



# 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*  
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**CHRIST IS RISEN FROM THE DEAD,  
TRAMPLING DOWN DEATH BY DEATH  
AND UPON THOSE IN THE TOMBS  
BESTOWING LIFE!**

## SERVICES FOR THE WEEK

### SUNDAY, MAY 16

3<sup>rd</sup> Sunday of Pascha; Sunday of the Myrrhbearing Women; Joseph of Arimathea, & Nicodemus  
9:30 am Divine Liturgy  
Epistle: Acts 6:1–7; Gospel: Mark 15:43–16:8  
Panachida for +Bishop Methodios Kanchuha (5/16/82), +Bishop Peter Shymansky (5/17/64), our departed mothers, for +Joseph Dzadony (40-day); +Anthony Dranginis (40-day), and prior to the blessing of graves

### TUESDAY, MAY 18

7:00 pm Akathist to the Inexhaustible Cup

### THURSDAY, MAY 20

9:30am Morning Moleben

### SUNDAY, MAY 23

4<sup>th</sup> Sunday of Pascha; Sunday of the Paralytic  
9:30 am Divine Liturgy  
Epistle: Acts 9:32-42; Gospel: John 5:1-15  
Tone 3; Liturgical Color: **White**

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#### *Monday's Spiritual Vitamin:*

"If you are suffering for your faith in Christ, the Lives of the Saints will console you and encourage you and make you bold and give you wings, and your torments will be changed into joy."  
+St. Justin Popovich

## PASCHAL GREETING:

*(use instead of 'hello', before 'good morning', etc.)*

**Christ is risen!**

*(responded with: **Indeed He is risen!**)*

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## BULLETIN BOARD ANNOUNCEMENTS

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

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### Akathist to the Icon of the "Inexhaustible Cup"

– This is a Prayer Service for Those Who Struggle with Addiction and for their Friends & Family. We will offer this service on **Tuesday, May 18<sup>th</sup>** at **7:00 pm** on behalf of those who suffer from alcoholism and other addictions. We also encourage those who have friends or family members who struggle with addiction, as well as those who work in the field of recovery, to come and pray with us!

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**Morning Moleben** – A Moleben is a brief devotional service of supplication. We have various ones for us to choose from. This **Thursday**, and other periodic mornings, we will choose which one we do that morning. *(The front door will remain locked so please come in through the side door by the alley.)*

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**Paschal Notes** - For 40 days until Ascension, we **greet each other** by saying, "Christ is risen!" (responding with "Indeed, He is risen!"). We can also adjust our before and after meal prayers.

## A WARM WELCOME TO OUR VISITORS!

**Christ Is Risen!**

*(responded with: **Indeed, He Is Risen!**)*

**Christos Voskrese! (Voistinu Voskrese!)**

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.

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**5<sup>th</sup> All-Soul Saturday** – *The last All-Soul Saturday Liturgy and Panachida has been reschedule to **June 5<sup>th</sup>**. Something has popped up and Father is not available the Saturday before Pentecost.*

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*Paschal Greeting in Church Slavonic:*

Christos voskrese! *(Voistinu voskrese!)*

*If greeted in a language you are unfamiliar with,*

*translate & respond in English*

*(then learn the response)*

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**Ambridge Update** – *Official as of today, Fr. Marc Wisnosky and Pañi Alison Archer will be at our sister parish of St John the Baptist in Ambridge. Let's welcome them to the Pittsburgh Deanery! Many Years!*

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*Tuesday's Spiritual Vitamin:*

"If it falls to you to have to bear great misfortunes, sorrows, and sicknesses, do not grow faint-hearted or despondent do not murmur; do not desire death for yourself and do not speak audaciously before the all-seeing God—as, for instance : "O, what a cruel affliction!" "O, what an unbearable misfortune; let me rather die!" or "I would rather kill myself!" God save you from such faint-heartedness, murmuring, and audacity! But endure all this courageously, as having been sent to you from God for your sins."

St. John, Wonderworker of Kronstadt

from *My Life in Christ*

The prayer to the Holy Spirit, "O Heavenly King", **is not said** at home or in church during this season until the Feast of the Decent of the Holy Spirit: Pentecost (June 20). Instead we say or sing the Paschal Tropar, "Christ is risen from the dead, trampling down death by death..." *(three times)* until the Feast of Ascension (June 10).

During the 50 days from Pascha to Pentecost, we **do not kneel or make prostrations** in church in keeping with the joyful, festal character of the season. We begin to kneel and do prostrations again with the Kneeling Prayers of Pentecost that evening.

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**Calling All Graduates** – Please notify Fr. Dave of your graduation information by **May 31**.

High School Students: *your High School, any academic and/or athletic awards, and where you will attend in the Fall with your intended major in college (or undecided at this time)*

Trade School, College, Graduate and Post-Graduate Students: *where you went, your field of study, and degree you will earn.*

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**Live-Broadcast** – If you are unable to make it to church on Sunday morning, please pray at along with our 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/)

### OUR STEWARDSHIP GIFTS TO GOD

Stewardship:	\$ 60
Candles/Eternal Lamp Offerings:	\$ 73
Envelope Stewardship:	\$ 358
<b>Total Collections:</b>	<b>\$ 491</b>
<b>Capital Improvement Fund:</b>	<b>\$ 95</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; Mary Jane Hudak; Kirish Family; Mirilovich Family; Cindy Pavilonis; Eleanor Sanger; Michael Spirnak; Andrea Urban; Patty Watson.

**"I am the light of the world;**

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

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**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)

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**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.

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*Paschal Greeting in Romanian:  
Hristos a înviat! (Adevărat a înviat!)*

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### LOOKING AHEAD LOCALLY

- ✘ **Monday 5/24** 9:30 am Divine Liturgy on the Feast of Sts Cyril and Methodius
- ✘ **Tuesday 5/25 7:00 pm** Feast Day Vespers
- ✘ **Wednesday 5/26** 9:30 am Divine Liturgy on the Midfeast of Pentecost

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### ORTHODOXY AROUND THE 'BURGH AND OUR DIOCESE

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The last **"The Vine and the Branches"** online Diocesan Youth event for youth ages 5-18 (K up to 12<sup>th</sup> Grade) is scheduled for **Sunday, May 23** at **6pm**. His Eminence Metropolitan Gregory is calling all our youth to come together in order to strengthen their faith and connect with their peers around the Diocese. This is the Paschal Social version of "The Vine and the Branches" so don't miss out!! Registration is quick and easy at [www.acrod.org](http://www.acrod.org) (*The Vine and the Branches 5/23/21*) Registration closes **THIS Friday, May 21**

For this concluding V&B, the schedule will include time for a message from the Metropolitan, time for entire families to gather in the "Paschal Social", some breakout room activities, some Paschal singing, a special video, and time just to see and talk with one another. Youth will be together for part of the Event, as well as in smaller "breakout rooms" grouped by age. All ages will gather together online at **6pm**. We are bringing everyone together at the same time for this concluding V&B!! His Eminence is looking forward to seeing all of you!!!

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

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May is **Mental Health Awareness Month**. The Assembly of Canonical Orthodox Bishops of the USA needs your input! Please take the **Orthodox Mental Health Needs Assessment Survey**, designed by experts on the Mental Health Task Force, takes only 15 minutes and consists of approximately 30 questions. All information you provide is completely anonymous, and the aggregate data will help the Task Force better understand the mental health needs and experiences of the faithful in order to develop resources and programs for enhanced ministry in our communities. Please take the survey and encourage others in your community to take it as well. Scan the QR code or visit:



<https://www.assemblyofbishops.org/ministries/mental-health-task-force/mental-health-needs-assessment-survey>

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*Paschal Greeting in Greek:  
Khristós anésti! (Alithós anésti!)*

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### SUNDAY'S SCRIPTURE READINGS

*Epistle: Acts 6:1-7*

#### Seven Chosen to Serve

**6** Now in these days when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. **2** And the twelve summoned the body of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. **3** Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. **4** But we will devote ourselves to prayer and to the ministry of the word." **5** And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Proch'orus, and Nica'nor, and Timon, and Par'menas, and Nicola'us, a

proselyte of Antioch. **6** These they set before the apostles, and they prayed and laid their hands upon them.

**7** And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

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*Gospel: Mark 15:43-16:8*

**43** Joseph of Arimathe'a, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. **44** And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he was already dead. **45** And when he learned from the centurion that he was dead, he granted the body to Joseph. **46** And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. **47** Mary Mag'dalene and Mary the mother of Joses saw where he was laid.

#### The Resurrection of Jesus

**16** And when the sabbath was past, Mary Mag'dalene, and Mary the mother of James, and Salo'me, bought spices, so that they might go and anoint him. **2** And very early on the first day of the week they went to the tomb when the sun had risen. **3** And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" **4** And looking up, they saw that the stone was rolled back—it was very large. **5** And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. **6** And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. **7** But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." **8** And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to any one, for they were afraid.



*Wednesday's Spiritual Vitamin:*

“Do not be ashamed to enter again into the Church. Be ashamed when you sin. Do not be ashamed when you repent. Pay attention to what the devil did to you. These are two things: sin and repentance. Sin is a wound; repentance is a medicine. Just as there are for the body wounds and medicines, so for the soul are sins and repentance. However, sin has the shame and repentance possesses the courage.”  
+St. John Chrysostom

**LIVING ORTHODOXY**

**FORTIFYING OURSELVES: We must fortify ourselves with prayer and contrition**

It is by leading a life of continual contrition and uninterrupted prayer that we will conquer all the delusions that we harbor in our hearts, and firmly resolve to stay the course even unto death. We must fortify ourselves in keeping up our courage when we are consumed by evil thoughts. We must not for one moment give into Satan's attempt to defeat us by evil preoccupations, lest we be hindered from lifting our eyes and hearts to God with a contrite spirit. If we truly desire to be open to the transformational power of the Holy Spirit in our lives, we must be patient and loving towards others, remembering the words of Saint John of Kronstadt, who said, “Be then indulgent, patient, and loving to those who live with you, and who also suffer from many passions; conquer every evil by good, and, above all, pray to God for them, that He may correct them—that He may turn their hearts to Himself, the source of holiness.”  
With love in the risen Lord,  
Abbot Tryphon

*Thursday's Spiritual Vitamin:*

“When, during prayer, your heart is overwhelmed with despondency and melancholy, be sure that these proceed from the Devil endeavouring by every means to hinder you in your prayer. Be firm, take courage, and by the remembrance of God drive away the deadly feeling.”  
St. John, Wonderworker of Kronstadt

**LIVES OF THE SAINTS**

**Sts. Mary & Martha, sisters of St. Lazarus (1st c.)**  
*Commemorated on the Sunday of Myrrh-Bearing Women and June 4*

Mary and Martha, with their brother Lazarus, were especially devoted disciples of our Lord; their story up to the time of the Resurrection can be found in Luke 10 and John 11-12. Mary and Martha were among the Myrrh-bearing women. They, with their brother, reposed in Cyprus, where Lazarus became first Bishop of Kition after he was raised from death by Christ.

An ancient tradition holds that Lazarus was thirty years old when he was restored to life by the Lord, and that he lived another thirty years. After he was raised from the dead, he never again laughed; but once, when he saw someone stealing a clay pot, he smiled and said, 'Clay stealing clay.' His name is a Greek version of *Eleazar*, meaning 'God has helped.'

**PRAYER CORNER**

*Our Parish Prayer List for  
Special Intentions and Other Needs*  
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**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...** Pañi Kathy, Linda, Thomas, Gary, Sandra, Joanne, Michael, Jerrod, Pamela, Barbara, John, Mary Jane M., Dale, Brian, Kristina, Fr. George L., Douglas, Sean, Julia, Susan, John, 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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*Paschal Greeting in Italian:*

Cristo è risorto! (*È veramente risorto!*)

**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, Ameer, Joshua, John, Kathryn, Rose, Charles, Justin *our seminarians:* 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):**

Renee Mirilovich - Great-martyr Irene (5/18)  
Christopher Bowser - Martyr Christopher (5/22)  
Christopher Kubis - Martyr Christopher (5/22)  
*(contact Fr. Dave with your Patron Saint)*  
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**Birthday Prayers for...** Robert Mozes (5/16), Pañi Alexandra Urban (5/16), Patrick Wertz (5/19), Linda Gavulich (5/20), Kenneth Parks (5/22) *...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!*  
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*Friday's Spiritual Vitamin:*

Let us not be scared, practicers of the prayer of Jesus, either by winds or waves! By winds I mean diabolic thoughts and imaginings, and by waves the revolt of the passions aroused by thoughts and reveries. From the midst of the most furious storm, with perseverance, courage and weeping you will cry to the Lord Jesus Christ, and He will rebuke the winds and waves.  
St. Ignatius (Brianchaninov)

**For our Catechumens & Inquirers...**

Susan, Marilyn, John *...through the prayers of St. Paul the Apostle, St. Mary Magdalene, and St. John Maximovitch.*  
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**Anniversary Prayers for...** *Father's sister, Melissa & Christopher Ditmore (5/17), Fr Dave's Ordination to the Priesthood (5/17), Ashley & Derrick Andrekovich (5/19), Ernest & Claudia (Herbert) Pido (5/19), ...May God fill them with His grace that they may continue to live in unity with Him!*  
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**For the souls of the newly departed...** +Viola Peifer (4/20), +Levar Green (4/15), +Joseph Dzadony (4/6), +Anthony Dranginis (3/31), 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 OF THE WEEK**

**An Orthodox Prayer for Mental Health**

O Master, Lord my God, in Whose hands is my destiny: Help me according to Your mercy, and leave me not to perish in my transgressions, nor allow me to follow them who place desires of the flesh over those of the spirit. I am Your creation; disdain not the work of Your hands. Turn not away; be compassionate and humiliate me not, neither scorn me, O Lord, as I am weak. I have fled unto You as my Protector and God. Heal my soul, for I have sinned against You. Save me for Your mercy's sake, for I have cleaved unto You from my youth; let me who seeks You not be put to shame by being rejected by You for my unclean actions, unseemly thoughts, and unprofitable remembrances. Drive away from me every filthy thing and excess of evil. For You alone are holy, alone mighty, and alone immortal, in all things having unexcelled might, which, through You, is given to all that strive against the devil and the might of his armies. For unto You is due all glory, honor and worship: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.