



# Saint John the Baptist Orthodox Church



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

Father Dave Urban, Pastor  
Very Reverend Father John Branco, Pastor Emeritus  
Timothy Martin, Reader  
Matthew Peifer, Stephen Branco, & John Radick, Cantors  
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2019

Volume IV

**Cheesefare**  
**MARCH 10th**  
FAREWELL TO CHEESE TODAY



**Adam and Eve are cast from Paradise!**  
FORGIVENESS SUNDAY  
Reading: Romans 13: 11-14:4  
Gospel: Matthew 6: 14-21

Ask each other for forgiveness each evening this week before bed.

9:15 – Third Hour; 9:30 – Divine Liturgy  
Tone 8  
Liturgical Color: **Gold** → **Purple**  
Add'l Collection for our Capital Improvement Fund / Prayers from the Rite of Forgiveness following Liturgy

## SERVICES, SAINTS, AND READINGS FOR THE WEEK



**Monday, March 11 – the start of the Great Fast (Lent) – CLEAN WEEK Begins**

9:30am The Great Canon of Repentance of St. Andrew of Crete (I)

**Tuesday, March 12 – 9:30am The Great Canon of Repentance of St. Andrew of Crete (II)**

**Wednesday, March 13 – 9:30am The Great Canon of Repentance of St. Andrew of Crete (III)**

7pm – Presanctified Liturgy at the Hampton Inn (2622 Wexford Bayne Road, Sewickley, PA 15143)

**Thursday, March 14 – 9:30am The Great Canon of Repentance of St. Andrew of Crete (IV)**

*The opportunity for the Holy Mystery of Confession is available following every service.*

|        |  |                 |                 |                 |
|--------|--|-----------------|-----------------|-----------------|
| ** Mon | St. Porphyrius, bishop of Gaza (420)     | Isaiah 1:1-20   | Genesis 1:1-13  | Proverbs 1:1-20 |
| ** Tue | Venerable Procopius the Confessor (~750) | Isaiah 1:19-2:3 | Genesis 1:14-23 | Prov. 1:20-33   |
| ** Wed | Venerable Basil the Confessor (747)      | Isaiah 2:3-11   | Gen. 1:24-2:3   | Prov. 2:1-22    |
| ** Thu | Martyr Eudocia of Heliopolis (152)       | Isaiah 2:11-21  | Genesis 2:4-19  | Prov. 3:1-18    |
| ** Fri | St. Arsenius, bishop of Tver (1409)      | Isaiah 3:1-14   | Gen. 2:20-3:20  | Prov. 3:19-34   |
| ** Sat | Martyr Eutropius of Amasea (308)         | Heb. 1:1-12     |                 | Mark 2:23-3:5   |

**\*\* The Great Fast - Let us imitate Christ and the Saints and fast as they did!**

**1st Sunday of Lent**  
**MARCH 17th**



**SUNDAY of ORTHODOXY**  
Reading: Hebrews 11: 24-26, 32-12:2  
Gospel: John 1: 43-51

Bring an icon to church for a procession.

9:15 – Third Hour; 9:30 – Divine Liturgy  
Tone 1  
Liturgical Color: **Purple**

*YOUTH Sunday / Icon Procession /*

5pm – Pan-Orthodox Lenten Vespers at St. Nicholas in Monroeville (see "Around da Burgh" below)

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## A Warm Welcome To Our Visitors!

**Glory be to Jesus Christ! (responded with: Glory be forever!)**

**Slava Isusu Christu! (Slava Na Viki!!)**

**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 Father Dave and he will gladly answer any of your questions to the best of his ability. He looks forward to meeting you!

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## The Great Fast (Lent)

*Please reflect on these wonderful words from IOCC:*

*The one who loves God cannot help but love also every man as himself ... The one who loves God surely loves his neighbor as well. — St. Maximus the Confessor, Four Hundred Texts on Love*

*St. Maximus the Confessor teaches that we find God as we comprehend His love for us and learn to love each other. Because God loves us, we can—indeed, we must—love others. And "the work of love," the saint writes, is "the deliberate doing of good to one's neighbor."*

*IOCC's mission to serve persons in great need, without discrimination, reflects this idea.*

*During Great Lent, we trace the path of Christ to the Cross and, ultimately, Resurrection. At the same time, as we journey through this holy season, we do the work of prayer, fasting, and almsgiving. If service is a form of almsgiving, then this, too, is the work of love.*

*Let us begin the Great Fast with joy and an increase of love. It is a time of year to do more for our soul during our spiritual training season! Embrace it with love! May you have a blessed fast!*

*I humbly beg your forgiveness, Father Dave*

*This Bulletin Is Offered:*

In Memory of  
+Julia Potoski

May her memory  
be eternal!

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## LOOKING AHEAD LOCALLY

**Wednesday, March 20** – 9:30am Paraklis to the Theotokos /  
7pm – Presanctified Liturgy at the Hampton Inn, Wexford

**Friday, March 22** – 9:30am Moleben to the Holy Cross

**Saturday, March 23** – 9:30am All Soul Saturday (*Zadušna Subota*) Divine Liturgy & Panachida (II)  
11a – 1p Mystery of Holy Confession

**Sunday, March 24** – Sunday of St. Gregory of Palamas /  
3 pm – Deanery Lenten Missions: St. Michael (146 Third Avenue, Rankin, PA 15104)

**Wednesday, March 27** – 9:30am Lenten Third Hour /  
7pm – Presanctified Liturgy at the Hampton Inn, Wexford

**Friday, March 29** – 9:30am Akathist Hymn to the Passion of our Lord Jesus Christ

**Saturday, March 30** – 9:30am All Soul Saturday (*Zadušna Subota*) Divine Liturgy & Panachida (III)  
11a – 1p Mystery of Holy Confession

**Sunday, March 31** – Sunday of the Holy Cross /  
3 pm – Deanery Lenten Missions: St. John (211 Cable Avenue, East Pittsburgh, PA)



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## PARISH BULLETIN BOARD ANNOUNCEMENTS



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

**Weekly Candle Intentions/Memorials** were offered last week by Tim Martin; Viola Peifer; Lawrence Martin; Melanie Shuster; Mary Jane Hudak; Barbara Kirish; Joanne Nelson; Theresa Sharpless; Patty Watson; Rich Mirilovich; Cindy Pavilonis; Margaret Rusnak.

***"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 anonymously In Memory of +Julia Potoski. May Her Memory Be Eternal! Vičnaya Jej Pamjat!

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**"Clean Week"** – this year there will be a service Monday thru Thursday in the morning at the church. The Wednesday evening Presanctified Liturgy will be at the Hampton Inn off of the Wexford exit of 79 (2622 Wexford Bayne Road, Sewickley, PA 15143).

Evening services are also offered at other Orthodox Churches in the area!

Please contact them for their service times.

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**The Canon of Repentance** – The Great Canon of St Andrew is a wonderful service to start the Great Fast with. The full text of the Canon is divided between the first four days of the week. Each service is about an hour long.

I pray that you make an effort to come.

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**Services during the Great Fast** – *The Parish Calendar on our website has been updated with the service schedule through Bright Week.* ([www.OrthodoxPittsburgh.com](http://www.OrthodoxPittsburgh.com)) **Please let Fr. Dave know if you would like a printed version.**

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**Fellowship Meal following Presanctified** – After our Liturgy of the Presanctified Gifts at the Hampton Inn, our tradition is to gather for a meal. Again this year, we are asking people to sign up for a week and bring something (meatless) for all to enjoy. *If you wish, you can team up with someone else to share the effort.* The Hampton does not have a kitchen, so we will be taking supplies from the hall and we will need to clean up. A sign up sheet is in the Church Hall.

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**Thank You!** to anyone who assisted in anyway for the Pre-Lenten breakfast last week! The food was amazing and the fellowship was awesome!

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**Lenten Coin Boxes** – *"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."* (Mt 28:19)

Coin boxes are available in the Church Hall to collect your spare change throughout the Great Fast for our Community Outreach next month (OCMC). More information is available at [www.ocmc.org](http://www.ocmc.org). *"Let them do good, that they may be rich in good works, ready to give, willing to share"* (1 Tim 6:18)

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**Lenten Soup Sale** – Our ACRY will be hosting a Meatless Soup Sale on **March 17<sup>th</sup>** (\$4 a pint). *Anyone interested in making some soup should see an ACRY member for the containers.*

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**Home Blessing Update:**



*53 homes (1429 miles) and 4 scheduled*

**I would like to thank all of those who welcomed me into your homes! It was a pleasure to talk with so many of you! We will take a hiatus from home blessings during the first week of the Great Fast. For those that needed to postpone or have not scheduled yet, let's look at the calendar starting next week.**

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**Relocation Update** – we are still waiting for answers on the property off of Nicholson Road (below 279 / 79). As things progress, information will be shared to all!

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### Coffee Social Steward Schedule

March 17: OPEN  
March 24: OPEN  
March 31: OPEN

*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. (Everyone is also encouraged to help clean up after.) Thank you to all those who support and keep this critical ministry alive in our parish!*

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**Elderly Help Needed** – If anyone is willing or if you know a (*retired*) nurse, an aide, or caregiver who would be willing to help someone in any way thru the night and/or during the day, please contact Father Dave if you have any ideas. Compensation will be offered.

**Parish Stewardship Opportunities...**

*As you wish that men would do to you, do so to them. (Lk. 6:31)*



- Pray for our parish and it's future
- Bring in your clean used pill bottles
- Sponsor a Coffee Social
- Offer to read the Third Hour prior to Liturgy

**Visit Our Diocese On-Line**

Diocesan Website: [www.acrod.org](http://www.acrod.org)  
 Camp Nazareth: [www.campnazareth.org](http://www.campnazareth.org)  
 FB: [www.facebook.com/acroddioocese](http://www.facebook.com/acroddioocese)  
 Twitter: [twitter.com/acrodnews](http://twitter.com/acrodnews)  
 You Tube: [youtube.com/acroddioocese](http://youtube.com/acroddioocese)

**Our Stewardship Gifts To God**

|                           |                |
|---------------------------|----------------|
| Stewardship/Dues:         | \$ 580         |
| Candles/Eternal Lamp:     | \$ 184         |
| Envelopes:                | \$ 746         |
| Pre-Lenten Breakfast:     | \$ 300         |
| <b>Total Collections:</b> | <b>\$ 1810</b> |
| <b>Relocation Fund:</b>   | <b>\$ 1350</b> |

*Give Generously: "For they gave according to their means... and beyond their means, of their own free will." 2 Cor 8:3*

**Reader of the Third Hour:**

March 17: Available to you  
 March 24: Available to you  
 March 31: Available to you  
*This should begin by 9:15 and can be read or chanted. Please contact Fr Dave if you are interested in participating in this wonderful stewardship prayer opportunity!*

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**ORTHODOXY AROUND DA 'BURGH & OUR DIOCESE**

**Spaghetti Dinner** - On **Saturday, March 16**, Sts Peter & Paul (220 Mansfield Blvd., Carnegie, PA) will have a Spaghetti Dinner Fundraiser in support of Charest Family Summer Hosting from 4p to 7:30p. Menu includes: Spaghetti, Marinara Sauce, Clam Sauce, Salad, Bread, and Beverages. There will be a Free Will Offering basket. Additional info can be found at [www.orthodoxcarnegie.org](http://www.orthodoxcarnegie.org) / 412-276-9718 / or [orthodoxcarnegie@gmail.com](mailto:orthodoxcarnegie@gmail.com).

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**Pan-Orthodox Sunday Lenten Vespers** - The Orthodox Clergy Brotherhood of Greater Pittsburgh is pleased to offer for the first time in the Pittsburgh region a series of Sunday Lenten Vespers services to be held in Orthodox parishes of various jurisdictions around the Pittsburgh area. Each service will take place at **5:00pm** and will be followed by Lenten refreshments. All Orthodox Christians in the area are invited to join the Orthodox clergy of the area in praying these beautiful Lenten services together. The order of services and their locations is as follows:

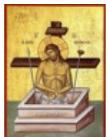
- **March 17:** Saint Nicholas Serbian Orthodox Church, 2110 Haymaker Rd., Monroeville, PA  
Speaker: His Eminence Mark, Archbishop of Philadelphia and Eastern PA, OCA. Pan-Orthodox Choir of Pittsburgh to sing responses. Lenten Dinner following.
- **March 24:** Annunciation Greek Orthodox Church, 1128 Summit St., White Oak, PA (Festal Great Vespers of the Annunciation)
- **March 31** - Saint Alexander Nevsky Orthodox Cathedral, 290 Thompson Run Rd., Pittsburgh, PA
- **April 7** - Saints Peter & Paul Ukranian Orthodox Church, 220 Mansfield Blvd., Carnegie, PA
- **April 14** - Saint George Antiochian Orthodox Church, 3230 Washington Pike, Bridgeville, PA (Veneration of Relic of Saint John Maximovitch following Vespers)

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**Pittsburgh Deanery Lenten Mission: Confession, Service, & Fellowship** - Each *Sunday Vespers* begin at **3pm** with Confessions heard beginning at **2:30pm**. A light meal is offered after the services. The schedule is as follows:

**March 24** – Rankin; **March 31** – East Pittsburgh; **April 14** – North Side

All are encourage to attend our Lenten Missions throughout the Great Fast! **Pray with our Pittsburgh Deanery & see our sister parishes!** [see details below for the retreat in Homestead]



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**Young Adult Spring Retreat** - "Staying Sane in a Troubled World" will be presented by Dr. Al Rossi at Camp Nazareth from **March 29–31**. Open to Young Adults 19–35. Fee: \$75 (*Scholarships available*). For more information, email [YoungAdultRetreats@gmail.com](mailto:YoungAdultRetreats@gmail.com) or see the flyer in the hall.

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**Lenten Family Retreat** - "Good Stewards: Giving Thanks to God, For Our Church & For Each Other" will be presented by Fr. John Parker at St Alexander Nevsky Orthodox Cathedral (1600 Guyton Rd., Allison Park, PA 15101) on **Saturday, March 30<sup>th</sup>**. RSVP by 3/20 to [sarahrah4@gmail.com](mailto:sarahrah4@gmail.com) (include names and ages of the youth). For more information, see the flyer in the hall or visit [www.sanocpgh.org](http://www.sanocpgh.org)

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**The Annual Diocesan Lenten Retreat: For All Orthodox Christians, Family, & Friends** –

Will take place on **Saturday, April 6<sup>th</sup>** from 9am–5pm at St Nicholas Orthodox Church (903 Ann Street, Homestead, PA 15120). His Eminence, Metropolitan Gregory will present "*Focusing on the Ladder of Divine Ascent and Our Spiritual Journey One Step at a Time*" for the teens and adults. Fr. Dave Urban will present "*Windows to Heaven – Icon of Divine Ascent & The Feasts Of The Church*" for those aged 6-12. The schedule for the day is posted in the church hall. A Continental Breakfast and Light Lunch are included and the cost is covered by a Free Will Offering. (*This is sponsored by the National ACRY.*) The registration deadline is **March 31<sup>st</sup>** (**You may sign up on the sheet in the Church Hall**). Come Escape From The World For A Day and Be Spiritually Renewed!

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## STEWARDSHIP SNIPPET



Much has been talked about over the recent years about Orthodox Christian Stewardship. Your Church Council and Fr. Dave want to hear more from you about this basic question:

**“What is stewardship to you?”**

Over the next couple months, a series of stewardship questions or ideas will be posted in the bulletin. Throughout this series, please talk with members of the Church Council, Fr. Dave, or leave thoughts anonymously in an envelope as we continue to learn and grow in stewardship.

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## SUNDAY’S SCRIPTURE READINGS

*“Of all the afflictions that burden the human race, there is not one, whether spiritual or bodily, that cannot be healed by the Holy Scriptures.” +Saint John Chrysostom*

**Epistle:** Romans 13:11-14:4

### An Urgent Appeal

<sup>11</sup>Besides this you know what hour it is, how it is full time now for you to wake from sleep. For salvation is nearer to us now than when we first believed; <sup>12</sup>the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; <sup>13</sup>let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. <sup>14</sup>But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

### Do Not Judge Another

<sup>14</sup>As for the man who is weak in faith, welcome him, but not for disputes over opinions. <sup>2</sup>One believes he may eat anything, while the weak man eats only vegetables. <sup>3</sup>Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. <sup>4</sup>Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

**Gospel:** Matthew 6:14-21

<sup>14</sup>For if you forgive men their trespasses, your heavenly Father also will forgive you; <sup>15</sup>but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

### Concerning Fasting

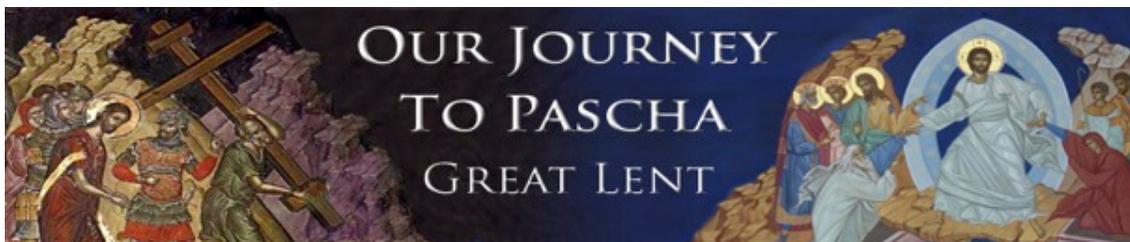
<sup>16</sup>“And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. <sup>17</sup>But when you fast, anoint your head and wash your face, <sup>18</sup>that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

### Concerning Treasures

<sup>19</sup>“Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, <sup>20</sup>but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. <sup>21</sup>For where your treasure is, there will your heart be also.

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## LIVING ORTHODOXY



To assist the faithful in making the most of this holy season, additional resources have been added to our Diocesan Website at: <https://www.acrod.org/prayercorner/lentenresources/>

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### How to Forgive: *We must put aside all resentment*

The decision to forgive another person a wrong done to us begins when we decide to let go of resentment and thoughts of revenge. To forgive someone does not mean that we forget what they did to us, for this may be impossible. The memory of the hurt might always remain with you, but when you decide to forgive the person who wronged you, the grip of resentment is put aside. When we forgive someone it is even possible the find yourself filled with compassion and empathy for the person, for the act of forgiveness opens the heart to God's grace.

When we forgive someone, we are not denying their responsibility for hurting or offending us, nor are we justifying their act. We can forgive them without approving or excusing their transgression against us. The act of forgiving another opens our heart to the peace that brings closure to hurt and pain, and opens us up to the love and peace that

comes from living a life without resentment.

If we find ourselves struggling to forgive, it is a good reminder to recall those hurtful things we've done to others, and remember when we've been forgiven. It is especially good to recall how God has forgiven us, and call upon Him to give us the grace needed to put aside our resentment, and truly forgive the other person. Being quick to forgive, and putting aside all thoughts of revenge will open our heart to a joyful and peaceful life.

Finally, if we pray for those who've offended us, we open the door to all kinds of possibilities. When we ask God to help the person whose been unkind and hurtful, our own hearts receive healing, for when we've forgiven others, grace abounds.

“Don't repay evil for evil. Don't retaliate when people say unkind things about you. Instead, pay them back with a blessing. That is what God wants you to do, and he will bless you for it.” (1 Peter 3:9)

Love in Christ, Abbot Tryphon

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Here are some random thoughts on the Great Fast:

### The Great Fast vs. Western Lent

The Orthodox Church has four fasting periods throughout the year: Apostles Fast (falling in June/July prior to the Feast of Saints Peter and Paul), Dormition Fast (in August prior to the Feast of the Dormition of the Theotokos), Nativity Fast (December/January), and the Great Fast (prior to Pascha). Pascha, also known as Easter, is the Feast of Feasts - the greatest feast in the church. The fasting period prior to it is also the greatest fasting period.

There are Orthodox who refer to this fasting period as Lent, Great Lent, Great Fast, or even the Great Lenten Fast. [Because of the importance to this fasting period prior to the greatest feast in the church, I prefer the term the Great Fast emphasizing its importance.]

### Contrast with the length

In the Western Church, Lent begins with Ash Wednesday and lasts for 40 days, which does not count Sundays. Prior to Ash Wednesday, there are commonly pre-lenten festivals such as Mardi Gras. "The carnival celebrations which in many cultures traditionally precede Lent are seen as a last opportunity for excess before Lent begins." (from Wikipedia)

In the Eastern Church, the Great Fast begins on "Clean Monday" and goes for a continuous 40 days ending on the eve of Lazarus Saturday. Prior to Clean Week (the first week of the Great Fast), the Orthodox Church has a 3-week preparation for the Great Fast. After the 40-day Great Fast, we enter Holy Week which is a separate and more intense fast.

### The Triodion (the 3 weeks prior to)

During this time, repentance is seen in the prescribed readings. We begin to lessen our foods in preparation as well. Two Sundays prior

to the Great Fast is Meatfare Sunday, when we say farewell to meat. Cheesefare Sunday is on the eve of the Great Fast, when we say farewell to dairy products.

### Variations in Fasting

Technically speaking, in the ultimate and strictest approach to the Great Fast, one does not eat meat or dairy products for the 40 days (plus Holy Week). This is done in Monasteries, but not done in all Orthodox households. During the Great Fast, we strive to increase our fasting as well as our prayer and almsgiving. It is best to increase what we did the year prior working towards the monastic fast. [talk with Father for suggestions.]

### Book Suggestion for the Great Fast:

#### "When You Pray: A Practical Guide to an Orthodox Life of Prayer"

by L. Joseph Letendre

(ISBN # 978-1944967239)

"Anyone who prays or has tried to pray and given up in discouragement knows praying, really praying, is not easy. Praying consistently seems almost impossible. Too often and too easily, prayer becomes a burden: one more item on an already overcrowded to-do list.

Failing to pray becomes a source of guilt and stress as we must once again admit our inconstancy and procrastination to our father confessor. Yet, our Lord said, "Come to me, all of you who are heavy laden, and I will give you rest. My burden is easy and my yoke is light." (Mt. 11:30)

The purpose of this audiobook, then, is not to add to the burden, but to ease it by distilling the advice and experience of those who pray."

Grab it from our bookstore or go to [www.smile.amazon.com](http://www.smile.amazon.com) (then link it to "American Carpatho-Russian Orthodox") and get the audiobook.

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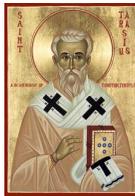
## LIVES OF THE SAINTS

Source: [www.orthodoxpittsburgh.com/parish-calendar/orthodox-calendar](http://www.orthodoxpittsburgh.com/parish-calendar/orthodox-calendar) © 1996-2001 by translator Fr. S. Janos

### Sainted Tarasias, Patriarch of Constantinople

Commemorated on Mar 10 / Feb 25

Sainted Tarasias, Patriarch of Constantinople, came of illustrious lineage. He was born and raised in Constantinople, where he received a fine education. He was rapidly promoted at the court of the emperor Constantine VI Porphyrogenitos (780-797) and Constantine's mother, the holy Empress Irene (797-802; Comm. 7 August), and the saint reached the rank of senator. During these times the Church was agitated by the turmoil of the Iconoclast disturbances. The holy Patriarch Paul (780-784, Comm. 30 August) although not sympathetic in soul with Iconoclasm, through his weakness of character was not able to decisively contend with the heresy and he therefore withdrew to a monastery, where he took the schema. When the holy Empress Irene together with her son the emperor came to him, Saint Paul declared to them, that the most worthy successor to him would be Saint Tarasias (who at this time was still a layman). Tarasias for a long time refused, not considering himself worthy of so very high a dignity, but he then gave in to the common accord, on the condition, that an OEcumenical Council be convened



for rendering judgement on the Iconoclast heresy. Proceeding in a short while through all the degrees of clergy dignity, Saint Tarasias was elevated to the Patriarchal throne in the year 784. In the year 787 in the city of Nicea, with holy Patriarch Tarasias presiding, – the 7<sup>th</sup> Ecumenical Council was convened, at which were present 367 bishops. The affirmation of holy icons was confirmed at the Council. Those of the bishops, who repented of Iconoclasm, were again received by the Church.

Saint Tarasias wisely governed the Church for 22 years. He led a strict ascetic life. He used up all his money on God-pleasing ends, feeding and giving comfort to the old, to the impoverished, to widows and orphans, and on Holy Pascha he set out for them the meal at which he himself served. Saint Tarasias died in the year 806. Before his death, devils reminded him of his life from the time of his youth, and they tried to get the saint to admit to sins that he had not even committed. "I am innocent in that of which ye speak, – replied the saint, – and ye do falsely slander me, yet must needs it be ye have no power over me". Mourned by the Church, the saint was buried in a monastery built by him on the Bosphorus. From his grave was worked many a miracle.

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## PRAYER CORNER

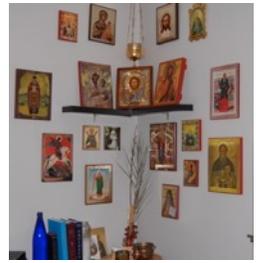
*Our Parish Prayer List for Special Intentions and Other Needs \**

**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...** Anna Mae, Eleanor D., Viola, Juliana, Fredrick, Kenneth, Michael, Roberta, Gary, Lino, David, Louis, June, Helen, Steven, Doug, Joanne, Lynn, Mary, Kathy N., Luca, Emily, Francis, Anthony, Fr. Joseph Cervo, Irene, Eleanor ...*through the prayers of St. Nectarios the Wonderworker; St. Luke, the Surgeon; & St. Panteleimon, the Healer.*

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**For the Special Intentions of...** Metropolitan Gregory, Marianne, Steve, Christopher, Nicholas, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Andrea, Jason, Tyrone, Sarah, Ameer, Joshua, John, Kathryn, Rose, Charles, Justin *our seminarians:* Michael, Daniel, and Dylan *and our Church Council, Curators, and Relocation Committee:* Matthew, Lawrence, Timothy, Patricia, Theresa, Rich, Gina, Robert, Donald, Jane, Eleanor, Steven, Kenneth, Jillian, John, Wendy, John, Melanie, Michael, John, John, Margaret, Todd *and for those who labor towards our Community Outreach,* St. Cyril of the White Lake Food Pantry ...*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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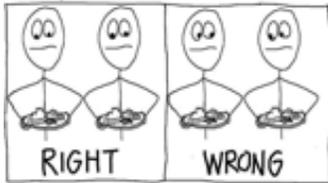
**Patronal Feast Days (Name's Day):** *your name here* – Saint \_\_\_ (*Please contact Fr Dave with your Patron Saint*)

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**Birthday Prayers for...** Father's God-mother, Andrea Babbie (3/10), Allen Dzambo (3/11), Jack Scherer (3/12), Noella Gaydos (3/14...*May God allow them to grow in peace and love all the days of their lives and may He grant them many and blessed years! Na Mnohaja I Blahaja L'ita!*

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### HOW TO DO LENT



**For our Catechumens & Inquirers...** Dustin, Stephen, Peter ...*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 and all Holy Martyrs.*

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**Anniversary Prayers for...** ...*May God fill them with His grace that they may continue to live in unity with Him!*

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**For Expectant Mothers...** Lauren, Pañi Marianna, Faith, Pañi Eleni, Hayley, Carley ...*through the prayers of St Anna, the mother of the Virgin Mary, and St Irene Chrysovalantou.*

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**For those serving in the Armed Forces & Civil Authorities...** Thomas R. Dzadoovsky, Devin Meegan, and Trevor Meegan ...*through the prayers of St George, the Great-Martyr & Wonderworker.*

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**For the souls of the newly departed...** +Jane Barrett (2/14), +Barbara Banofsky (2/18), +Heather Chuba (2/24) ...*May the Lord God grant them blessed repose where there is no pain sorrow or mourning. Eternal Memory!*

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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 & sisters in Christ. *This prayer list is NOT limited to Orthodox Christians.*

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## DEVOTIONAL PRAYER FOR THE GREAT FAST:

### The Prayer of Saint Ephraim the Syrian

*in the Ruthenian tradition as found in St. Peter Mogila's 1639 Liturgikon (Sluzhebnik)*

O Lord and Master of my life, take from me the spirit of laziness, despair, lust for power, and vain talking. + [Prostration]  
But give to me, Your servant, the spirit of purity, humility, patience, and love. + [Prostration]  
Yes, Lord and King, grant me to see my own sins, and not judge my brother, for blessed are You forever and ever. Amen. + [Prostration]

*The following triplet is recited 4 times (making a total of 12 bows):*

O God, be merciful to me, a sinner. [bow]

O God, cleanse me of my sins and have mercy on me. [bow]

O Lord, forgive me, for my sins are many. [bow]

*Then the prayer again with only one prostration:*

O Lord and Master of my life, take from me the spirit of laziness, despair, lust for power, and vain talking. But give to me, Your servant, the spirit of purity, humility, patience, and love. Yes, Lord and King, grant me to see my own sins, and not judge my brother, for blessed are You forever and ever. Amen. + [Prostration]

