

ST. 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 Brancho, *Pastor Emeritus*Timothy Martin, Reader
Subdeacon Ryan Ferko
Matthew Poifer, Stephen Brancho, & John Badiek, Cant

Matthew Peifer, Stephen Brancho, & John Radick, Cantors Matthew Peifer, Church Council President

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SERVICES FOR THE WEEK

SUNDAY. NOVEMBER 29 #NATIVITY FAST 25th Sunday after Pentecost Holy Apostle and Evangelist Matthew 9:15 – 3rd Hour: 9:30 – Divine Lituray Epistle: Ephesians 4:1-6 Gospel: Luke 10:25-37 (8th Sunday of Luke) Panachida for the Priest, +Protopresbyter Michael Hanas (24-yr), +Kelly Leone (1-yr), and the newly departed **TUESDAY. DECEMBER 1 #NATIVITY FAST** 9:30am Moleben of the Nativity Fast (please enter from the side door) THURSDAY, DECEMBER 3 #NATIVITY FAST 9:30 Akathist Hymn to the Nativity of Christ FRIDAY, DECEMBER 4 – 9:30am Divine Liturgy on the Feast of the Entrance of the Theotokos Saturdays December 5, 12, and 19 -11a-1p Mystery of Holy Confessions offered SUNDAY. DECEMBER 6 #NATIVITY FAST 26th Sunday after Pentecost St. Alexander Nevsky 9:15 – 3rd Hour; 9:30 – Divine Liturgy Epistle: Ephesians 5:8-19 Gospel: Luke 12:16-21 (9th Sunday of Luke) Tone 1; Liturgical Color: Purple

++++++++ LOOKING AHEAD LOCALLY

- ★ Tuesday, December 8 9:30am Akathist Hymn to St. Nicholas
- ★ Thursday, December 10 9:30am Moleben of the Nativity Fast
- ★ Saturdays December 12, and 19 11a-1p
 Mystery of Holy Confessions offered

BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wed.)

The Nativity Fast has begun - The Fast runs for 40-days until the Eve of the Nativity on Monday, January 6. As in Great Lent, you should establish for yourself a rule of fasting and stick to it. It is often said that the Nativity Fast is so much more difficult because of the nature of society around us (and being on the Old Calendar, the false thought of celebrating 'two Christmases'). We can enjoy the season with our extended family & friends and still keep the spirit of the Fast. Everyone should try, at a minimum, to keep Monday, Wednesday & Friday as fast days, no matter what is happening on the 'new calendar.' If you have questions, please talk with Father Dave. Prepare the Manger of your Soul for the coming of the new borne Messiah! (Please read the article under "Living Orthodoxy" below for more about the Nativity Fast)

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#GivingTuesday is a global day of giving fueled by the power of social media and collaboration. Celebrated

Tuesday, December 1st following Thanksgiving after the widely recognized shopping events *Black Friday* and *Cyber Monday*, #GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving. If you will be donating online, please remember Orthodox organizations such as IOCC, OCF, OCMC, OCPM, etc. (see www.orthodoxpittsburgh.com/ministries/community-outreach for their full names).

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! 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 again soon! If you have any questions in regards to our worship or Orthodoxy, please see Fr. Dave.

BULLETIN IS OFFERED:

If you wish to sponsor a bulletin In Honor of (anniversary, birthday, etc.) or In Memory of someone, please do so by signing up on the sheet in the church hall or by contacting Fr. Dave (email, text, or call). An additional stewardship offering to the Church is requested.

A REMINDER TO MAKE TIME FOR YOUR NATIVITY FAST CONFESSION

"Lord, if you will, you can make me clean." (Lk. 5:12)
Fr. Dave will be available for confessions after ALL services, from 11-1 on Saturdays
Dec. 5, 12, & 19, and by appointment.
As we prepare for the Feast of the Nativity, it is time to prepare the "Manger of our soul" for the coming of the Messiah.

"There is more mercy in God than there are sins in us. Confess your sins at once, whatever they may be." +St Tikhon of Zadonsk

Executive Parish Council Meeting Highlights:

- ✓ **Pre-Nativity Clean-Up and Decorating** will <u>not</u> happen as in the past. We will decorate the church after Liturgy on Sundays.
- ✓ St. Nicholas Breakfast is canceled this year.
- ✓ Church Attendance Allegheny County has increased their restrictions for gathering in groups. At this time, we are going to keep our doors open and continue to monitor Covid guidelines.
- √ Church School Due to the increased attendance restrictions, we will continue to postpone the start of the Church School Program. At this time, online opportunities are being explored.

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"The forgetting of wrongs is a sign of true repentance. But he who dwells on them and thinks that he is repenting is like a man who thinks he is running while he is really asleep.

+St. John of the Ladder

OUR STEWARDSHIP GIFTS TO GOD Stewardship: \$ 220 Candles/Eternal Lamp Offerings: \$ 212 Envelope Stewardship: \$ 430 Parish House Offering: \$ 200 Total Collections: \$ 1062 Relocation Fund: \$ 90 We must give in trust that God will use it to

We must give in trust that God will use it to produce fruit: "He who supplies seed to the sower and bread for food will supply and multiply your sowing (resources) and increase the harvest of your righteousness (benevolence)." - 2 Cor. 9:10

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Weekly Candle Intentions / Memorials were offered last week by Joanne Nelson; Shuster Family; Tim Martin; Viola Peifer; Lawrence Martin; Eleanor Sanger; Patty Watson; Cindy Pavilonis

"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 Matthew Peifer and by Michael & Nancy Ristvey in Memory of +Olga Radick. May Her Memory Be Eternal! Vičnaya Pamjat!

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Weekly Offerings to God – During this time, if you are not coming to the church, we request that all weekly donations be mailed to Tim Martin (2225 McAleer Rd., Sewickley, PA 15143)

For our parish to continue it's ministries, outreach, and general bill paying, we need your generosity to continue.

++++++++ ***PAGE TWO IS ON THE REVERSE*** **Live-Broadcast** – We are blessed with the opportunity to watch our Diocesan Cathedral's services online (9:00 am Sunday Divine Liturgy). The best scenario is to attend the Divine Liturgy and receive the Eucharist, but in the current scenario, please take the time Sunday morning and throughout the week to pray via the *live broadcast* on the web at:

www.acrod.org/organizations/cathedral/live/

ORTHODOXY AROUND THE 'BURGH AND OUR DIOCESE

SPF50



SPF50 Prayer, Family): (Scripture, A Diocese Family Ministry - The 4th Issue of SPF50 is available! (If you are already participating, please contact Fr. Dave.) If you did not start with us on March 1, consider joining now. Make a commitment to reading Scripture and Praying together with your family. (Please contact Fr Dave to fill out the Commitment Card.) Visit the Diocesan SPF50 web page at www.acrod.org/ministries/acrod-family/spf50 to find out more about SPF50 and how to help your family read Scripture and Pray together at home. +++ +++ +++

Parenting Workshop: "Raising Believing Children" - LAST CALL - The next Diocesan workshop will be on Saturday, December 5th from 10am-12:30pm and will feature presentations by His Eminence Metropolitan Gregory and Fr. Stephen Loposky, small group discussions, and Q&A sessions. The workshops are designed to help parents learn more about the "craft" of parenting and help them raise their children in the Faith. The workshop's focus on the ways parents can help their children stay faithful to Christ and His

Church in a world that is filled with doubt and most often works against their Faith. The workshop is for parents of any age — you're never too old to be a parent! Register for the free workshop at: Parenting Workshop - 12-5-20 Registration closes on 12/2. More information is available www.acrod.org (Look for the Diocesan Parenting Workshop Series logo.)

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The next "The Vine and the Branches" online Diocesan Youth event for youth ages 5-18 (K to 12th Grade) will be Sunday, December 6 from 6p-7:30p for ages 5-12 and from 7p-8:30p for ages 13-18. His Eminence Metropolitan Gregory is calling all our youth to once again come together online in order to strengthen their faith and connect with their peers around the Diocese. This will be a special Christmas Version: Cocoa will be

The Vine and the Branches - 12/6/20

*** LAST CALL - Registration closes on Thursday, 12/3.

"served", a special Christmas performance will

be offered, and there may even be a special

Christmas Fireplace Scene! Registration is at:

This next Vine and Branches Event won't be until March 2021, so don't miss out on this one! His Eminence is looking forward to seeing all of you!!

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Christmas Food Festival at Holy Virgin Russian Orthodox Church (214 Mansfield Blvd., Carnegie, Pennsylvania 15106) will be on December 12th. Order in advance for pick-up only between 10a – 2p in the rear of the Church. Order at: https://hvroc.org/foodfestival

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VISIT OUR DIOCESE ON-LINE

Diocesan Website: www.acrod.org
Camp Nazareth: www.campnazareth.org
FB: www.facebook.com/acroddiocese
Twitter: twitter.com/acrodnews
YouTube: youtube.com/acroddiocese

SUNDAY'S SCRIPTURE READINGS

Epistle: Ephesians 4:1-6

Unity in the Body of Christ

4 I therefore, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, ² with all lowliness and meekness, with patience, forbearing one another in love, ³ eager to maintain the unity of the Spirit in the bond of peace. ⁴ There is one body and one Spirit, just as you were called to the one hope that belongs to your call, ⁵ one Lord, one faith, one baptism, ⁶ one God and Father of us all, who is above all and through all and in all.

+++++++++ **Gospel:** Luke 10:25-37

The Parable of the Good Samaritan

²⁵ And behold, a lawyer stood up to put him to the test, saying, "Teacher, what shall I do to inherit eternal life?" ²⁶ He said to him, "What is written in the law? How do you read?" ²⁷ And he answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." ²⁸ And he said to him, "You have answered right; do this, and you will live."

²⁹ But he, desiring to justify himself, said to Jesus, "And who is my neighbor?" 30 Jesus replied, "A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead. 31 Now by chance a priest was going down that road; and when he saw him he passed by on the other side. 32 So likewise a Levite, when he came to the place and saw him, passed by on the other side. 33 But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, 34 and went to him and bound up his wounds, pouring on oil and wine: then he set him on his own beast and brought him to an inn, and took care of him. 35 And the next day he took out two denarii and gave them to the innkeeper, saying, 'Take care of him; and whatever more you spend, I will repay you when I come back.'

³⁶Which of these three, do you think, proved neighbor to the man who fell among the robbers?" ³⁷He said, "The one who showed mercy on him." And Jesus said to him, "Go and do likewise."

FEAST DAY FEATURE

The Entry into the Temple of the MostHoly Mother of God

Commemorated on Dec 4 / Nov 21



The Entry into the Temple of the MostHoly Mother of God happened, according to the preserved accounts of Holy Tradition, in the following manner. The parents of the Virgin Mary, Righteous Joachim and Anna, in praying for a solution to their childlessness, gave a vow that if a child were born to them, they would dedicate it to the service of God.

When the MostHoly Virgin reached three years of age, the holy parents decided to fulfill their vow. Having gathered together their kinsfolk and acquaintances, and having dressed the All-Pure Mary in Her finest clothes, and with the singing of sacred songs and with lighted candles in their hands they carried Her to the Jerusalem Temple. There the high-priest with a throng of priests met the maiden of God. In the Temple. the stairway led up fifteen high steps. The Child Mary, so it seemed, could not Herself make it up this stairway. But just as they placed Her on the first step, strengthened by the power of God, She quickly made it up over the remaining steps and ascended to the highest. Then the highpriest, through an inspiration from above, led the MostHoly Virgin into the Holy of Holies, and herein of all people it was only the high-priest that entered one time a year with a purifying sacrifice of blood. Therefore all those present in

the Temple were astonished at this most unusual occurrence.

Righteous Joachim and Anna, having entrusted their Child to the will of the Heavenly Father, returned home. The MostBlessed Mary remained in the domicile for girls, situated near the Temple. Round about the Temple, through the testimony of Holy Scripture (Exodus 38;1 Kings 1:28; Lk. 2:37), and also the historian Josephus Flavius, there were many living quarters, in which dwelt those dedicated to the service of God.

The earthly life of the MostHoly Mother of God from the time of Her infancy to the time of Her ascent to Heaven is shrouded in deep mystery. Her life at the Jerusalem Temple was also a secret. "If anyone were to ask me, – said Blessed Jerome, – how the MostHoly Virgin spent the time of Her youth, – I would answer: that is known to God Himself and the Archangel Gabriel, Her constant guardian".

But in the Church tradition there were preserved accounts, that during the time of the stay of the All-Pure Virgin at the Jerusalem Temple, She grew up in a community of pious virgins, read diligently the Holy Scripture, occupied Herself with handcrafts, prayed constantly and grew in love for God. In remembrance of the Entry of the MostHoly Mother of God into the Jerusalem Temple, Holy Church from ancient times established a solemn feastday. The decretals for the making of the feast in the first centuries of Christianity are found in the traditions of Palestinian Christians. where mention is made that the holy Empress Helen built a church in honour of the Entry into the Temple of the MostHoly Mother of God.

In the IV Century there is mention of this feast by Sainted Gregory of Nyssa. In the VIII Century Saints Germanos and Tarasios, Constantinople Patriarchs, delivered sermons on the feastday of the Entry.

The feast of the Entry into the Temple of the MostHoly Mother of God – foretells the blessing of God for the human race, the preaching of salvation, the promise of the coming of Christ.

LIVES OF THE SAINTS

The Holy Apostle and Evangelist Matthew Commemorated on November 29/16

The Holy Apostle and Evangelist Matthew, was also named Levi (Mk. 2:14; Lk. 5:27); he was an Apostle from among the Twelve (Mk. 3:18; Lk. 6:45; Acts 1:13), and was brother of the Apostle James Alphaeus (Mk. 2:14). He was a publican, i.e. a tax-collector for Rome, in a time when the Jews had come under the rule of the Roman empire. He lived in the Galileian city of Capernaum. Matthew, in hearing the voice of Jesus Christ: "Come, follow Me" (Mt. 9:9), left off from his duties and followed the Saviour. ...

Having received the gifts of the grace of the Holy Spirit, which descended upon the apostles on the day of Pentecost, the Apostle Matthew for the first 8 years preached in Palestine. And before his departure to preach the Gospel in faraway lands, at the request of the Jews remaining at Jerusalem, the holy Apostle Matthew in his Gospel gave account of the earthly life of the Saviour of the world – of the God-man Jesus Christ and His teaching. ...

The holy Apostle made the rounds with the "good-news" [euangelia in Greek or evangelium in Latin - the meaning of the word "gospel"] to Syria, Media, Persia, Parthia, and finishing his preaching work in Ethiopia with a martyr's death. They put saint Matthew head downwards, heaped up brushwood and ignited it. When the bonfire flared up, everyone then saw, that the fire did no harm to Saint Matthew. Then Fulvian gave orders to add more wood to the fire, and frenzied with boldness, he commanded to set up around the bonfire 12 idols. But the flames spread to the idols and caught on even Fulvian. The frightened Ethiopian turned to the saint with an entreaty for mercy, and by the prayer of the martyr the flame went out. The body of the holy apostle remained unharmed, and he expired to the Lord (+ 60).

The ruler Fulvian deeply repented his deed, but still he had doubts. By his command, they put the body of Saint Matthew into an iron coffin and threw it into the sea. In doing this Fulvian said, that if the God of Matthew would preserve the body of the apostle in the water, as He preserved him in the fire, then this would be proper reason to worship this One True God.

On that night the Apostle Matthew appeared to Bishop Platon in a dream vision, and commanded him to go with clergy to the shore of the sea and to find his body there. Together with the bishop on his way to the shore of the sea went Righteous Fulvian and his retinue. The coffin carried back by the waves was with honour taken to the church built by the apostle. Then Fulvian begged forgiveness of the holy Apostle Matthew, after which Bishop Platon baptised him, giving him the name Matthew in obedience to a command of God. Soon Saint Fulvian-Matthew abdicated his rule and became a presbyter.

LIVING ORTHODOXY

Why Should One Fast before the Nativity? By Alla Mitrophanova, published on 12/17/19 From www.pravmir.com

It is the middle of December and it seems that New Year holidays are coming soon – a holiday of joy and light. Expectation of the New Year and the Nativity is always the anticipation of a miracle, presents, good changes... Shops are full of cheerful bustle before the holidays, family and friends will come to visit, offer their wishes and present us with delicious dishes. And in the midst of this fun, the Church tells us year after year that time before Nativity is not for festivities and having fun, but... for fasting. Why? Why should one exhaust oneself by abstinence on the eve of such joyful holiday? What is it for?

Over the centuries, the Church has formed a very interesting practice: the most important days of the Church calendar are in one way or another preceded by fasting. The Nativity is no exception: this holiday is preceded by a 40-day period, which in Orthodoxy begins on November 28 (15 on the New Calendar). What does the Church want to tell us by setting forty days of fasting before the Nativity?

Fasting, including the Nativity Fast, is a

multifaceted concept. On the one hand, it is time of increased attention to one's inner world, time of improvement and purification, time of what is called repentance in Christianity. On the other hand, it is the period of preparation for something very important. In the Bible you can find many examples of how people prepared for fateful and crucial events in their lives by limiting themselves in food and fun, by paying special attention to prayer. And, finally, the third aspect of fasting is the sacrifice to God. It can have different forms. For example, limiting oneself in entertainment, actively engaging in charity, helping those, who need our help. In other words, the sacrifice suggests that we constrain ourselves in something and direct now free resources not to meet our needs, but to give them to God and other people.

The Nativity fast is very old. It dates back to the first centuries of Christianity: it was already known at the beginning of the fourth century. Originally it was called Philip's Fast (Filipovka), because it began the day after we remember the Apostle Philip (November 27/14).

Sometimes we think that joy and fasting are incompatible concepts. Yet it is not so. On the contrary, when a person starts paying attention to their inner world, their soul becomes brighter and life becomes more meaningful. Overcoming our big and small passions, we feel joy of winning them over. Not being rude when taking public transport, forgiving someone, who has offended us, remaining silent if we are provoked for quarrel: do we not feel joy at the moment, when we overcome ourselves? When fasting, a person is called to change in a qualitative manner.

If you do not eat meat, but at the same time do not fight your passions, then fasting will turn into a simple diet. There will be zero benefit from it for the soul.

The joy of the Nativity and fasting that comes before it is the joy of meeting Christ. The Nativity reveals one of the most important truths of Christianity: the truth that God, the Creator of the universe became one of us for salvation of

people. He came to our world for victory over death. This is what generations of people had dreamed about: what happened in the cave of Bethlehem. The Nativity Fast, the Philip's Fast: no matter how the period before the Nativity is called, it prepares us for acceptance of a very important truth: the good news about the Incarnation of God. And if it had not happened, if the Nativity had been either a birth of a simple person or a beautiful myth, then there would have been no Resurrection, no victory over death, no Church itself, as well as no Body of Christ. Finally, most importantly: if there was no Nativity, there would have been no salvation for us! For it happened not only at Calvary or in the garden of Gethsemane. Our salvation from death had already started when Christ was born in a miserable cave on the outskirts of Bethlehem. And it is to Him that a person goes to throughout the whole Nativity fast.

"The Nativity of Christ happened for all mankind, Christ is present in every person by His mysterious power, although many do not know this, as the world did not know about His birth from the Virgin in the cave. His birth must also happen in our soul. The soul must experience in itself the cave of Bethlehem, wild passions that torment it like beasts and, having subsided, must make way for meekness and humility.... May the Nativity of Christ happen in our heart, for without this birth it will remain deaf, indifferent, and cold. Christ was born, God was incarnated in every person, we are all Eucharistic, we all personally partake of the Mystery of His birth."

- Archpriest Sergei Bulgakov on Nativity

NATIVITY FAST BOOK SUGGESTION

LET ALL CREATION REJOICE: Reflections for Advent, the Nativity and Epiphany by Fr. Stavros N. Akrotirianakis (ISBN 9781498484077) Let All Creation Rejoice: Reflections for Advent, the Nativity and Epiphany is a series of short daily reflections on the scripture readings of the season, to be read during the Orthodox Nativity season between November 28 and January 20.

Spending a few minutes each day reading and reflecting on these scriptures will not change your status. It will change your heart. You will better understand the "good news of a great joy," and why "the Word became flesh and dwelt among us."

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(s). Through the prayers of the
Theotokos, deliver him/her/them from sickness
and bitter pain. Heal him/her/them so that
he/she/they may sing to You and always praise
You for You alone love us. Amen.

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For the Health of... Maryhelen, Brian,
Alexander, Fr. Andrew F. Kira, Michael, Kylie,
Emma, Beverly, Mark, Irene, Kristina, Georgia,
Steve, Paňi Kathy D., Fr. Patrick C., Fr. George
L., Brian, Douglas, Dacia, Sean, Julia, Theresa,
John, Susan, John, Alexandra D., Viola, Juliana,
Fredrick, Kenneth, Michael, Roberta, Lino, June,
for all those battling viruses ...through the prayers
of St. Nectarios the Wonderworker; St. Luke, the
Surgeon; and St. Panteleimon, the Healer.

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For the Special Intentions of... Metropolitan Gregory, Donald, Matthew, Matthew, Susan, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Andrea, Jason, Tyrone, Sarah, Amee, Joshua, John, Kathryn, Rose, Charles, Justin our seminarians: Daniel, Dylan, Thomas, and Nicholas and our Church Council, Curators, and Relocation Committee: Lawrence, Matthew, Timothy, Theresa, Rich, Gina, Robert, Jane, Anthony, Mary Jane, Steven, Kenneth, Jillian, John, Wendy, John, Margaret, John, John, Todd and for those who labor towards our Community Outreaches ...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): Matthew

Mirilovich - Holy Apostle and Evangelist Matthew

(11/29) (contact Fr. Dave with your Patron Saint)

Birthday Prayers for... Chi-Wing Chow (11/29), Liam Kovats (11/30), Matthew Hanchulak (12/1), Stacy (Martin) Dzambo (12/1), Joshua Winkler (12/1), Father's Godson, Joseph Sekerak (12/2), Lucy Blobner (12/4) ...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!

++++++++ For our Catechumens & Inquirers...

Dustin, Stephen, Susan, Marilynn, John ...through the prayers of St. Paul the Apostle, St. Mary Magadalene, and St. John Maximovitch.

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

For those preparing for Marriage... Lexi & Patrick, Lauren & Corey, Ashley & Derek ...through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.

For Pregnant Mothers... Elaine (due in November), Marilynn (April) ...through the prayers of St. Anna, the mother of the Virgin Mary, & St. Irene Chrysovalantou.

For the souls of the newly departed...
+Mark Bodnar (11/19), +Donald Bodnar, Sr
(11/18), +Olga Radick (11/4), +Metropolitan
Maximos (11/2), and those who have passed
from the coronavirus ...May the Lord God grant
them blessed repose where there is no pain
sorrow or mourning. May their Memory in God
be Eternal

DEVOTIONAL PRAYER FOR THE
NATIVITY FAST

NATIVITY FAST PRAYER CHALLENGE 2020

Metropolitan Gregory asks each member of our Diocese, either as a family or individually, to pray this every evening of the Nativity Fast.

O Physician of Souls and Bodies: we pray that You continue to come to our aid now during the global spread of the Coronavirus. May the sick regain their strength and health, and as they worry and grieve, defend them from further illness and despair. We offer thanks to You for those who have recovered. Grant rest to those who have reposed. Be with the families of those who are sick and those who have died.

Heal us from our fear, which prevents nations from working together and neighbors from helping one another. Remove from us all pride, which can make us claim immunity to a disease that knows no borders.

Give wisdom and strength to our President, our federal government, our state governments, together with the leaders of all nations, and give them foresight to act with charity and true concern for the well-being of the people they serve.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal those affected and who put themselves at risk in the process.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, we pray that You stay by our side and grant us courage and peace.

AMEN.