



# 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 Peifer, Stephen Brancho, & John Radick, *Cantors*  
Lawrence Martin, *Parish Council President*  
[www.facebook.com/pg/St-John-the-Baptist-Orthodox-Church-of-Northside-Pittsburgh-169297619784149](http://www.facebook.com/pg/St-John-the-Baptist-Orthodox-Church-of-Northside-Pittsburgh-169297619784149)

2688 California Avenue, Pittsburgh, Pa 15212  
412-748-0148, *Talk or Text*  
OrthodoxPittsburgh1932@gmail.com  
[www.OrthodoxPittsburgh.com](http://www.OrthodoxPittsburgh.com)  
*Instagram:* SJB\_Orthodox\_Pittsburgh  
*NEW \*\*\* Twitter:* @SJB\_OrthodoxPGH



**A WARM WELCOME TO OUR VISITORS!**  
**Glory be to Jesus Christ!**  
*(responded with: **Glorify 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.

1st Sunday of Lent  
**MARCH 21st**



GREAT LENT BEGINS WITH FORGIVENESS VESPERS

**SUNDAY of ORTHODOXY**

Epistle: Hebrews 11:24-26, 32-12:2  
Gospel: John 1:43-51

Bring an icon to church for a procession.

2nd Sunday of Lent  
**MARCH 28th**



**ST GREGORY PALAMAS**

Epistle: Hebrews 1:10-2:3  
Gospel: Mark 2:1-12

Bring a prayer rope to be blessed today!  
Use it and pray the Jesus Prayer each day this week.

## SERVICES FOR THE WEEK

**SUNDAY, MARCH 21 #THE GREAT FAST**  
Martyr Eudocia of Heliopolis (152)  
9:30 – Divine Liturgy  
Panachida: +Olga Tongel (5-year: 3/21);  
+Vladka Zgonc (40-day)  
**TUESDAY, MARCH 23 #THE GREAT FAST**  
9:30am Lenten Third Hour  
**WEDNESDAY, MARCH 24 #THE GREAT FAST**  
**6:00 pm** Liturgy of the Pre-Sanctified Gifts  
**FRIDAY, MARCH 26 #THE GREAT FAST**  
9:30am Liturgy of the Pre-Sanctified Gifts  
**SUNDAY, MARCH 28 #THE GREAT FAST**  
Synaxis of all Venerable Fathers of the Kiev Caves  
9:30 – Divine Liturgy  
Tone 1; Liturgical Color: **Purple**  
+++ +++ +++

## BULLETIN BOARD ANNOUNCEMENTS

*(Please have submissions to Fr. Dave by Wed.)*  
+++ +++ +++  
**Great Lent 2021:**  
**We Are In This Journey Together!**  
Our Journey To Pascha has begun. Great Lent prepares us for Holy Week, which prepares us for Pascha, the Feast of Feasts. Please reach out to Fr. Dave if you have questions about this important fasting period that is upon us.  
+++ +++ +++  
**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)  
+++ +++ +++  
**Palms & Pussywillows** – We are collecting in the Church Hall our Palms and Pussywillows from prior years. These will not be simply thrown away, but they will respectfully be taken care of. Please bring yours in so that your home will be ready for the new ones in a few weeks!

**Paschal Commemorations** – We offer you the opportunity to sponsor items to be used during Holy Week and Pascha as commemorations: *anonymously, for the health of loved ones, OR in memory of departed loved ones.* If you are interested in making any commemorations, please sign up on the sheet in the Vestibule **by Palm Sunday (April 25)** and give an *additional free-will stewardship offering* to the Church.  
+++ +++ +++

**Live-Broadcast** – If you are unable to make it to church on Sunday morning, please pray along with our Diocesan Cathedral's services online at 9:00 am.

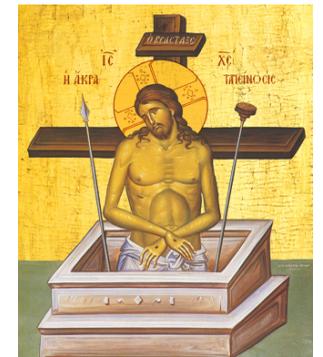
[www.acrod.org/organizations/cathedral/live/](http://www.acrod.org/organizations/cathedral/live/)

The best scenario is to attend the Divine Liturgy and receive the Eucharist, but in the current scenario, please take the time Sunday morning to pray via the *live broadcast* on the web. Their bulletin has the schedule of weekday services to be broadcast.

[www.acrod.org/organizations/cathedral/bulletins/](http://www.acrod.org/organizations/cathedral/bulletins/)

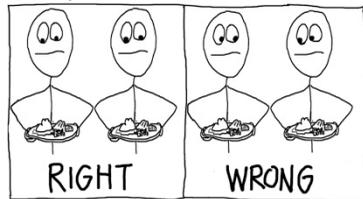
+++ +++ +++  
**31 Books of March Sale<sup>XL</sup>** – *The Ancient Faith Store is offering different books for 50% off each day of the month of March! Visit the site daily (or sign up for their emails) and keep an eye out for a book that will help you along your Spiritual Journey! (Contact Fr Dave with any questions.) Visit: [store.ancientfaith.com/31-books-of-march/](http://store.ancientfaith.com/31-books-of-march/)*

*Synodikon of the 7<sup>th</sup> Ecumenical Council:*  
As the Prophets beheld, as the Apostles taught, as the Church received, as the Teachers dogmatized, as the Universe agreed, as Grace illumined, as the Truth revealed, a falsehood passed away, as Wisdom presented, as Christ awarded, thus we declare, thus we assert, thus we proclaim Christ our true God and honor His saints in words, in writings, in thoughts, in sacrifices, in churches, in holy icons. On the one hand, worshipping and reverencing Christ as God and Lord. And on the other hand, honoring and venerating His Saints as true servants of the same Lord.  
This is the Faith of the Apostles! This is the Faith of the Fathers! This is the Faith of the Orthodox! This is the Faith which has established the Universe!



Icon of Christ's Extreme Humility

### HOW TO DO LENT



*(Look at their eyes...)*

**OUR STEWARDSHIP GIFTS TO GOD**

Stewardship:	\$
Candles/Eternal Lamp Offerings:	\$ 83
Envelope Stewardship:	\$ 489
Parish House Offering:	\$ 200
Community Outreach:	\$ 20
<b>Total Collections:</b>	<b>\$ 792</b>
<b>Capital Improvement Fund:</b>	<b>\$ 35</b>
<b>Relocation:</b>	<b>\$ 50</b>

*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*

**Weekly Candle Intentions / Memorials** were offered last week by Nelson Family; Shuster Family; Tim Martin; Lawrence Martin; Mary Jane Hudak; Eleanor Sanger; Mirilovich Family; 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**

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



**On-Line Giving** is now available from our parish website! The best option is to come to church and give your offering to God in His Temple (2<sup>nd</sup> best is to mail it in). Now you can also donate from your home and set up a recurring donation to the:

- ✘ General Stewardship Fund,
- ✘ Capital Improvement Fund, or
- ✘ Relocation Fund.

If you miss coming to church for a week, this allows you another option to "catch up" on your weekly stewardship. For our parish to continue it's ministries, outreach, and general bill paying, we need your generosity to continue.

+++ +++ +++

**LOOKING AHEAD LOCALLY**

- ✘ **Wednesday 3/31** 6:00pm Presanctified Liturgy
- ✘ **Thursday 4/1** 9:30am Akathist Hymn to the Theotokos
- ✘ **Friday 4/2** 9:30am Presanctified Liturgy
- ✘ **Saturday 4/3** 9:30am All Souls Liturgy  
11:00 – 1:00 Confessions offered

**ORTHODOXY AROUND THE 'BURGH AND OUR DIOCESE**

+++ +++ +++

**Sunday of Orthodoxy Pan-Orthodox Service**  
The Orthodox Clergy Brotherhood of Greater Pittsburgh is hosting the annual Sunday of Orthodoxy Service and Celebration **TODAY, Sunday, March 21<sup>st</sup>** at 4:30 pm at Holy Cross (123 Gilkeson Rd., Pittsburgh). Seating will be limited to 50% of their capacity. The service will be live-streamed at:  
[www.holycrosspgh.org/church-live-stream](http://www.holycrosspgh.org/church-live-stream)

**Young Adult Spring Retreat** - will be on **Saturday, March 27<sup>th</sup>** online via zoom from 10:30am to 4:30pm. Keynote speakers will be Fr. John Cox and Fr. John Touloumes.

*God asked Adam in the Garden, "Adam, where are you?" Was this a game of Hide-and-Seek between God and man? No! God knew exactly where they were, but Adam and Eve themselves didn't know where they were after eating the apple, after disobeying God's commandment. They couldn't understand what had happened to them. But God knows "where" we are even though we ourselves may not, and He knows what has "happened" to us, and He IS seeking us. If you want to be "found" by God, but are afraid of being "found out", you're exactly where Adam and Eve were in the Garden. Come and actually ENJOY being "found", and put to rest your worry over being "found out". Register at: [tinyurl.com/YASpring2021](http://tinyurl.com/YASpring2021)*

+++ +++ +++

53<sup>rd</sup> Annual **Ukrainian Easter Egg Sale** at Saints Peter & Paul Ukrainian Orthodox Church (220 Mansfield Blvd., Carnegie, PA 15106) will be **Sunday, March 28<sup>th</sup>** from 11 AM to 4 PM. Pysanky displays, Ostrich eggs, wooden, eggs and more! Ukrainian Foods, Folk Arts and Crafts, Basket Raffles, Door Prizes, and more. For more info, contact the parish at 412-527-5359, or visit: [www.orthodoxcarnegie.org](http://www.orthodoxcarnegie.org)

+++ +++ +++

**Diocesan Lenten Retreat:** An Online Spiritual Gathering for Adults and Teenagers presented by Fr. Jonathan Bannon titled: Nepsis-Watchfulness: Being Attentive in a Distracted Age. – This virtual retreat will occur from **Noon to 1:30pm on Saturday, April 3<sup>rd</sup>** via "Zoom". This free retreat is sponsored by the National Sr. ACRY and open to all. Register now at: [www.acrod.org/retreat](http://www.acrod.org/retreat)

+++ +++ +++

*Book Suggestion for the Great Fast:*  
**FASTING FOR THE FEASTS: A STARTER BOOK**  
by Pañi Marianna Bannon

Fasting for the Feasts is intended for those who may have never fasted before. In addition to over 40 recipes, the book includes a brief introduction as to the "why" behind fasting. The Table of Contents includes (but not limited to): Fasting Cycles in the Church; Stocking a Fasting-Friendly Pantry; Nutritional Information; and Preparing a Church Potluck.

Lulu Publishing ISBN # 978-1304800817  
Coil Bound: \$ 15.00  
Paperback Binding: \$ 10.00  
Kindle Version: \$ 4.99

+++ +++ +++

**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/acroddiocese](https://www.facebook.com/acroddiocese)  
Twitter: [twitter.com/acrodnews](https://twitter.com/acrodnews)  
YouTube: [youtube.com/acroddiocese](https://youtube.com/acroddiocese)

+++ +++ +++

"The images of the saints upon our icons represent to us the nearness in the spirit of God's saints, who all live in God and are always near to us in the Holy Ghost, through our hearty faith and prayer to them."  
+Saint John, Wonderworker of Kronstadt  
*My Life in Christ* p.475

+++ +++ +++

**SUNDAY'S SCRIPTURE READINGS**

**Epistle:** *Hebrews 11:24-26, 11:32-12:2*  
<sup>24</sup>By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, <sup>25</sup>choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. <sup>26</sup>He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward.

<sup>32</sup>And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets— <sup>33</sup>who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, <sup>34</sup>quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. <sup>35</sup>Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. <sup>36</sup>Others suffered mocking and scourging, and even chains and imprisonment. <sup>37</sup>They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated— <sup>38</sup>of whom the world was not worthy— wandering over deserts and mountains, and in dens and caves of the earth.

<sup>39</sup>And all these, though well attested by their faith, did not receive what was promised, <sup>40</sup>since God had foreseen something better for us, that apart from us they should not be made perfect.

**The Example of Jesus**  
**12** Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely,

and let us run with perseverance the race that is set before us, <sup>2</sup> looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

+ + + + +

**Gospel:** *John 1:43-51*

### **Jesus Calls Philip and Nathanael**

<sup>43</sup> The next day Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." <sup>44</sup> Now Philip was from Beth-sa'ida, the city of Andrew and Peter. <sup>45</sup> Philip found Nathanael, and said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." <sup>46</sup> Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." <sup>47</sup> Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" <sup>48</sup> Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." <sup>49</sup> Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" <sup>50</sup> Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." <sup>51</sup> And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

+ + + + +

"Sometimes people call prayer that which is not prayer at all; for instance: a man goes to church, stands there for a time, looks at the icons or at other people, their faces and dress, and says that he has prayed to God; or else he stands before an icon at home, bows his head, says some words he has learnt by heart, without understanding and without feeling, and says that he has prayed, although with his thoughts and heart he has not prayed at all, but was elsewhere with other people and things, and not with God."  
+Saint John, Wonderworker of Kronstadt  
*My Life in Christ* p.428

## LIVES OF THE SAINTS

### **Saint Theophylaktos**

*Commemorated on March 21/8*

Saint Theophylaktos lived at Constantinople in the VIII Century during the time of the Iconoclast heresy. After the death of the iconoclast emperor Leo IV the Khazar (775-780), there entered upon the throne the emperor Constantine VI (780-797). There occurred also a change of Patriarchs: the holy Patriarch Paul (Comm. 30 August), not having the strength to continue guiding the flock afront the powerfully spread iconoclasm, voluntarily resigned the cathedra/chair (784). In his place was chosen Saint Tarasios (Comm. 25 February) – at that time an eminent imperial counselor. Under the supervision of the new Patriarch was convened the Seventh OEcumenical Council (787), condemning the Iconoclast heresy. For Orthodoxy a relatively peaceful time began. Monasteries again began to fill with residents.

Saint Theophylaktos, a gifted student of Saint Tarasios and with the blessing of this the Patriarch, settled together with Saint Michael (Comm. 23 May) in a monastery on the coast of the Black Sea. The zealous ascetics by their God-pleasing labours and intense efforts of prayer were granted by God the gift of wonderworking. By their prayers, during the time of an intense drought when the workers in the field were weakened by thirst, an empty vessel became filled with so much water, that it sufficed for the entire day.

After several years in the monastery they were both consecrated by Patriarch Tarasios to the dignity of bishop: Saint Michael was made bishop of Synada, and Saint Theophylaktos was made bishop of Nicomedia.

Heading the Church of Nicomedia, Saint Theophylaktos constantly concerned himself about the flock entrusted to him. He built churches, hospices, homes for wanderers, he generously distributed alms, was guardian for orphans, widows and the sick, and himself

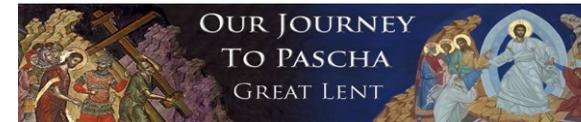
attended to those afflicted with leprosy, not hesitating to wash their wounds.

When the iconoclast Leo the Armenian (813-820) came upon the imperial throne, the terrible heresy burst forth with new strength.

But the iconoclast emperor was not able to sway the successor of the holy Patriarch Tarasios – Saint Nicephoros (806-815, Comm. 2 June), who together with the bishops vainly urged the ruler not to destroy churchly peace. Present at the negotiations of the emperor with the Patriarch was Saint Theophylaktos, denouncing the heretics, and he predicted a speedy perishing to Leo the Armenian. For his bold prophesy the saint was sent into exile to the fortress Strobil (in Asia Minor). He languished for thirty years until his end, which occurred in about the year 845.

After the restoration of icon-veneration in the year 847, under the empress Saint Theodora (842-855; + 867, Comm. 11 February) and her son Michael, the holy relics of Bishop Theophylaktos were transferred back to Nicomedia.

## LIVING ORTHODOXY



### **Great Lent 2021:**

#### **We Are In This Journey Together!**

+ + + + +

To assist the faithful in making the most of this holy season, additional resources have been added to our Diocesan Website at:

[www.acrod.org/prayercorner/lentenresources/](http://www.acrod.org/prayercorner/lentenresources/)

+ + + + +

### **FORGIVENESS SUNDAY**

This week's reflection is written by Rev. Father Timothy Sawchak, of Holy Trinity Church in Overland Park, KS

#### **Image and Likeness**

Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds

of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth." —GENESIS 1:26

On the Sunday of Orthodoxy, we celebrate the restoration of the Holy Icons. From Matins we hear: "O people of God, come and let us celebrate a day of joy; the heaven now makes glad, and earth with all the hosts of angels and the companies of mortal men, each in their different orders, keeps the feast."

The week before the Sunday of Orthodoxy, we hear in the Gospel these words from the parable of the Last Judgment: "Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me" (Mt 25:40). By feeding the hungry, giving drink to the thirsty, taking in strangers, clothing the naked, visiting those in prison—we are SERVING CHRIST BY SERVING OTHERS.

But, most importantly, on the Sunday of Orthodoxy we celebrate and confirm that we are all icons of God. We, created in the image and likeness of God, serve each other with love as Christ Himself loved each of us. Let us not relegate our understanding of icons to only the images in our homes and churches, but to our living and breathing neighbors.

+ + + + +

#### **TOGETHER: We are all in this together**

As we struggle in this life, it is good to remember that we are all together. We find our place of silence, where we encounter God, but even in this place set apart, we are together. In our journey to God, our common goal is the acquisition of a humble and contrite heart, and our common homeland is found in the Divine Liturgy, wherein we enter Paradise, and participate in the Heavenly Banquet, together.

In our moments of loneliness, and despondency, we are together. We are together in our celebration of life, and even in our death. When we seem so alone, we are together, for in Christ we are One Body. Glory to God for His loving kindness. Glory to Him forever.

With love in Christ,  
Abbot Tryphon

+++ +++ +++

**Orthodox Holy Tradition is very much like icons.** Its Subject is God Himself. Its Predicate is the Word of God. Its Copula, its Living Presence, is the Holy Spirit. It cannot be contained as a historic artifact. It cannot be treated as a museum. Everything in Orthodox religion and spirituality is constantly involving you as the object of inverse perspective. Everything is always actively witnessing to and mediating salvation to you. It is not up to the limitations of our perspective — it is available as an ever-constant witness that is True for everyone, at all times and in all places.

Tradition does not change. But it is always in the process of translation and application. The structure of Church hierarchy has had to accommodate the needs of different times and places. The Church has had to address a wide range of ethical, political, and social concerns throughout the centuries. For a thousand years, the Church was at the forefront of a vast Christian Empire. But in a short time, it became a second-class oppressed people. For a time, it chrismated Tsars who ruled over vast stretches of Eurasia. In just one year, it fell under the murderous yoke of an atheist tyranny.

Still, through all these vicissitudes [*fluctuations*], the Orthodox Testimony of Jesus Christ remained constant. It is a Testimony that is beautiful and peaceful, to be sure, but it is not easy. It is spiritual and material. It is sacramental, iconic, liturgical. It is ascetical and ecstatic. It is kenotic and personalistic.

The lesson of Great Lent, I think, makes it clear that the Triumph of Orthodoxy inheres more in the surrender and sacrifice of ego than in the chanting of anathemas.

That Tradition of the Beautiful Testimony is a Living Tradition. It is not just a treasury of proof-texts and footnotes. It is brought to bear upon every situation “at all times and places” by being translated in every language, and finding the best most effective presentation for every society.

In all these, we are remaining true to the

Triumph of Orthodoxy. Tradition is not a fossil. It is very, very much alive.

- Fr. Jonathan Tobias

+++ +++ +++

**SUGGESTED GUIDELINES FOR THE GREAT FAST (GREAT LENT):**

We are called to increase our *Prayer, Fasting, and Almsgiving* during this time...

**PRAYER:**

- ✧ *Attend as many of the services as possible and be strengthened in community prayer.*
- ✧ *Come to the Mystery of Confession (offered after every service and on most Saturdays during Great Lent).*
- ✧ *Approach the Chalice to receive the Holy Eucharist as often as possible.*
- ✧ *Also, add additional prayers to your personal Prayer Rule at home.*

**FASTING:**

- ✧ *The Great Fast begins tomorrow, March 15. This is a day of strict fasting (no meat or dairy products). Likewise, strict fast on Great & Holy Friday (4/30) and Great & Holy Saturday (5/1)*
- ✧ *The tradition of the Orthodox Church is a strict fast (no meat or dairy products eaten) by all of the faithful for the entire 40 days of the Great Fast and for all of Holy Week.*
- ✧ *If you cannot physically do this, adopt a fasting rule and stick to it for the duration of the Great Fast (see Father for some guidance). Here are a few examples:*
  - *a) strict fast on certain days of the week while keeping a meat fast on the others;*
  - *b) fast only from meat;*
  - *c) fast from meat for certain weeks (Clean Week, Cross Week, and Holy Week); or*
  - *d) fast from meat on Wednesdays, Fridays, and all of Holy Week (April 12-18).*
- ✧ *The more effort you put forth in your fasting, the more spiritually uplifting your Lenten Season will be!*
- ✧ *A minimum three (3) hour fast from all food and drink for those receiving Communion at the evening Pre-sanctified Liturgy (the regular “midnight Fast” is called for the Liturgies of St. John Chrysostom & St. Basil the Great)*

- ✧ *The sick and infirm are not bound by the fast at any time.*
- ✧ *Those requiring medications or certain prescribed diets are to follow their physician’s instructions.*
- ✧ *Lastly, the Great Fast is not a “40 day diet program” or simply a “dietary adjustment” (or “label Lent”).*

**ALMSGIVING:**

- ✧ *Find a way to give more of your time, talent, and treasures.*
- A general guideline is this:  
try do to more than last year.*
- Let’s talk about different ideas that you have.*
- +++ +++ +++

“It is well to place candles before the icons. But it is still better if you bring as a sacrifice to God the fire of your love for Him [*God*] and your neighbor. It is well that the one should be accompanied by the other.”

+Saint John, Wonderworker of Kronstadt  
*My Life in Christ* p. 538

+++ +++ +++

**ORTHODOX ETIQUETTE**

**Postures In Worship: BOWING**

During services, a **bow** is often made by the inclining of the head and neck (also called a *reverence*). It is more than a mere nod of the head, but bending at the waist.

+++

Orthodox Christians **bow** when the names of the Theotokos and Christ are invoked. They also **bow** to the priest at his blessing, and when he asks forgiveness before the Great Entrance and, in some parishes before Holy Communion. It is traditional for the Orthodox faithful to **bow** and cross themselves when they enter and leave the church, and when they pray before the icons.

+++

It is not necessary to cross oneself when the priest is giving a blessing or censuring the congregation. Instead, one should **bow** to receive the blessing. (It is not necessary to turn to “follow the priest” as he censes the church.)

**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.

+++ +++ +++

**For the Health of...** Jerrod, Maria, Pamela, Barbara, John, Julius, Mary Jane M., Anthony, Dale, Matthew, Alexandra, Joseph, Brian, Kristina, Fr. George L., Brian, Douglas, Sean, Julia, Susan, John, 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.*

+++ +++ +++

**For the Special Intentions of...** Metropolitan Gregory, Georgia, Eleanora, Mark, Michaleana, Dorell, Elizabeth, Donald, 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.*

+++ +++ +++

**Patronal Feast Days (Name’s Day):**  
*(contact Fr. Dave with your Patron Saint)*

+++ +++ +++

**Birthdays Prayers** for... Pañi Alison Archer (3/21), Annie Jesko (3/24)

...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 Magdalene, 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...** Marilynn (due in April)

Pañi Katie (June), Carley (July), Lindsay (July) ...through the prayers of St. Anna, the mother of the Virgin Mary, and St. Irene Chrysovalantou.

+++ +++ +++

**For the souls of the newly departed...**

+Vlatka Zgonc (2/10), 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

+++ +++ +++

\* This is to be used for the special intentions of our brothers and sisters in Christ and can be inserted as a prayer itself into our daily prayers.

Please let Fr. Dave know if you 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 only Orthodox Christians.

+++ +++ +++

## DEVOTIONAL PRAYERS OF THE WEEK

### A PRAYER BEFORE CONFESSION OF ST. SYMEON THE NEW THEOLOGIAN

O God and Lord of all! Who has the power over every breath and soul, the only One able to heal me, hearken unto the prayer of me, the wretched one, and, having put him to death, destroy the serpent nestling within me by the decent of the All-Holy and Life-Creating Spirit.

And vouchsafe me, poor and naked of all virtue, to fall with tears at the feet of my spiritual father, and call his holy soul to mercy, to have mercy on me.

And grant, O Lord, unto my heart humility and good thoughts, becoming a sinner, who has consented to repent unto You, and do not abandon unto the end the one soul, which has united itself unto You and has confessed Thee, and instead of all the world has chosen You and has preferred Thee.

For You know, O Lord, that I want to save myself, and that my evil habit is an obstacle. But all things are possible unto Thee, O Master, which are impossible for man.

Amen.

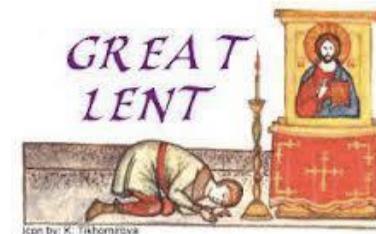
### A PRAYER OF SAINT EPHRAIM (in the Ruthenian tradition as found in St. Peter Mogila's 1639 Liturgikon (Sluzhebnik))

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 1 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]



### A Prayer Of Repentance (Psalm 50/51)

Have mercy upon me, O God, according to Your great mercy; And according to the multitude of Your compassions, blot out my transgressions. Wash me thoroughly from my iniquity, And cleanse me from my sin. For I acknowledge my iniquity, And my sin is continually before me. Against You only have I sinned, And done this evil before You. That You might be justified in Your words, And prevail when You judge. For behold, I was conceived in iniquities, And in sins did my mother bear me.

For behold, You have loved truth; The hidden and secret things of Your wisdom You have made clear to me. You shall sprinkle me with hyssop, and I shall be made clean; You shall wash me and I shall be made whiter than snow. You shall make me to hear joy and gladness, The bones which have been humbled shall rejoice. Turn Your face away from my sins, And blot out all my iniquities.

Create a clean heart in me, O God, And renew a right spirit within me. Cast me not away from Your presence, And take not Your Holy Spirit from me. Restore to me the joy of Your salvation, And with Your governing Spirit establish me. I shall teach transgressors Your ways, And the ungodly shall turn back to You. Deliver me from blood-guiltiness, O God, who are the God of my salvation, My tongue shall rejoice in Your righteousness. O Lord, You shall open my lips, And my mouth shall declare Your praise.

For if You had desired sacrifice, I would have given it; With whole burnt offerings You shall not be pleased. A sacrifice to God is a broken spirit, A heart that is broken and humbled God will not despise. Do good, O Lord, in Your good pleasure to Zion; And let the walls of Jerusalem be built Then shall You be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings; Then shall they offer bullocks upon Your altar.