antidepressant.

Dr Chris Lowry, lead author on the paper, said: 'These studies help us understand how the body communicates with the brain and why a healthy immune system is important for maintaining mental health. They also leave us wondering if we shouldn't all be spending more time playing in the dirt.'

When the team looked closely at the brains of mice, they found treatment with the bacteria *Mycobacterium vaccae* activated a group of neurons that produce the brain chemical serotonin, which regulates mood. Gardeners inhale the bacteria and have physical contact with it.

The natural effects of the soil bacteria can be felt for up to three weeks, if the experiments with rats are any indication. *Mycobacterium vaccae* microbes in soil are also being investigated for improving cognitive function, Crohn's disease and even rheumatoid arthritis.

2. It incorporates mindfulness

You might feel too busy for mindfulness, but research shows it can have a huge impact on your stress levels, helping to stave off anxiety, slash depression risk, boost productivity and ease insomnia.

Hilda Burke, psychotherapist, says that gardening is an activity that seems to help a lot of people get into a 'flow' state. This means that you don't notice the time passing, aren't simultaneously thinking over other things, making plans or rehashing the past. As such it helps

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Why Do We Include Saints In Our Prayers?

In our Prayer rule we can also ask the saints to intercede for us and to help us in our worldly struggles. Saints are those holy individuals who have died as martyrs, who have made a fearless confession of faith often with the threat of death, who have demonstrated self-sacrificing service, who have a special gift of healing and perform miracles after their death when remembered in prayer.



Then I looked, and I heard the voice of many angels around the throne, the living creatures, and the elders; and the number of them was ten thousand times ten thousand, and thousands of thousands, who praised the Lord. (Rev 5:11)

Our communion in prayer with the saints is the realization of the bond between Christians on earth and the Heavenly Church. (Heb 12:22-23)

Sacred scripture presents numerous examples that the righteous, while still living can see and hear and know much that is inaccessible to the ordinary understanding. The saints while they were still on earth were able to penetrate in spirit into the world above.

From the parable of the rich man and Lazarus (Luke 16:10-31) we know that Abraham being in heaven could hear the cry of the rich man who was suffering in hell, despite the great unbridgeable gulf that separates them.

The Church has always taught the invocation of the saints, convinced they intercede for us before God in heaven. Having a prayer relationship with a saint is another way that we can gain help in our spiritual path to salvation in the Church.

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IN THE NEIGHBORHOOD

Family Fun Run/Walk for Epilepsy will be Saturday, June 17th at PNC Park. Registration begins at 8:00am. The 5k Run/2 mile Walk starts at 9:30am. For more info: 1-800-361-5885 or staff@efwp.org

people both to switch off to other stuff and switch on to the present moment.

In other words, to be more mindful.'What makes gardening unique and sets it apart from other activities such as baking say or knitting is that it quite literally connects us to the earth. Working with soil, planting things, being patient, nurturing our seedlings offers a valuable lesson for our personal lives.

'How often do we feel bogged down with stuff we'd rather not get our hands dirty with? Yet by being patient, loving and nurturing of ourselves we, like the gardens we tend, can blossom and grow!'

3. It boosts brain health

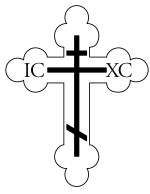
Gardening exercises your mind as well as your body. It utilises a number of our brain functions and includes learning, problem solving and sensory awareness, keeping our minds active. A number of studies have shown the benefits of therapeutic gardens for patients with dementia and Alzheimer's.

One particular study, published in the Psychiatry Investigation, said the benefits of horticultural therapy included a reduction of pain, improvement in attention, lessening of stress and a reduction in falls.

The charity Thrive uses gardening to help people with a range of mental health problems, including soldiers experiencing post-traumatic stress. Its recent research with early-onset dementia patients showed that, over a year, participants' memory and concentration remained unchanged, but that mood and sociability improved.

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THINGS TO CONSIDER



Office Hours – Monday-Friday from 9am–4pm OR by appointment.

Mystery of Confession – Opportunities are available after every service, Saturdays during fasting periods from 11:00am to 1:00 pm, OR by appointment.

Holy Communion/Eucharist – The reception of the Holy Eucharist is encouraged by all Orthodox Christians who have properly prepared themselves, with fasting from midnight on, regular Confession, and forgiveness for all people. Those who are not Orthodox may receive a *blessing* from the chalice.

Emergency Sick Calls – Please notify Fr Dave when you or a family member are going into the hospital or having a procedure so he can pray with you & you may receive the anointing so you are properly prepared.

Baptisms – Please consult Father for details.

Marriages – Please consult Father for details.

Church Funerals – are provided for practicing Orthodox Christians who are current in their spiritual and financial obligations; otherwise burial is from the funeral home. The Church does not permit cremation.

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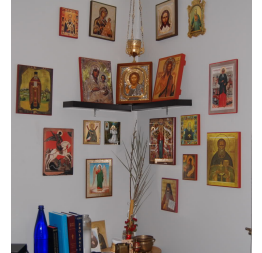
PRAYER CORNER

*Our Parish Prayer List for Special Intentions & Other Needs **



A Prayer For The Sick: O Christ, You alone are prompt to defend us; quickly visit Your suffering servant *name*. Through the prayers of the Theotokos, deliver *him/her* from sickness and bitter pain. Heal *him/her* so that *he/she* may sing to You and always praise You for You alone love us. Amen.

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For the Health of... Helen R., Ann, Eleanor D., Julie, Jane, Mildred, Mark, Viola, Juliana, Nathaniel, Katie, Kenneth, Michael, Teresa, David, Larry, Susan, Anna Mae, Roberta, Fr Shuster, Thomas, Lawrence, Fredrick, Donald, Iris, Helen B., Sharon, Dustin, Daniel, Herb ...*through the prayers of St. Nectarios the Wonderworker; St. Luke, the Surgeon; and St. Panteleimon, the Great-Martyr & Healer.*

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Birthday Prayers for... Fr Nicholas Mihaly (6/13), Kylee Winkler (6/14), Julia Lanick (6/16), Aaron Zak (6/16), Anthony Horbal (6/17)...*May God allow them to grow in peace & love all the days of their lives & may He grant them many & blessed years! Na Mnohaja I Blahaja L'ita!*

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Anniversary Prayers for... Dave & Andrea Urban (6/17) (Parents of Fr Dave) ...*May God fill them with His grace that they may continue to live in unity with Him!*

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For the Special Intentions of... Bishop Gregory, Stephen, David, Joshua, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Ameer, Andrea, Christopher, Ryan, Marianne, Jason, Nicole, David, Penelope, Tyrone and our Church Council and Relocation Committee: Matthew, John, Timothy, Patricia, Theresa, Lawrence, Jane, Sharon, Cynthia, Katherine, Eleanor, John, Richard, John, and Margaret ...*through the prayers of St. Nicholas the Wonderworker; St. John the Baptist; the Archangels Michael & Gabriel; and the Theotokos and Ever-Virgin Mary.*

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For those serving in the Armed Forces & Civil Authorities... Sgt. Walter Dylan Mushinsky, Maj. Michael Repasky ...*through the prayers of St George, the Great-Martyr & Wonderworker.*

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For Expectant Mothers... Nicole, Jessica, Sharon, Roxanne, Pañi Katie, Pañi Kristina ...*through the prayers of St Anna, the mother of the Theotokos, & St Irene Chrysovalantou.*

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For our Catechumens & Inquirers... ...*through the prayers of St. Paul the Apostle, St. Mary Magdalene, and St. John Maximovitch.*

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For those preparing for Marriage... ...*through the prayers of Sts. Adrian & Natalia & all Holy Martyrs.*

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* This is to be used for the special intentions of our brothers and sisters and can be inserted as a prayer itself into our daily prayers. Please let Fr. Dave know if you would wish to make additions or subtractions (in the case of answered prayers) to our Parish List. The words of the Gospel are true: it is good to pray for one another. Let this be a place where we lay out our concerns and beg the help of our brothers and sisters in Christ. Those whom we add to the list do NOT need to be Orthodox Christians.

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SPIRITUAL VITAMIN FOR THE WEEK

"The mysteries of God will be impossible to know and will appear strange and contrary to nature as long as we don't overturn our secular mindset and see everything with spiritual eyes. Those who believe that they can come to know God's mysteries through mere scientific theory, without spiritual life, resemble a fool who thinks he can look through a telescope and see Paradise."

+St Paisios the Athonite

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DEVOTIONAL PRAYER OF THE WEEK:

A Prayer to your Patron Saint

Saint (Name), Holy Mother of God and all the saints, who have pleased God in your lives; pray to Christ our Lord that I might live this day in peace, love, and humility. Pray unto God for me, O Holy Saint (Name), well-pleasing to God: for I turn to you, who are a speedy helper and intercessor for my soul. Amen.

