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## BULLETIN BOARD ANNOUNCEMENTS



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

**Weekly Candle Intentions/Memorials** were offered last week by Tim Martin; Viola Peifer; Barbara Kirish; Olga Radick; Eleanor Sanger; Jane Barrett; Julie Potoski; Theresa Sharpless; 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 Mother, Catherine. May Her Memory Be Eternal! Vičnaya Pamjat!

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**Congratulations!** to Fr William and Pañi Ileana Bennett and their families on the birth of **Helen Marie** born the morning of March 5<sup>th</sup> (6 lb 9 oz).

*"Preserve her and this child which she has borne.*

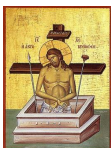
*Cover her with the shelter of thy wings from this day until her final end, through the prayers of the most Holy Theotokos and of all the saints. Amen"* – from *Prayers for a Woman on the First Day after Childbirth*

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**31 Books of March Sale** – The Ancient Faith Store is offering a different book for 50% off each day of the month of March! Visit the site daily or sign up for their emails and keep an eye out for a book that will help you along your Spiritual Journey! Visit: [www.store.ancientfaith.com](http://www.store.ancientfaith.com)

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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 3 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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**Church & Grounds Spring Maintenance** will be **Saturday, March 24<sup>th</sup>** 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](mailto: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."* – Col. 3:23-24

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**Palm Crosses** – On **Saturday, March 31<sup>st</sup>**, we will be making crosses out of the palms. This activity is geared towards the youth, but all are welcome to come!

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**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.



### Our Stewardship Gift To God

Stewardship/Dues:	\$ 433
Candles/Small C./Eternal Lamp/C. box:	\$ 120
Envelopes: Sunday/Feast Day/Special:	\$ 494
Wednesday Presanctified:	\$ 125

**Total Collections: \$ 1172**

*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*



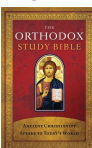
**Lenten Coin Boxes** – *"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."* (Mt 28:19) Coin boxes are available in the Church Hall to collect your spare change throughout the Great Fast for our Community Outreach next month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

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**Donors wanted 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 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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**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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**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.

### 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
- Help with the Spring Clean Up



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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](http://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 – Food and Bake Sale ONLY March 30 10a-3p

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

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Diocesan Senior Retreat – “I consider the days of old, I remember the years long ago... I will call to mind the deeds of the Lord.” (Psalm 77:5) The inaugural Senior Citizen's retreat at Camp Nazareth will take place from April 23-28, 2018! All our Seniors, age 65 and older, are called to join Bishop Gregory at the Camp for 3 days of worship, fellowship, learning, fun, time for reflection and relaxation, and time spent together in fellowship in order to be spiritually rejuvenated. The Retreat is being offered with you, our Seniors, specifically in mind. Register online at our Diocesan website: [www.acrod.org](http://www.acrod.org). There you will also find other necessary information about the Retreat. Alternately, you may print the Registration Form and send it in via mail. (Please let Fr Dave know if you need one.)

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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

The Monk Sevastian (Sebastian) of Poshekhonsk:

Commemorated on March 11 / February 26

The Monk Sevastian of Sokhotsk, Poshekhonsk, founded a monastery in honour of the Transfiguration of the Lord, located at the River Sokhota, 90 versts from the city of Romanov (now Tutaev) in the Yaroslavl district. The monks of the monastery themselves cultivated the soil and ate through the work of their own hands. The

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Coffee Social Steward Schedule

March 18: Theresa Sharpless

March 25: Open / “Pot Luck”

April 1: 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!

founder of the monastery taught the ascetics this by his own example and guidance. The Monk Sevastian reposed in about the year 1500.

The Transfiguration monastery on the River Sokhota was later annexed to the Cherepovetsky Ascension monastery, and in 1764 closed down. In the mid XIX Century over the relics of the Monk Sevastian was built a stone church. Commemoration of the saint is likewise made on 18 December.

SUNDAY’S SCRIPTURE READINGS

Epistle: Hebrews 4:14-5:6

Jesus the Great High Priest

14 Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. 15 For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. 16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

5 For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. 2 He can deal gently with the ignorant and wayward, since he himself is beset with weakness. 3 Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. 4 And one does not take the honor upon himself, but he is called by God, just as Aaron was.

5 So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him,

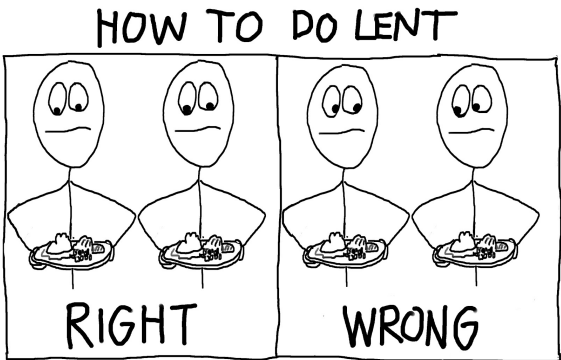
“Thou art my Son, today I have begotten thee”;

6 as he says also in another place,

“Thou art a priest for ever, after the order of Melchiz’edek.”

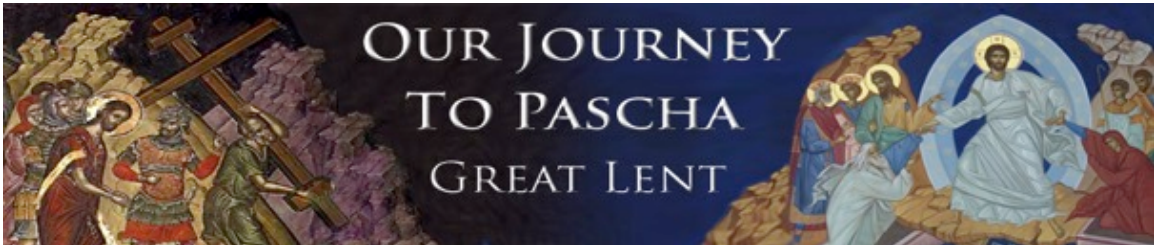
Gospel: Mark 8:34-9:1

34 And he called to him the multitude with his disciples, and said to them, “If any man would come after me, let him deny himself and take up his cross and follow me. 35 For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel’s will save it. 36 For what does it profit a man, to gain the whole world and forfeit his life? 37 For what can a man give in return for his life? 38 For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” 9 1 And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power.”



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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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### Maxims on the Cross

*(A Maxim is a principle or rule of conduct)*

*By Metropolitan Saba (Esber)*

- + The cross is my life and there is no life except through the cross.
- + Jesus will continually look down with open arms because He wants my soul, for which He died, in order to embrace it.
- + The cross is not only a place of divine justice; it is also a place for love to the point of death.
- + The cross is not a fixed point upon which Jesus was hanged on a certain day. Rather, it is the basis for the movement of the Lord's heart towards all humanity.
- + In its outward appearance, the cross was an expression of the injustice of the world, but inwardly the cross is all joy, love and surrender to the Father for the salvation of the world.
- + The cross is the place of the soul's conforming to God: "with Christ you were crucified."
- + The cross is the beacon upon which Christ places the light of the world, by which we become a light for the world.
- + Fleeing the cross is equivalent to fleeing from the glory of God.
- + The cross is a school.... to flee from it is to lose the future.
- + The cross is the sole path to the resurrection... to flee from it is to enter into eternal death.
- + He who loses his cross loses his Christianity.
- + He who loses his cross has lost his path to God.
- + If one loses his cross, his life becomes cold and tepid, without cooperation with God.
- + Constant meditation on the cross of our Lord gains for the soul freedom, peace, power and forgiveness.



- + By its nature, the cross is the strongest and deepest degree of love.
- + Inasmuch as our contemplation of the cross increases, so deepens our communion and knowledge of the Lord Jesus.
- + The cross is the path of freedom from the bonds of the world and the lust of the body.
- + If one is trained to taste sweetness in the word of God and the cross, He will make the soul resent every bodily pleasure.
- + The cross is the means of liberation from the self and its crucifixion.
- + The cross is not merely a sort of beautiful spiritual meditation. It is also enduring suffering in order to stand against the sinful world.
- + The cross is our weapon during spiritual warfare.
- + Every struggle against sin in order to preserve my freedom is bearing the cross.

#### Visit Our Diocese On-Line

Diocesan Website: [www.acrod.org](http://www.acrod.org)  
Camp Nazareth: [www.campnazareth.org](http://www.campnazareth.org)  
FB: [www.facebook.com/acroddiocese](https://www.facebook.com/acroddiocese)  
Twitter: [twitter.com/acrodnews](https://twitter.com/acrodnews)  
You Tube: [youtube.com/acroddiocese](https://youtube.com/acroddiocese)

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## SPIRITUAL VITAMINS FOR THE WEEK

### SUNDAY

Now the flaming sword no longer guards the gates of Paradise; it has been mysteriously quenched by the wood of the Cross! The sting of death and the victory of hell have been vanquished; for You, O my Savior, did come and cry to those in hell: Enter again into Paradise. – *Kondak of the 3<sup>rd</sup> Sunday of the Great Fast*

### MONDAY

"It is my belief that one must eat just so much that after a meal one feels like praying - eat in such wise that one's spirit perpetually burns and reaches out insatiably towards God, day and night. We must live simply like little children. the the grace of God will always be in our soul." +St. Silouan of Mount Athos

### TUESDAY

"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





WEDNESDAY

"Your children should not hear you arguing even once, not even if you raise the tone of your voices to one another." - Elder Porphyrios

THURSDAY

"The saints were people like all of us. Many of them came out of great sins, but by repentance they attained the Kingdom of Heaven. And everyone who comes there comes through repentance, which the merciful Lord has given us through His sufferings."  
+St. Silouan the Athonite

FRIDAY

"Yes, one must disregard doubts, just like lustful and blasphemous thoughts; pay no attention to them. Disregard them, and your enemy, the devil, will not be able to withstand it; he'll leave you, since he's proud and cannot bear the disdain. But if you enter into conversation with them -since the lustful thoughts, blasphemies and doubts are not yours -he'll bombard you, swamp you, kill you."  
- Elder Barsanuphius of Optina

SATURDAY

"If you want the Lord to be merciful to you, always repent, be merciful to the suffering, and comfort them. "Blessed are the merciful: for they shall obtain mercy" (Mt 5:7)." -Archbishop Seraphim of Bogucharsk

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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, JoAnn, Leah, Fr. John Baranik, 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...** Allen Dzambo (3/11) and Jack Scherer (3/12) ...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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**For Expectant Mothers...** Ashley, Katie, Meredith, Brittany, Harmonie, Pañi Stacey, Aimee, and Elyse ...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]