



+++ +++ +++

**Weekly Candle Intentions/Memorials** were offered last week by Tim Martin; Viola Peifer; Melanie Shuster; Olga Radick; Eleanor Sanger; Michael Spirnak; Barbara Kirish; Roberta Kruchkevich; Jane Barrett; Joanne Nelson; Julia Potoski; Michael Puhac; Cindy Pavilonis; 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**

The **Eternal Lamp** was offered last week by John Gaydos, Jr., in Memory of his Mother, Catherine; and by Cindy Pavilonis, in memory of her grandmother, Mary Huron. May Their Memory Be Eternal! Vičnaya Pamjat!

+++ +++ +++

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

+++ +++ +++



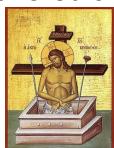
**Lenten Coin Boxes** – *"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."* (Mt 28:19) Coin boxes are available in the Church Hall to collect your spare change throughout the Great Fast for our Community Outreach next month (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)

+++ +++ +++

**Camp Nazareth Summer Camp 2018** – Let's get all of our youth 8 to 18 to Camp Nazareth this summer! The Pittsburgh Deanery camping week is **July 29 thru August 4** (Week 3). Scholarships are available! Register Online starting **March 1<sup>st</sup>** at [www.campnazareth.org](http://www.campnazareth.org). \*\*\* *There is a \$20 Early Bird Discount Per Child when you register & pay by May 15<sup>th</sup> (one-time only, not per week).* Online Registration **MUST** be complete **AND** payment must be submitted by May 15<sup>th</sup> in order to qualify for the Early Bird Discount. (Registrations after June 15 will incur an additional \$20 late fee.) Please see Fr Dave with any questions about camping or the scholarships.

+++ +++ +++

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



**March 11** – East Pittsburgh  
**March 18** – Rankin  
**March 25** – North Side  
(*The Homilists will be three of our seminarians.*)

All are encourage to attend our Lenten Missions throughout the Great Fast! **Pray with our Pittsburgh Deanery and see our sister parishes!**

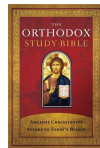
### Our Stewardship Gift To God

Stewardship/Dues:	\$ 195
Candles/Small C./Eternal Lamp/C. box:	\$ 164
Envelopes: Sunday/Feast Day/Special:	\$ 583
<b>Total Collections:</b>	<b>\$ 942</b>
<b>Capital Improvement Fund:</b>	<b>\$ 25</b>
<i>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</i>	

+++ +++ +++

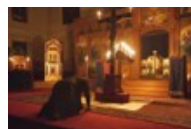
**Tsar Lazar to sing responses** – On **Sunday, March 11<sup>th</sup>** we are blessed to have the Tsar Lazar Orthodox Male Choir coming to St John's to sing responses for the Divine Liturgy for the Sunday of the Cross. *I previously sang with this choir and I believe they will inspire and deepen our prayer!* – Fr Dave

+++ +++ +++



**Donors needed for Orthodox Study Bibles** – An initiative has been started to have a dozen Orthodox Study Bibles available for use around the Church. We are asking that donors offer a bible anonymously, in memory of someone, or on behalf of a group. A minimum \$30 stewardship donation to the Church is requested.

+++ +++ +++



**Confessions** – will be heard following every service and on most Saturdays during the Great Fast from **11am – 1pm**. The side gate and side door will be open. Other times are available by appointment. Please contact Fr Dave to arrange this. Confessions will only be heard through Holy Wednesday.

+++ +++ +++

**Church & Grounds Spring Maintenance** will be **Saturday, March 24<sup>th</sup>** beginning at **8:30am** (*with breakfast*). Please contact Kathy Schrmack ([kschrmack@verizon.net](mailto:kschrmack@verizon.net)), as we want to have enough food available, if you are able to share your time and talent on this day as we clean up what God has shared with us. *"Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve."* - Col 3:23-24



+++ +++ +++

### Coffee Social Steward Schedule

March 4: **Open / "Pot Luck"**  
March 11: **Open / "Pot Luck"**  
March 18: **Open / "Pot Luck"**

*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!*

+++ +++ +++

### Parish Stewardship Opportunities...

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

- Donate towards a Study Bible
- Take a Coffee Social week
- Attend additional services

+++ +++ +++



+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

## ORTHODOXY AROUND DA 'BURGH



**IOCC Syrian Relief Dinner & Prayer Service** – The evening will begin with a Prayer Service led by various Hierarchs at 4pm followed by Dinner & Reception from 5-7pm on **Sunday March 4<sup>th</sup>** at St. Nicholas Orthodox Cathedral in Oakland (419 S. Dithridge St., Pittsburgh, PA 15213). Tickets are \$50 per adult & \$20 for ages 7-18 and need to be purchased by **March 2<sup>nd</sup>**. (A children's room will be available.) *Net Proceeds will benefit IOCC's Syrian Crisis Response Fund to aid our brothers and sisters in need.* For more info, to purchase tickets, or volunteer, contact Zelfa at 412-417-4706 / [zkhalil1@live.com](mailto:zkhalil1@live.com).

+++ +++ +++



**The Annual Diocesan Lenten Retreat: For All Orthodox Christians, Family, & Friends** – Will take place on **Saturday, March 17<sup>th</sup>** from 9am–5pm at St Nicholas Orthodox Church (903 Ann Street, Homestead, PA 15120). His Grace, Bishop Gregory will present “*Our Calling as Disciples and Evangelists*” for the teens and adults. Fr. Dave Urban will present “*Windows to Heaven – Icons & The Feasts Of The Church*” for those aged 6-12. The schedule for the day is posted in the church hall. A Continental Breakfast and Light Lunch are included and the cost is covered by a Free Will Offering. The registration deadline is **March 10<sup>th</sup>** (**You may sign up on the sheet in the Church Hall**). (*This is sponsored by the National ACRY.*) **Come Escape From The World For A Day and Be Spiritually Renewed!**

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

## LIVES OF THE SAINTS

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

**Sainted Anthony, Patriarch of Constantinople**  
*Commemorated on February 25/12*

Sainted Anthony, Patriarch of Constantinople, was a native of Asia, but all his years from youth to his end were spent at Constantinople. He was born in about the year 829 of rich and pious parents. After the death of his mother, at age 12 he entered a monastery, where in copying the example of the hegumen, he spent his nights at prayer and led a strict monastic life. With the passage of time, and against his wish, he was ordained to the dignity of presbyter, and then on the bidding of the Patriarch he was made an hegumen. Serving in this dignity, he tonsured into monasticism his own father. Saint Anthony was distinguished by his mercy, by his love and

concern for the destitute, and he distributed to them generous help.

Elevated to the Patriarchal throne at Constantinople in 893, Saint Anthony all the more intensified his care for the destitute and especial for the spiritual condition of the poor. With an assist on the part of the emperor Leo the Wise, Patriarch Anthony did much good for the Church. He concerned himself over the encouraging of piety in the people, and despite having become stooped over with the infirmities of age, he went around all the churches of his patriarchate, fulfilling the command of the Saviour – to be the servant to all the brethren.

In the year 895, advanced in age, Saint Anthony peacefully expired to the Lord.

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

## 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**

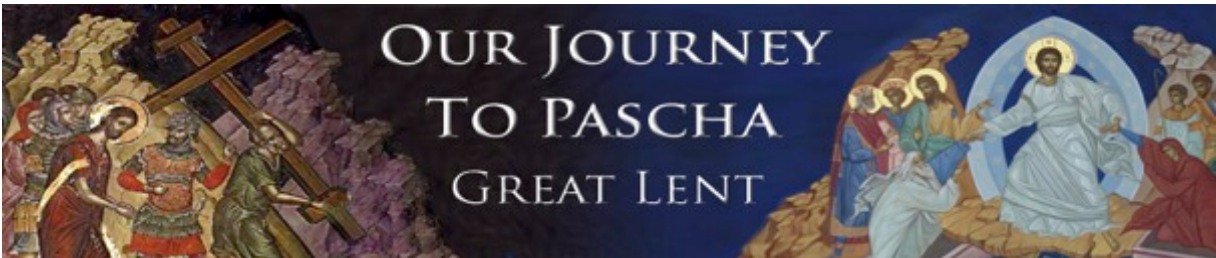
<sup>43</sup>The next day Jesus decided to go to Galilee. And he found Philip and said to him, “Follow me.” <sup>44</sup>Now Philip was from Beth-sa'ida, the city of Andrew and Peter. <sup>45</sup>Philip found Nathanael, and said to him, “We have found him of whom Moses in the law and also the prophets 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.”

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

LIVING ORTHODOXY



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

+++ +++ +++

Return of the Icons

by Presvytera Alexandra Houck In *The Children’s Word*  
What would you do if somebody came into your house and destroyed all your pictures? What if somebody poked holes in the photos of your family? Or cut through some of the pictures of your friends? Or burned the precious pictures of your grandparents or great-grandparents?

That’s exactly what iconoclasts did, 1300 years ago. Iconoclasts were people who destroyed icons. That’s right—they destroyed pictures of our family—Jesus Christ, the Theotokos, and the saints. They made it against the law to have icons, and even destroyed these holy images whenever they could.



Today is the first Sunday of Lent. Today we celebrate the return of icons into our churches and into our homes. We celebrate how we still use icons in our Orthodox faith. We pray with icons, because we know that God became a real person, Who lived here on earth. The Theotokos and the saints are real people too, and we remember them when we see pictures of them!

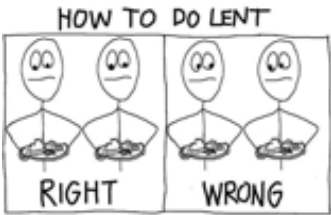
In 843, St. Theodora and the Fathers of the 7th Ecumenical Council finally brought icons back, making icons legal once again. Today, let’s all hold our icons up high, thanking God for our freedom, and thanking St. Theodora and the Church Fathers for their courage!

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

SPIRITUAL VITAMINS FOR THE WEEK

SUNDAY

The Fathers of the Church tell us that **our whole being ought to be involved in the matter of fasting and abstaining**. “Let your **mind** abstain from evil thoughts; let your **memory** fast from evil remembrances; let your **tongue** abstain from lies, gossip, and every evil word; let your **ears** fast from listening to evil jokes and songs, as well as gossip; let your **hands** rest from the taking of another’s goods; let your **feet** fast from carrying you on errands of sin. Such is the true fast that awaits the Christian!”



MONDAY

“It is not enough to simply make your confession to the Spiritual Father; you must also truly repent of what you have done.” - *Elder Paisios of Mount Athos*

TUESDAY

Let us embrace the fast, knowing, “fasting appears gloomy until one steps into its arena. But begin and you will see what light it brings after darkness, what freedom from bonds, what release after a burdensome life,” +*St Theophan the Recluse*

WEDNESDAY

Let us be mindful that, “fasts and vigils, the study of Scripture, renouncing possessions and everything worldly are not in themselves perfection, as we have said; they are its tools. For perfection is not to be found in them; it is acquired through them. It is useless, therefore, to boast of our fasting, vigils, poverty, and reading of Scripture when we have not achieved the love of God and our fellow men. Whoever has achieved love has God within himself and his intellect is always with God.” +*St John Cassian*

THURSDAY

“To love Christ -means not to be a hireling, not to look upon a noble life as an enterprise or trade, but to be a true benefactor and to do everything only for the sake of love for God.” +*Saint John Chrysostom*

FRIDAY

“True discrimination comes to us only as a result of true humility.” - *Abba Moses*

SATURDAY

“Do not give assent to the demons!” - *Archbishop Seraphim (Sobolev) of Bogucharsk*



+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

PRAYER CORNER

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

**A Prayer For The Sick:** O Christ, You alone are prompt to defend us; quickly visit Your suffering servant name. Through the prayers of the Theotokos, deliver him/her from sickness and bitter pain. Heal him/her so that he/she may sing to You and always praise You for You alone love us. Amen.

+++ +++ +++

**For the Health of...** Mildred, Anna Mae, Andrew, Julie, Jane, Eleanor D., Mark, Viola, Juliana, Fredrick, Katie, Kenneth, Michael, Roberta, Wendy, Gary, Barbara, Matthew, Patricia, Lino, Mary, Michael, Pañi Connie, Joseph, Anthony, David, Father James, Joshua, Eli, Samuel, Lucy, and everyone battling the flu ...*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, Andrea, Jason, Tyrone, Sarah, John S., Amee, Joshua, and Anthony 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, St. Cyril of the White Lake Food Pantry...*through the prayers of St. Nicholas the Wonderworker; St. John the Baptist; the Archangels Michael & Gabriel; and the Theotokos and Ever-Virgin Mary.*

+++ +++ +++

**Birthday Prayers for...** Fr William Bennett (2/28), Julia Potoski (3/1), and Matthew Wensel (3/3) ...*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!*

+++ +++ +++

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

+++ +++ +++

**For Expectant Mothers...** Pañi Ileana, Pañi Svetlana, Ashley, Katie, Meredith, Brittany, Harmonie, Pañi Stacey, and Aimee ...*through the prayers of St Anna, the mother of the Virgin Mary, & St Irene Chrysovalantou.*

+++ +++ +++

**For the soul of the newly departed...**

...*May the Lord God grant them blessed repose where there is no pain sorrow or mourning. Eternal Memory!*

+++ +++ +++

\* This is to be used for the special intentions of our brothers and sisters and can be inserted as a prayer itself into our daily prayers. Please let Fr. Dave know if you would wish to make additions or subtractions (in the case of answered prayers) to our Parish List. The words of the Gospel are true: **it is good to pray for one another**. Let this be a place where we lay out our concerns and beg the help of our brothers & sisters in Christ. *This prayer list is NOT limited to Orthodox Christians.*

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

DEVOTIONAL PRAYERS FOR THE GREAT FAST:

The Prayer of Saint Ephraim the Syrian

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

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

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

O God, be merciful to me, a sinner. [bow]  
O God, cleanse me of my sins and have mercy on me. [bow]  
O Lord, forgive me, for my sins are many. [bow]

Then the prayer again with only one prostration:

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

A Prayer inspired by Psalm 50

by Archimandrite Laurence Mancuso

You forgive our sinfulness over and over, Lord, washing away attitudes and actions You cannot possibly approve. We beseech you: Let Your tender mercies draw us away from all that is offensive to You. Draw us ever closer to Yourself and enable us to share in Your spirit of holiness. After all, Lord, You are always merciful, eternally tender and compassionate, and ever ready to receive us back into Your good graces. Let us not abuse Your goodness, then, but help us to change the way we live. So that ever filled with health of soul and body, we may confidently glorify Your wondrous and blessed name, Father, Son, and Holy Spirit, now and ever, and unto ages of ages. Amen.