# Saint John the Baptist Orthodox Church

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

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

Matthew Peifer, Church Council President

2688 California Avenue Pittsburgh, Pa 15212 \*\*\* New Parish Number \*\*\* 412-748-0148 \*\*\* OrthodoxPittsburgh1932@gmail.com www.OrthodoxPittsburgh.com www.facebook.com/pg/St-John-the-Baptist-Orthodox-Church-of-Northside-Pittsburgh-169297619784149

January 14, 2018

# Sunday after the Nativity and before the Baptism of Our Lord and God and Saviour Jesus Christ / Feast of the Circumcision of Our Lord Jesus Christ / St. Basil the Great, archbishop of Caesarea in Cappadocia (379)

9:20am - Canon of Theophany 9:30 - Divine Liturgy of St. Basil Tone 7 Liturgical Color: Gold Epistle: Galatians 4:4-7; Gospel: Matthew 2:1-12

Add'l Collection for our Capital Improvement Fund

# SERVICES, SAINTS, AND READINGS FOR THE WEEK

Thursday, January 18 – 9:30am Royal Hours for the Feast of Theophany (A Day of Strict Fasting) Vigil Service for the Feast of Theophany: Ambridge: 8pm / Homestead: 8pm / East Pittsburgh: 7pm Friday, January 19 – 9:30am Divine Liturgy for the Feast of Theophany and the Great Blessing of Water

Annual House Blessings begin

Saturday, January 20 - 9:30am Divine Liturgy for the Feast of the Synaxis of St John the Baptist The Holy Mystery of Confession is available following every service

The holy wystery of comession is available following every service.				
Monday	St. Sylvester, pope of Rome (335)	1 Peter 2:21-3:9	Mark 12:13-17	
Tuesday	St. Genevieve of Paris (502)	1 Peter 3:10-22	Mark 12:18-27	
Wednesday	Synaxis of the Seventy Apostles	1 Peter 4:1-11	Mark 12:28-37	
### Thursday	Prophet Micah (9th c. B.C.)	1 Peter 4:12-5:5	Mark 12:38-44	
* Friday	Repose of St. Theophan the Recluse (1894)	2 Peter 1:1-10	Mark 13:1-8	
Saturday	Synaxis of the Holy Glorious Prophet, Forerunner & Baptist, John	2 Tim. 2:11-19	Luke 18:2-8	

\* Let us imitate Christ and the Saints and fast as they did! ### Strict Fast

Sunday, January 21 - Sunday after the Baptism of Our Lord and God and Saviour Jesus Christ /

Zacchaeus Sunday / Venerable Domnica of Constantinople (395)

9:30 - Divine Liturgy 9:20am - Canon of Theophany Tone 8

Epistle: 1 Timothy 4:9-15; Gospel: Luke 19:1-10

YOUTH Sunday / Panachida for +Charles Polivka (1 year anniversary) and for +Michael & +Olga Tongel (birthday remembrance)

# 

A Warm Welcome To Our Visitors!

# Glory Be To Jesus Christ! (Glory Be Forever!) Slava Isusu Christu! (Slava na v'iki!)

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

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# LOOKING AHEAD LOCALLY

Thursday, January 25 – 9:30am Akathist to the "Inexhaustible Cup" Sunday, January 28 - Sunday of the Publican and the Pharisee / Additional collection for our community outreach / A Fast Free Week

Thursday, February 1 – 9:30am Moleben to St. Nectarios

Sunday, February 4 – Sunday of the Prodigal Son



# +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ BULLETIN BOARD ANNOUNCEMENTS

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

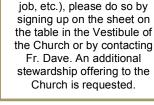
New Parish Phone Number - We have changed our phone carrier and also changed the number in the process. (This will save the parish almost \$500 over the year.) Our new number is: \*\*\* 412-748-0148 \*\*\* (The old number will still be active for a few more weeks.) +++ +++ + + +

Poinsettias - Please plan to take a few poinsettias home with you next Sunday! +++ +++ +++

Un-decorating – Here's an easy stewardship opportunity: Please plan to stick around for a few minutes after Liturgy next Sunday to help take down the Christmas decorations around the Church.

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This Bulletin Is Offered:

If you wish to sponsor a

Bulletin In Memory of

someone or In Honor of (anniversary, birthday, new









Volume III

Weekly Candle Intentions/Memorials were offered last week by Tim Martin; Viola Peifer; Melanie Shuster; Lawrence Martin; Linda Gavulich; Olga Radick; Eleanor Sanger; Roberta Kruchkevich; Joanne Nelson; Theresa Sharpless; Patty Watson; Don Gavulich; Pani Brancho; 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 Viola Peifer, in Memory of Deceased Members of Peifer And Radick Families; by John Gaydos, Sr., in Memory of Wife Catherine; and by Melanie Paieski, in Memory of Mother, Catherine Gaydos. May Their Memory Be Eternal! Vičnava Pamiat!

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Royal Hours - for the Feast of Theophany will be on Thursday morning, January 18th from 9:30am to about 10:45am.

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House Blessings - will begin January 19<sup>th</sup>. Fr Dave is interested in visiting and catching up with everyone this coming Theophany season.

+++ +++ +++ Soup or Chili Sale - Our ACRY will be selling soup for \$4 a pint on **Sunday**, **January 21**<sup>st</sup>. Plan to take home a couple varieties to keep you warm.

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2018 Calendars have arrived and are in the Church Vestibule to be picked up.

**Coffee Social Steward Schedule** 

January 21: Carol Lorenzi January 28: Open "Pot Luck" February 4: Lynn Mainolfi

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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Our Stewardship Gift To God				
Stewardship/Dues:	\$	539		
Candles/Small C./Eternal Lamp/C. box:	\$	231		
Envelopes: Sunday/Feast Day/Special:	\$	4904		
Total Collections:	\$	5674		
Collection for the Saints: "On the first day of the				
week let each one of you lay something aside,				
storing up as he may prosper." 1 Cor 16:2				

+++ +++ +++ Cards - Please consider repurposing your greeting cards and prior church calendar icon tops after the season concludes. The collection box is in the vestibule for the Holy Transfiguration Monastery. Thank you for giving back!

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Parish Stewardship Opportunities... As you wish that men would do to you, do so to them. (Luke 6:31) - Help with un-decorating the Church - Bring in a bag of CALCIUM CHLORIDE - Take a Coffee Social week - Offer your time to help with possible snow

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Snowed In? Physically unable to make it to church? - Our diocese is blessed with the opportunity to watch our Cathedral's Divine Liturgy every Sunday at 9am online. Of course, the best scenario is to attend the Divine Liturgy at Church, prepare, and receive the Eucharist. When limitations occur, please consider taking the time Sunday morning to pray with our brothers and sisters via the web. Go to http://www.acrod.org/organizations/cathedral/live/ to watch the live broadcast.

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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 You Tube: youtube.com/acroddiocese

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# **ORTHODOXY AROUND DA 'BURGH**

Orthodoxy on Tap "Stump the Priest" - The Pittsburgh Orthodox Young Adults (POYA) will gather on Sun., January 21<sup>st</sup> at 6pm in the upstairs room at Bar Louie (244 W. Bridge St., West Homestead, PA 15120). All young adults ages 21-39(ish) are welcome! Bring your best and most burning question about our amazing Orthodox faith and see if your anonymous submission will stump the priest!



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The International Soup Sampling to benefit IOCC (International Orthodox Christian Charities) will be on Saturday, February 3rd from 11am-2pm at Holy Cross Greek Orthodox Church in Mt. Lebanon across from the Galleria Mall (123 Gilkeson Rd., Pittsburgh, Pa 15228). Sample 5 homemade soups for \$10 and then take a guart home for a \$10 donation. Youth Groups & Children's Ministries from all jurisdictions will be

assembling health kits starting at 11:30. All area youth are invited! Donations are needed to purchase bulk health kit supplies. To sponsor kits, call Nick Terezis at 724-282-5198. You can register to purchase soup at: iocc.org/Pittsburgh +++ +++ +++

A Journey through Serbian Song & Dance: "Ruku pod ruku" - Saturday, February 17<sup>th</sup>, 7pm at the University of Pittsburgh, Bellefield Hall. Featuring performances by: \*Sumadija Serbian Folk

Dance Ensemble (from Milwaukee, WI), Academy of Serbian Folk Dancing Association "Miroslav Bata Marcetic" (Toronto, Canada), and Carica Milica Choir (Pittsburgh, PA). Tickets for the concert are \$15. Tickets for the concert and the post-concert reception at the Serb Club are \$20. (23% of our online ticket sales profits go towards LifeLine Humanitarian Organization - Chicago!) Tickets may be purchased at: www.talentshadows.events/event/sumadija-and-academy-of-serbian-folk-dance. For further information and questions, please call Aleksandra Sretenović at 440-520-9064.

# LIVES OF THE SAINTS

### Source: www.orthodoxpittsburgh.com/parish-calendar/orthodox-calendar © 1996-2001 by translator Fr. S. Janos

## The Circumcision (Obrezanie) of the Lord:

## Commemorated on January 14/1

The Circumcision (Obrezanie) of the Lord: On the eighth day after His Nativity, our Lord Jesus Christ - in accordance with the Old Testament Law, accepted circumcision, which was decreed for all infants of the male gender as a sign of the Covenant of God with the Forefather Abraham and his

descendants (Gen. 17: 10-14, Lev. 12: 3). Upon the performing of this ritual the Divine Infant was given the name Jesus, which had been announced by the Archangel Gabriel on the day of the Annunciation

(Blagoveschenie) to the MostHoly Virgin Mary (Lk. 1: 31-33, 2: 21). According to the explanation of the fathers of the Church the Lord, the Creator of the Law, accepted circumcision, giving example for people how faithfully the Divine ordinances ought to be fulfilled. The Lord accepted circumcision for this reason - so that later on no one should be in doubt that He was truly Man, rather than merely being the bearer of illusion-seeming flesh as certain heretics (Docetism) happened to teach. In the New Testament (Covenant) the ritual of circumcision gave way to the sacrament of Baptism, which it prefigured (Col. 2: 11-12). Accounts about the feastday of the Circumcision of the Lord in the Eastern Church continue right up through the IV Century. The Canon of the feast was written by the Monk Stephen Savvaites (Comm. 28 October and 13 July).

> Together with the Circumcision, accepted by the Lord as a sign of the Covenant of God with mankind. He received also the Name Jesus (Saviour) as the seal of His service the deed of the Salvation of the world (Mt. 1: 21; Mk. 9: 38-39, 16: 17; Lk. 10: 17; Acts 3: 6,

16<sup>.</sup> Phil. 2: 9-10). These two events, the Circumcision and Naming, remind Christians that they have entered into a New Covenant (Testament) with God and "are circumcised with a circumcision not done by hand, in putting off the sinful body of the flesh, by the Circumcision of Christ" (Col. 2: 11). The very name "Christian" witnesses to an entrance of mankind into a New Covenant with God.

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# SUNDAY'S SCRIPTURE READINGS

#### Epistle for Feast of Circumcision: Col. 2:8-12

<sup>8</sup>See to it that no one makes a prey of you by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the universe, and not according to Christ. For in him the whole fullness of deity dwells bodily, <sup>10</sup> and you have come to fullness of life in him, who is the head of all rule and authority. <sup>11</sup> In him also you were circumcised with a circumcision made without hands, by putting off the body of flesh in the circumcision of Christ; <sup>12</sup> and you were buried with him in baptism, in which you were also raised with him through faith in the working of God, who raised him from the dead.

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### Epistle for the Sunday before Theophany: 2 Tim. 4:5-8

<sup>5</sup> As for you, always be steady, endure suffering, do the work of an evangelist, fulfill your ministry.

<sup>6</sup> For I am already on the point of being sacrificed; the time of my departure has come. <sup>7</sup>I have fought the good fight, I have finished the race, I have kept the faith. <sup>8</sup> Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that Day, and not only to me but also to all who have loved his appearing.

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### Gospel for Circumcision: Luke 2:20-21, 40-52

<sup>20</sup> And the shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them.

### Jesus Is Named

<sup>21</sup> And at the end of eight days, when he was circumcised, he was called Jesus, the name given by the angel before he was conceived in the womb.

<sup>40</sup> And the child grew and became strong, filled with wisdom; and the favor of God was upon him.

#### The Boy Jesus in the Temple

<sup>41</sup>Now his parents went to Jerusalem every year at the feast of the Passover. <sup>42</sup> And when he was twelve years old, they went up according to custom;  $^{\rm 43}{\,}{\rm and}$  when the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it, <sup>44</sup> but

supposing him to be in the company they went a day's journey, and they sought him among their kinsfolk and acquaintances;  $^{\rm 45}$  and when they did not find him, they returned to Jerusalem, seeking him. <sup>46</sup> After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions; <sup>47</sup> and all who heard him were amazed at his understanding and his answers. 48 And when they saw him they were astonished; and his mother said to him, "Son, why have you treated us so? Behold, your father and I have been looking for you anxiously." 49 And he said to them, "How is it that you sought me? Did you not know that I must be in my Father's house?" 50 And they did not understand the saying which he spoke to them. <sup>51</sup> And he went down with them and came to Nazareth, and was obedient to them; and his mother kept all these things in her heart.

<sup>52</sup> And Jesus increased in wisdom and in stature, and in favor with God and man.

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Gospel for the Sunday before: Mark 1:1-8 The Proclamation of John the Baptist

1 The beginning of the gospel of Jesus Christ, the Son of God.

- <sup>2</sup>As it is written in Isaiah the prophet,
  - "Behold, I send my messenger before thy face, who shall prepare thy way;
  - the voice of one crying in the wilderness:
  - Prepare the way of the Lord,
  - make his paths straight-

<sup>4</sup> John the baptizer appeared in the wilderness, preaching a baptism of repentance for the forgiveness of sins. <sup>5</sup> And there went out to him all the country of Judea, and all the people of Jerusalem; and they were baptized by him in the river Jordan, confessing their sins. <sup>6</sup> Now John was clothed with camel's hair, and had a leather girdle around his waist, and ate locusts and wild honey. <sup>7</sup> And he preached, saying, "After me comes he who is mightier than I, the thong of whose sandals I am not worthy to stoop down and untie. 8 I have baptized you with water; but he will baptize you with the Holy Spirit."



## LIVING ORTHODOXY

## **14 New Year's Resolutions for Orthodox Christians** (2<sup>nd</sup> in a series)

From the Blog, Roads from Emmaus, by Fr Damick

[continued from last week] ...here are some suggestions for Orthodox Christians resolving to change for the better in the New Year, things every Orthodox Christian can do.

1. get serious about coming to church (more)...

2. come to church on time...

#### 3. tithe

Nothing says you're serious like giving 10% of your income to something.

Giving 10% to God sounds crazy to a lot of people, but the reality is that it's actually totally normal for many Christians—even for generations. Orthodox people in the US aren't used to tithing (10%) or even giving some other percentage, mainly because many of their forebears across the sea gave to their churches just by paying their taxes. That doesn't work anywhere in the English-speaking Orthodox world. Your taxes do not go to support your church. (I know of one church where a parishioner was shocked to discover that the electric company would turn off the electricity if the church didn't pay its bill. Who would do that to a church?)

And other parishioners inherited a system based on union dues. So many may think that giving \$500 a year (less than \$10/week) is a lot. But if you have a parish of 100 families and each family only gives \$500 a year, **then you only have an annual income of \$50,000**. With that, you cannot support your priest, and you certainly cannot pay for a building and its maintenance. Other people are picking up the slack for you. If

SPIRITUAL CONSIDERATIONS

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*Father can meet M-F 9:30a–4p or by appointment.* <u>*Online Community*</u>: Please email Fr. Dave to receive the weekly bulletin via email.

**Phone Tree** – Please call Fr. Dave to be added.

**<u>Emergency Sick Calls</u>** – Please notify Fr Dave when you or a family member are going into the hospital or having a procedure so he can pray with you and you may receive the Anointing to be fully prepared.

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

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

<u>Marriages</u> – Are not performed during fasting periods and certain Feast Days. Please consult Father ASAP for details (<u>before</u> arrangements are made for the hall). <u>Church Funerals</u> – are provided for practicing Orthodox Christians who are current in their spiritual and financial obligations; otherwise burial is from the funeral home. <u>The Church does not permit cremation</u>.

"The cremation of bodies is not a Christian act. It is a custom of modern times. The body of a Christian has been sanctified with the Grace of the Holy Spirit, and as such may not be burned. God did not create our bodies for burning." - Elder Thaddeus of Vitovnica they're not, your priest may be on food stamps or welfare. I know some who are.

But if those 100 families each made the median household income for the US (about \$52,000), and they all tithed, **that same 100-family parish would have \$520,000 to work with**. If they even gave just 5%, they'd have \$260,000.

Meanwhile, you are probably spending a lot more just on cable TV. Or Internet access. Or your smartphone. Or eating out. Or coffee. Or a lot of other things.

But the most important thing about pledging and tithing is not about meeting parish budgets or supporting your priest. **It's about worship.** Your heart is where your treasure is (Matt. 6:21). Where's your treasure? Follow the money, find the heart.

If you're not up for 10% yet, then try 8%. Or 6%. Or whatever. **But go on record, and get disciplined about giving.** Don't give until it hurts, but until it actually feels good.

## To Be Continued With...

4. pray at home ...

- 5. sing along at church. and stand more...
- 6. memorize a psalm...
- 7. encourage your priest...
- 8. invite someone to church...
- 9. visit a monastery...
- 10. read the old testament...
- 11. attend an adult education class...
- 12. volunteer...
- 13. go to confession...

14. read a spiritual book...

Source: https://blogs.ancientfaith.com/roadsfromemmaus/2014/12/14/14-

## 2018 Theophany Home Blessings



# Home blessings will take place from January 19 thru February 18.

It would be ideal if I were able to come between 9:30am and 4pm on a weekday. If this is not possible, some Saturday and Sunday times will be available. I will call or email you a couple days before I will be in your area.

#### How to prepare for your house blessing?

- $\checkmark$  Have a white cloth placed on the table,
- ✓ with an icon and/or a cross,
- $\checkmark$  and a candle to be lit.
- ✓ please have a list of names of all those who live in the home (including your pets)
- ✓ and a list of the departed members of your family and friends you would wish to have remembered during the service.
- ✓ (I will provide the Holy Water.)

During the service, please have all televisions and radios turned off with cell phones placed on vibrate. I look forward to spending this time with your family! - *Fr Dave* 

# SPIRITUAL VITAMINS FOR THE WEEK

#### SUNDAY

"Because Christ has come to perfectly fulfill the Law, He receives circumcision under the Law (see note on 1:59). In the Orthodox Church, it is ancient tradition to name a child eight days after birth, with a special blessing." – Orthodox Study Bible, Luke 2:21

#### MONDAY

"The fruits of the earth are not brought to perfection immediately, but by time, rain and care; similarly, the fruits of men ripen through ascetic practice, study, time, perseverance, self-control and patience." +*St. Anthony the Great* 

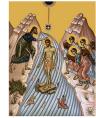
## TUESDAY

"Not he is chaste in whom shameful thoughts stop in time of struggle, work and endeavor, but he who by the trueness of his heart makes chaste the vision of his mind not letting it stretch out towards unseemly thoughts" +*St Maximos the Confessor* 

## WEDNESDAY

"According to my power I shall pray with you that God Who gives grace to all who ask with fervoir and toil may grant you that vigilance. When it comes it will guide you to the truth." +*St. Ignatius Brianchaninov* 

THURSDAY – THEOPHANY EVE



"Today the Lord stood in Jordan's current telling John: "Do not be afraid to baptize Me, for I have come to save Adam, the first man."" – *Kondak of Preparation for Theophany, Tone 4* 

## FRIDAY – FEAST OF THEOPHANY

"You have appeared today to the inhabited earth, and Your light, O Lord, has been marked upon us, who with knowledge sing Your praise. You have come, You are made manifest, the Light that no man can approach." – *Kondak* for the Feast of Theophany

## SATURDAY

"When someone starts making concessions to sin, he darkens inside, the eyes of the soul are clouded and he can no longer see clearly. Moreover, he is polluted by sin, and sin confuses and entangles him, causing him to see even the pure as sinful" – *Elder Paisios of Mount Athos* 

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# PRAYER CORNER

You for You alone love us. Amen. +++ ++++



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 <u>name</u>. Through the prayers of the Theotokos, deliver <u>him/her</u> from sickness and bitter pain. Heal <u>him/her</u> so that <u>he/she</u> may sing to You and always praise



*For the Health of*... Mildred, Anna Mae, Julie, Jane, Eleanor D., Mark, Viola, Juliana, Katie, Kenneth, Michael, Roberta, Fredrick, Helen B., Wendy, Gary, Barbara, Matthew, Patricia, Lino, Mary ...through the prayers of St. *Nectarios the Wonderworker; St. Luke, the Surgeon; and St. Panteleimon, the Healer.* +++++++++



For the Special Intentions of... Bishop Gregory, Stephen, David, Joshua, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Amee, Andrea, Jason, Tyrone, Sarah, John S., and our Church Council, Curators, and Relocation Committee: Matthew, John, Timothy, Patricia, Theresa, Lawrence, Donald, Jane, Cynthia, Katherine, Eleanor, Kenneth, Gina, Robert, Jillian, Wendy, Olga, John, Melanie, Michael, John, Richard, John, Margaret, Sarah, Patricia, and for those working towards our Community Outreach, Orthodox Christian Network (OCN) ...through the prayers of St. Nicholas the

Wonderworker; St. John the Baptist; the Archangels Michael & Gabriel; and the Theotokos and Ever-Virgin Mary. + + + + + + + + +

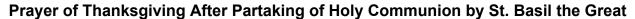
**Birthday Prayers** for... Brenda Labas (1/15), Fred G. Anton (1/16), Pańi Fedornock (1/16), Father's Godson, Alex Schreiber (1/18), Father's Goddaughter, Jenna Schreiber (1/18), Patricia Watson (1/19), Father's Nephew, Nicholas Ditmore (1/19) ...May God allow them to grow in peace and love all the days of their lives and may He grant them many and blessed years! Na Mnohaja I Blahaja L'ita!

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For those preparing for Marriage... Nicole & Seminarian Nathaniel and Kristyn & Seminarian Vince ... through the prayers of Sts. Adrian & Natalia & all Holy Martyrs.

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# **DEVOTIONAL PRAYER OF THE WEEK:**



O Master Christ God, King of the ages and Creator of all things, I thank You for all the good gifts You have given me, and especially for the communion of Your pure and life-giving Mysteries. I therefore pray to You good Lord Who loves mankind: keep me under the protection and in the shadow of Your wings; grant that even to my last breath I may with a pure conscience partake worthily of Your Holy Gifts for the remission of sins and for eternal life. For You are the Bread of life, the Source of holiness, the Giver of good things, and to You we send up glory, together with the Father and the Holy Spirit, now and ever and to ages of ages. Amen.

