



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*
www.facebook.com/pg/St-John-the-Baptist-Orthodox-Church-of-Northside-Pittsburgh-169297619784149

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2nd Sunday of Lent

MARCH 4th



ST GREGORY PALAMAS

Reading: 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.

9:30 am – Divine Liturgy of St. Basil the Great Tone 6 Liturgical Color: **Purple**
4:00pm – Prayer Service and Syrian Relief Dinner at St. Nicholas (419 S. Dithridge St., Pgh, PA 15213)

SERVICES, SAINTS, AND READINGS FOR THE WEEK



Monday, March 5 – 9:30am Lenten Sixth Hour with reading of the Kathisma (*Book of Psalms*)

Wednesday, March 7 – 9:30am Moleben to the Theotokos /

7pm – Presanctified Liturgy at the Hampton Inn, Wexford

The Holy Mystery of Confession is available following every service.



** Mon.	Venerable Leo of Sicily (ca. 780)	Isaiah 8:13-9:7	Genesis 6:9-22	Proverbs 8:1-21
** Tue.	Venerable Timothy of Symbola in Bithynia (795)	Isaiah 9:9-10:4	Genesis 7:1-5	Prov. 8:32-9:11
** Wed.	Venerable Athanasius the Confessor (826)	Isaiah 10:12-20	Genesis 7:6-9	Proverbs 9:12-18
** Thu.	Hieromartyr Polycarp, bishop of Smyrna (167)	Is. 11:10-12:2	Gen. 7:11-8:3	Proverbs 10:1-22
** Fri.	First (4th c.) and Second (452) Findings of the Precious Head of St. John the Baptist.	Isaiah 13:2-13	Genesis 8:4-21	Proverbs 10:31-11:12
** Sat.	St. Tarasius, archbishop of Constantinople (806)		Heb. 10:32-38	Mark 2:14-17

**** The Great Fast (Lent) - Let us imitate Christ and the Saints and fast as they did!**

3rd Sunday of Lent

MARCH 11th



VENERATION OF THE HOLY CROSS

HALF WAY TO PASCHA!

Reading: Hebrews 4: 14-5: 6
Gospel: Mark 8:34-9: 1

Wear your cross to church and
kiss the cross
each morning with a bow!

9:30 am – Divine Liturgy of St. Basil the Great Tone 7 Liturgical Color: **Purple**
Procession with the Holy Cross PRIOR to Liturgy / Tsar Lazar Male Choir to sing responses / Add'l Collection
for our CAP Fund / **3pm** - Pgh Deanery Lenten Missions at St John's (211 Cable Ave., E Pgh, PA 15112)

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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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This Bulletin Is Offered:

If you wish to sponsor a Bulletin *In Memory of* someone or *In Honor of* (anniversary, birthday, new job, etc.), please do so by signing up on the sheet on the table in the Vestibule of the Church or by contacting Fr. Dave. An additional stewardship offering to the Church is requested.

LOOKING AHEAD LOCALLY

Wednesday, March 14 – 9:30am Paraklis to the Theotokos / 7pm – Presanctified Liturgy in Wexford

Friday, March 16 – 9:30am Moleben to the Holy Cross

Saturday, March 17 – 9:30am All Soul Saturday (*Zadušna Subota*) Panachida (IV)

9-5 Diocesan Lenten Retreat at St. Nicholas in Homestead (*details below*)

Sunday, March 18 – Sunday of St. John Climacus / YOUTH Sunday /

3pm – Pittsburgh Deanery Lenten Missions at St Michael's (146 3rd Ave., Rankin, PA 15104)

Wednesday, March 21 – 9:30am Selections from the Great Canon of Repentance of St Andrew /

7pm – Presanctified Liturgy at the Hampton Inn, Wexford

Friday, March 23 – 9:30am Akathist Hymn to the Theotokos

Saturday, March 24 – 8:30am Parish Spring Clean Up / 11a-1p Mystery of Holy Confession

Sunday, March 25 – Sunday of St. Mary of Egypt / Additional Collection for our Community Outreach

3pm – Pittsburgh Deanery Lenten Missions here at St John's on the North Side

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BULLETIN BOARD ANNOUNCEMENTS

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

Paschal Commemorations – We offer you the opportunity to sponsor items to be used during Holy Week and Pascha as commemorations: *anonymously, in memory of departed loves ones, OR for the health of*



loved ones. If you are interested in making any of these commemorations, please sign up on the sheet in the Vestibule and give an *additional free-will stewardship offering* to the Church.



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Weekly Candle Intentions/Memorials were offered last week by Tim Martin; Viola Peifer; Melanie Shuster; Barbara Kirish; Olga Radick; Eleanor Sanger; Jane Barrett; Joanne Nelson; Julia Potoski; Theresa Sharpless; Melanie Paieski; 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, Sr., in Memory of Wife, Catherine; John Gaydos, Jr., in Memory of Mother, Catherine. May Her Memory Be Eternal! Vičnaya Pamjat!

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Thank You! – to everyone who brought items in for February's food drive!!

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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 1st** at www.campnazareth.org. *** There is a \$20 Early Bird Discount Per Child when you register & pay by May 15th (one-time only, not per week). Online Registration MUST be complete AND payment must be submitted by May 15th 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.

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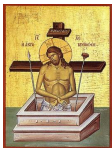
Daylight Savings Time begins next week at 2am on **Sunday, March 11th** this year. Please do not forget to adjust your clocks the night before to 'spring ahead' one hour.

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Tsar Lazar to sing responses – On **Sunday, March 11th** 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

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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!**

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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 house will be ready for the new ones in a few weeks!*

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Our Stewardship Gift To God

Stewardship/Dues:	\$ 470
Candles/Small C./Eternal Lamp/C. box:	\$ 167
Envelopes: Sunday/Feast Day/Special:	\$ 768
Community Outreach:	\$ 107
Wednesday Presanctified:	\$ 100
Total Collections:	\$ 1612
Capital Improvement Fund:	\$ 40

February Financial Report:

Donation Income = \$ 4995.13

***Expenses = \$ 8068.60**

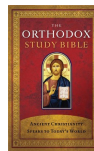
Net Deficit = \$ 3073.47

**details listed on the church hall bulletin board*
Average at Sunday Divine Liturgies: 36



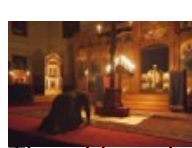
Lenten Coin Boxes – *"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."* (Mt 28:19) Coin boxes are available in the Church Hall to collect your spare change throughout the Great Fast for our Community Outreach next month (OCMC). More information is available at www.ocmc.org. *"Let them do good, that they may be rich in good works, ready to give, willing to share"* (1 Tim 6:18)

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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.

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Mystery of Confession – 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.*

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Church & Grounds Spring Maintenance will be **Saturday, March 24th** beginning at **8:30am** (*with breakfast*). Please sign up in the church hall, 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. Contact Kathy Schrmack (kschrmack@verizon.net) if you have any questions. *"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."* - Colossians 3:23-24

Coffee Social Steward Schedule

March 11: **Tim M. and Mary Jane H.**

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

March 25: **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. (Lk. 6:31)

- Donate towards a Study Bible
- Sponsor a Coffee Social / Presanctified Meal
- Attend additional services

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

Support Orthodox Church Fish Fry's – This time of year many churches have fish fries on Friday's to help support their missions. Please consider visiting one of our sister parishes:

- St. George, New Kensington – 11a-5p – www.SaintGeorgeOrthodox.org
- St Mary, South Side, Pittsburgh – 11a-7p – <http://stmaryorthodoxchurch.net>
- Holy Trinity, at the Serbian Club, South Side, Pittsburgh – 11a-7p – <https://htsoc.com>
- St John the Baptist, Ambridge – ONLY March 30 10a-3p

** If you know of another one to be listed here, please Father know.*

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The Annual Diocesan Lenten Retreat: For All Orthodox Christians, Family, & Friends –

Will take place on **Saturday, March 17th** 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 10th** (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!**

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ST JOHN'S MONTHLY COMMUNITY OUTREACH

This month, through the efforts of our Sr. ACRY, we will be taking an additional collection to support **St. John the Compassionate Orthodox Mission** (Toronto, ON). Please read about them on our bulletin board or at: stjohnsmission.org. Thank you in advance for your prayers & offerings this month!

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LIVES OF THE SAINTS

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

Sainted Gregory Palamas, Archbishop of Thessalonika

Commemorated on the 2nd Sunday of the Great Lent, November 27/14

Sainted Gregory Palamas, Archbishop of Thessalonika, was born in the year 1296 in Asia Minor. During the time of a Turkish incursion the family fled to Constantinople and found refuge at the court of Andronikos II Paleologos (1282-1328). The father of Saint Gregory became a prominent dignitary under the emperor, but he soon died, and Andronikos himself took part in the raising and education of the orphaned boy. Endowed with fine abilities and great diligence, Gregory without difficulty mastered all the subjects which then comprised the full course of medieval higher education. The emperor hoped that the youth would devote himself to government work. But Gregory, just barely age 20, withdrew to Holy Mount Athos in the year 1316 (per other sources, 1318) and became a novice in the Batopedeia monastery under the guidance of the monastic-elder, the Monk Nikodemos of Batopedeia (Comm. 11 July), and there he accepted tonsure and began on the path of asceticism. A year later, the holy Evangelist John the Theologian appeared to him in a vision and promised him his spiritual protection. Gregory's mother and sisters likewise became monastics.

After the demise of the monastic-elder Nikodemos, the Monk Gregory spent 8 years of prayerful effort under the guidance of the monastic-elder Nicephoros, and after the death of



this latter elder Gregory transferred to the Laura-monastery of the Monk Athanasias. Here he served in the refectory, and then became a church singer. But after three years, striving for a greater degree of spiritual perfection, he re-settled in the small hermit-life monastery of Glossia. The head of this monastery began to teach the youth the manner of concentrated spiritual prayer – the mental activity, which by degrees gradually was appropriated and cultivated by monastics, beginning with the great wilderness ascetics of the IV Century – Euagrios (Lat. Evagrius), Pontikos and the Monk Makarios of Egypt (Comm. 19 January). Later on, in the XI Century in the works of Simeon the New Theologian (Comm. 12 March), those praying in outward manner received detailed elucidation on adapting the mental doing, and it was implemented by the Athos ascetics. An experienced useage of mental activity, requiring solitude and quiet, received the name "Hesychiasm" (from the Greek "hesukhia" meaning calm, silence), and those practising it were called "hesychiasts". During the time of his stay at Glossia the future hierarch Gregory became fully imbued with the spirit of hesychiasm and adapted it as fundamental to his life. In the year 1326, because of the threat of Turkish invasions, he together with the brethren retreated back to Soluneia (Thessalonika), where he was then ordained to the dignity of priest.

Saint Gregory combined his priestly duties with the life of an hermit: five days of the week he spent in silence and prayer, and only on Saturday

and Sunday did the pastor emerge to his people – he celebrated Divine-services and preached sermons. For those present in church, his teaching often evoked both tenderness and tears. Sometimes he visited theological gatherings of the city's educated youth, headed by the future patriarch, Isidor. Having returned from being a certain while at Constantinople, he found near Soluneia the locale of Bereia, a place suitable for solitary life. Soon he gathered here a small community of hermit-monks and guided it over the course of 5 years. In 1331 the saint withdrew to Athos and lived in solitude at the skete-monastery of Saint Savva, near the Laura-monastery of the Monk Athanasias. In 1333 he was appointed hegumen of the Esthygmena monastery in the northern part of the Holy Mountain. In 1336 the saint returned to the skete-monastery of Saint Savva, where he concerned himself with theological works, continuing on with it until the end of his life.

But amidst all this, in the 1330's culminated events in the life of the Eastern Church which put Saint Gregory amongst the most significant universal apologists of Orthodoxy, and brought him reknown as the teacher of hesychiasm.

In about the year 1330 the learned monk Varlaam had arrived in Constantinople from Calabria (in Italy). He was the author of tractates on logic and astronomy, a skilled and sharp-witted orator, and he received an university-chair in the capital city and began to expound on the works of Saint Dionysios the Areopagite (Comm. 3 October), whose "apophatic" ("negative", "via negativa", as contrast to "kataphatic" or "positive") theology was acclaimed in equal measure in both the Eastern and the Western Churches. Soon Varlaam journeyed to Athos, where he became acquainted with the modality of spiritual life of the hesychiasts, and on the basis of the dogma about the incomprehensibility of the essence of God, he declared the mental doing an heretical error. Journeying from Athos to Soluneia (Thessalonika), and from there to Constantinople and later again to Soluneia, Varlaam entered into disputes with the monks and attempted to demonstrate the created creatureliness of the light of Tabor (i.e. at the Transfiguration); in this he reduced to the point of a joke the sayings of the monks about the modes of prayer and about the spiritual light.

Saint Gregory, at the request of the Athonite monks, countered at first with spoken admonitions. But seeing the futility of such efforts, he put in writing his theological argument. Thus appeared the "Triades in Defense of the Holy Hesychiasts" (1338). Towards the year 1340 the Athonite ascetics with the assist of the saint compiled a general reply to the attacks of Varlaam – the so-called "Svyatogorsk tomos". At the Constantinople Council of 1341 in the church of Saint Sophia there occurred a debate of Saint

Book Suggestion for the Great Fast:

"Courage to Pray"

by Metropolitan Anthony (Bloom) of Sourozh
(ISBN # 9780881410310)

"The subject of prayer is explored as an essential element of self-awareness. The discovery of prayer, faith, love and man's relationship with God gives us hope and courage to pray."

Go to www.smile.amazon.com
(then link it to "American Carpatho-Russian Orthodox") and you can pick up a used copy for under \$10!

Gregory Palamas with Varlaam, centering upon the nature of the light on Mount Tabor. On 27 May 1341 the Council accepted the position of Saint Gregory Palamas – that God, inapproachable in His Essence, reveals Himself in energies, which are directed towards the world and are able to be perceived, like the Tabor light, but which are neither material nor created. The teachings of Varlaam were condemned as heresy, and he himself, anathemised, withdrew to Calabria.

But the dispute between the Palamites and the Varlaamites was far from finished. To these latter belonged a student of Varlaam, the Bulgarian monk Akyndinos, and also the patriarch John XIV Kalekos (1341-1347); to them inclined also the emperor Andronikos III Paleologos (1328-1341). Akyndinos came out with a series of tracts, in which he declared Saint Gregory and the Athonite monks guilty of church disorders. The saint in turn wrote a detailed refutation of Akyndinos' conjectures. The patriarch thereupon excommunicated the saint from the Church (1344) and had him locked up in prison, which lasted for three years. In 1347, when John XIV was succeeded on the patriarchal throne by Isidor (1347-1349), Saint Gregory Palamas was set free and elevated to the dignity of archbishop of Soluneia (Thessalonika). In 1351 the Blakhernae Council solemnly witnessed to the Orthodoxy of his teachings. But the people of Soluneia did not immediately accept Saint Gregory, and he was compelled to live in various places. In one of his travels to Constantinople the Byzantine galley-ship fell into the hands of the Turks. They offered to sell Saint Gregory in various cities as a captive during the course of a year, but he then also incessantly continued to preach the Christian faith. Only but three years before his death did he return to Soluneia. On the eve of his repose, Saint John Chrysostom appeared to him in a vision. With the words "To Heaven! To Heaven!", – Saint Gregory Palamas reposed peacefully to God on 14 November 1359. In 1368 he was canonised at a Constantinople Council under Patriarch Philotheos (1354-1355, 1362-1376), who compiled the Life and Services to the saint.

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SUNDAY'S SCRIPTURE READINGS

Epistle: *Hebrews 1:10-2:3*

¹⁰ And, "Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; ¹¹ they will perish, but thou remainest;

they will all grow old like a garment, ¹² like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." ¹³ But to what angel has he ever said, "Sit at my right hand till I make thy enemies

a stool for thy feet”? ¹⁴Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Warning to Pay Attention

2 Therefore we must pay the closer attention to what we have heard, lest we drift away from it. ²For if the message declared by angels was valid and every transgression or disobedience received a just retribution, ³how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him,

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Gospel: Mark 2:1-12

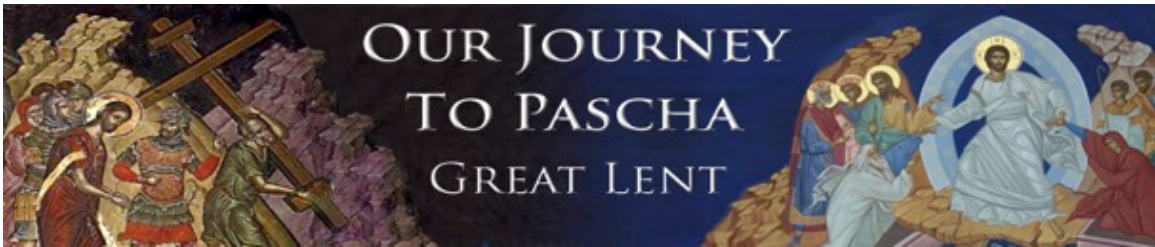
Jesus Heals a Paralytic

2 And when he returned to Caper'na-um after some days, it was reported that he was at home. ²And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. ³And they came, bringing to him a paralytic carried by four men. ⁴And when they

could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. ⁵And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." ⁶Now some of the scribes were sitting there, questioning in their hearts, ⁷"Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" ⁸And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? ⁹Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? ¹⁰But that you may know that the Son of man has authority on earth to forgive sins"—he said to the paralytic— ¹¹"I say to you, rise, take up your pallet and go home." ¹²And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

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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>.

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Prayer rope (or *Chotki* / *чѣмку*) is a loop of 33 knots (or 50, 100, or 300), usually made of wool, but sometimes of wood or beads, that is used during praying to keep track of the number of prayers which have been said. The rope is usually used with the **Jesus Prayer**: (Inhale) **O Lord Jesus Christ, Son of God,** (Exhale) **Have Mercy On Me, A Sinner.** "The



purpose is to help us concentrate on our prayer, not necessarily to count." Its invention is attributed to **St. Pachomius** in the fourth century as an aid for illiterate monks to accomplish a consistent number of prayers and prostrations... We should carry a prayer rope with us, to remind us to **"Pray without ceasing."** (1 Thessalonians 5:17)

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SPIRITUAL VITAMINS FOR THE WEEK

SUNDAY

Now is the time for action; judgment is at the doors; so let us rise and fast, offering alms with tears of sorrow and crying: "Our sins are more in number than the sands of the sea, but forgive us, O Master of all, so that we may receive the incorruptible crowns." – *Kondak of the 2nd Sunday of the Great Fast*

MONDAY

"It is well known that obedience is the chief among the initiatory virtues, for first it displaces presumption and then it engenders humility within us." +*St. Diadochos of Photiki*

TUESDAY

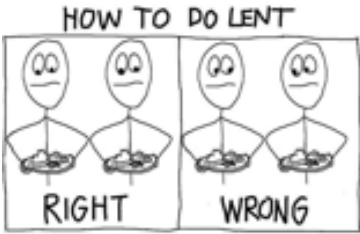
"Let us do all in our power to expel demons that have entered us through our negligence by the Jesus Prayer. It has the property of reviving those deadened by sin, and it has the property of driving out devils." + *St. Ignatius Brianchaninov*

WEDNESDAY

"If anyone looks with faith at the mystical table and the Bread of Life placed on it, he sees the Person of the Word of God, Who was made flesh for our sake and dwelt among us (John 1:14). If he shows himself a worthy receptacle, he will not only see but become a partaker of Him, receive Him to dwell within him, and be filled with His divine grace." +*St Gregory Palamas*

THURSDAY

"Why do you increase your bonds [promises]? Take hold of your life before your light grows dark and you seek help and do not find it." + *St. Isaac the Syrian*



FRIDAY

“You should secretly give from what you have to those in need, so that you receive from God, Who sees in secret, a hundred times more, as well as life eternal in the age to come (cf. Mt. 6:4; Mk. 10:30).”
+St Gregory Palamas

SATURDAY

“The disciples worshipped the most high Lord Who had come down from heaven, made the earth into heaven and gone up again whence He came, having united things below with things above and formed one Church, at the same time heavenly and earthly, to the glory of His love for mankind.”
+St Gregory Palamas

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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.

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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.*

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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.*

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Birthday Prayers for... Christopher Kubis (3/6/17) , Fr Daniel Mahler (3/6), Michael Shuster (3/6), Randall ‘Randy’ Paieski (03/09), *Father’s nephew*, Michael Verbanick (3/9), *Father’s God-Mother*, Andrea Babbie (3/10) ...*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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Anniversary Prayers for... Wendy & Mark Martellotti (3/7) ...*May God fill them with His grace that they may continue to live in unity with Him!*

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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.*

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* 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.*

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DEVOTIONAL PRAYER FOR THE GREAT FAST (LENT):

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]

