



# 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](http://www.facebook.com/pg/St-John-the-Baptist-Orthodox-Church-of-Northside-Pittsburgh-169297619784149)

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5th Sunday of Lent

**MARCH 25th**



## ST MARY of EGYPT

Reading: Hebrews 9: 11-14 & Heb 2:11-18  
Gospel: Mark 10: 32-45 & LK 1:24-38

Ask the Theotokos to offer you  
and the world pure thoughts  
and ideas this week.

9:30 am – Divine Liturgy of St. Basil the Great Tone 1

Liturgical Color: **Purple**

*Additional Collection for our Community Outreach*

**3pm - Pittsburgh Deanery Lenten Missions on the North Side**

## SERVICES, SAINTS, AND READINGS FOR THE WEEK



**Wednesday, March 28** – 9:30am Lenten Hour with the reading of the Kathisma (*Book of Psalms*) /  
7pm – Presanctified Liturgy at the Hampton Inn (2622 Wexford Bayne Rd, Sewickley, PA 15143)

**Friday, March 30** – 9:30am Moleben to the Holy Cross / Last day of Lent

**Saturday, March 31** – 9:30am Lazarus Saturday Divine Liturgy followed by Palm Cross making /  
11a-1p Mystery of Holy Confession



*The Holy Mystery of Confession is available following every service.*

** M	Martyr Christina of Persia (4th c.)	Isaiah 48:17-49:4	Genesis 27:1–41	Proverbs 19:16–25
** T	St Rostislav-Michael, prince of Kiev (1167)	Isaiah 49:6–10	Genesis 31:3–16	Proverbs 21:3–21
** W	Martyr Nicander of Egypt (302)	Isaiah 58:1–11	Gen 43:26-31; 45:1-16	Proverbs 21:23–22:4
** T	Martyr Julian of Anazarbus (305)	Isaiah 65:8–16	Genesis 46:1–7	Proverbs 23:15–24:5
** F	Venerable Alexis the Man of God (411)	Isaiah 66:10–24	Genesis 49:33-50:26	Proverbs 31:8–31
# S	St. Cyril, archbishop of Jerusalem (386)		Hebrews 12:28–13:8	John 11:1–45

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

FLOWERY (PALM) SUNDAY!

**April 1st**

GREAT WEEK BEGINS



GREAT AND HOLY WEEK

## ENTRY OF OUR LORD INTO JERUSALEM

Reading: Philippians 4: 4-9  
Gospel: John 12: 1-18

Place your palm branches  
and pussywillows behind  
an icon at home  
and in your car!

9:30 am – Divine Liturgy

Tone 2

Liturgical Color: **Gold**

*Blessing of Palms and Pussy Willows*

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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:*

In Memory of  
Lawrence H. Martin  
on the  
20<sup>th</sup> Anniversary  
of his passing.  
May His Memory Be  
Eternal!

## LOOKING AHEAD LOCALLY

**The Higher Fast of Holy Week: Walk With Christ (All services will be on the North Side)**



**Saturday, March 31** – 9:30am Lazarus Saturday Divine Liturgy followed by Palm Cross making / 11a-1p Mystery of Holy Confession

**Sunday, April 1** – Feast of Palm (flowery) Sunday with blessing of Palms and Pussy Willows

**Monday, April 2** – 7pm Liturgy of the Presanctified Gifts

**Tuesday, April 3** – 7pm Liturgy of the Presanctified Gifts

**Wednesday, April 4** – 7pm Mystery of Holy Unction / **\*\*\*Final day for Confessions before Pascha**

**Thur., April 5** – 9:30am Vespertal Liturgy of St Basil / 7pm 12 Passion Gospels (*Matins of Good Friday*)

**Friday, April 6** – *Strict Fast* – 9:30am Royal Hours / 7pm Vespers and Procession of the Holy Shroud

**Saturday, April 7** – *Strict Fast* – 9:30am Vespertal Liturgy of St Basil / 7pm Resurrection Matins followed by the Blessing of Paschal Baskets

**Pascha, the Feast of Feasts, the Resurrection of our Lord Jesus Christ - Sunday, April 8** –  
9:30am Paschal Divine Liturgy

**Monday, April 8** – 9:30am Paschal Divine Liturgy with Gospel Procession

**Wednesday, April 10** – 7pm Akathist to St Panteleimon with holy anointing

**Friday, April 12** – 9:30am Paschal Divine Liturgy





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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 Jane Barrett; Julie Potoski; Mary Jane Hudak; Joanne Nelson; Melanie Paieski; Cindy Pavilonis; Viola Peifer; Olga Radick; Eleanor Sanger; Theresa Sharpless; Melanie Shuster; 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; by Cindy Pavilonis in Memory of Father's Birthday; and by Olga Radick in Memory of Husband and Father, Richard Radick. May Their Memory Be Eternal! Vičnaya Jim Pamjat!

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**Thank You!** to everyone who came out to assist with our Pascha Spring Cleaning yesterday. *"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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**Easter Raffle** – Please note that we will **NOT** be having the ACRY Easter Raffle this year.

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**Egg Hunt** – We **WILL** be having the Easter Egg Hunt. Prizes are kindly requested for this. Thank you!

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**Bake Sale** – Our sister parish of St John's (722 5<sup>th</sup> St., Ambridge, PA 15003) will have their annual bake sale on **Friday, March 30<sup>th</sup>** from 10p to 3p. Please see the flyer in the hall for a list of food and more details. Call Tim Polas between 5p and 9p at 724-462-3942 to preorder.

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**Mystery of Confession** will be heard following every service and on Saturday 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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**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, for the health of loved ones, OR in memory of departed loved ones*. If you are interested in making any of these commemorations, please sign up on the sheet in the Vestibule **by Next Week, Palm Sunday (April 1)** and give an *additional free-will stewardship offering* to the Church.

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**Pascha cover-dish coffee social** – A quick reminder/request that we are all asked to participate and bring something in for the coffee social following the Feast of Feasts on April 8.

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### Our Stewardship Gift To God

Stewardship/Dues: \$ 274  
Candles/Small C./Eternal Lamp/C. box: \$ 149  
Envelopes: Sunday/Feast Day/Special: \$ 538

**Total Collections: \$ 961**

*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*

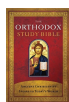
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**Book Sale** – The Ancient Faith Store is offering a different book for 50% off each day of the month of March! Visit the site daily or sign up for their emails and keep an eye out for a book that will help you along your Spiritual Journey! Visit: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

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**Photo Hunt** – Do you have any photos from St. John's Parish events from between **1932 & 1937**? Please contact Fr Dave if you do.

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**Donors wanted for Orthodox Study Bibles** – A half-dozen Orthodox Study Bibles are available for donors to offer 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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**1<sup>st</sup> Official Notice** – Our Parish Semi-Annual Meeting will be on **Sunday, April 15<sup>th</sup>** following the Divine Liturgy. We look forward to discussing current church topics with the congregation.

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**Italian Feast and Basket Raffle** – This annual ACRY event will be held on **Saturday, May 19<sup>th</sup>**. Baskets are needed. There is a sign up sheet in the Church Hall with more details. All profits will go towards our church.

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### Coffee Social Steward Schedule

April 1: **Open / "Pot Luck"**

April 8: **Pascha Cover-Dish Surprises**

April 15: **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!*

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### Parish Stewardship Opportunities...

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

- Attend additional services
- Offer a Paschal Commemoration
- Donate towards a Study Bible
- Sponsor a Coffee Social

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### Visit Our Diocese On-Line

Diocesan Website: [www.acrod.org](http://www.acrod.org)  
Camp Nazareth: [www.campnazareth.org](http://www.campnazareth.org)  
FB: [www.facebook.com/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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ORTHODOXY AROUND DA ‘BURGH

51<sup>st</sup> Annual Ukrainian Pysanky Sale – Come and enjoy the biggest and best Pysanky Sale in Town! TODAY, Sunday, March 25 from 11a - 4p. at Sts Peter & Paul Orthodox Church (200 Mansfield Blvd., Carnegie, PA 15106). Over 1,200 Pysanky– Over 300 specialty eggs– Folk Arts & Crafts from the Ukraine. There will be basket raffles, Door Prizes, Coloring Contests, Ukrainian Kitchen, Church Tours, & Parish Museum display throughout the day. Visit [www.OrthodoxCarnegie.org](http://www.OrthodoxCarnegie.org) or call 412-527-5359 for more info.

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Support Orthodox Church “Fish Fry’s” – This time of year many churches sell food 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<sup>th</sup> 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! All our Seniors, age 65 & older, are called to join Bp. Gregory at the Camp for 3 days of worship, fellowship, learning, fun, time for reflection & 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 [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 Life of the Monastic Mary of Egypt  
Commemorated on the 5th Sunday of the Great Lent, April 14/1

Our venerable mother Mary of Egypt was a desert ascetic who repented of a life of prostitution. She lived during the sixth century, and passed away in a remarkable manner in 522.

She began her life as a young woman who followed the passions of the body, running away from her parents at age twelve for Alexandria. There she lived as a harlot for seventeen years, refusing money from the men that she copulated with, instead living by begging and spinning flax.

One day, however, she met a group of young men heading toward the sea to sail to Jerusalem for the veneration of the Holy Cross. Mary went along for the ride, seducing the men as they traveled for the fun of it. But when the group reached Jerusalem and actually went towards the church, Mary was prohibited from entering by an unseen force. After three such attempts, she remained outside on the church patio, where she looked up and saw an icon of the Theotokos. She began to weep and prayed with all her might that the Theotokos might allow her to see the True Cross; afterwards, she promised, she would renounce her worldly desires and go wherever the Theotokos may lead her.

After this heart-felt conversion at the doors of the church, she fled into the desert to live as an ascetic. She survived for years on only three loaves of bread and thereafter on scarce herbs of the land. For another seventeen years, Mary was tormented by "wild beasts—mad desires and passions." After these years of temptation, however, she overcame the passions and was led by the Theotokos in all things.



Following 47 years in solitude, she met the priest St. Zosima in the desert, who pleaded with her to tell him of her life. She recounted her story with great humility while also demonstrating her gift of clairvoyance; she knew who Zosima was and his life story despite never having met him before.

Finally, she asked Zosima to meet her again the following year at sunset on Holy Thursday by the banks of the Jordan.

Zosima did exactly this, though he began to doubt his experience as the sun began to go that night. Then Mary appeared on the opposite side of the Jordan; crossing herself, she miraculously walked across the water and met Zosima. When he attempted to bow, she rebuked him, saying that as a priest he was far superior, and furthermore, he was holding the Holy Mysteries. Mary then received communion and walked back across the Jordan after giving Zosima instructions about his monastery and that he should return to where they first met exactly a year later. When he did so, he found Mary's body with a message written on the sand asking him for burial and revealing that she had died immediately after receiving the Holy Mysteries the year before (and thus had been miraculously transported to the spot where she now lay). So Zosima, amazed, began to dig, but soon tired; then a lion approached and began to help him, that is, after Zosima had recovered from his fear of the creature. Thus St. Mary of Egypt was buried. Zosima returned to the monastery, told all he had seen, and improved the faults of the monks and abbot there. He died at almost a hundred years old in the same monastery.

Later, the story of Mary's life was written down by St. Sophronius, Patriarch of Jerusalem.

The *Life of St. Mary of Egypt* is read during Great Lent along with the Great Canon of St. Andrew.

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SUNDAY’S SCRIPTURE READINGS

Epistle: Hebrews 9:11-14

<sup>11</sup> But when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands,

that is, not of this creation) <sup>12</sup> he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. <sup>13</sup> For if the sprinkling of defiled persons with the blood of goats and bulls and with

the ashes of a heifer sanctifies for the purification of the flesh, <sup>14</sup> how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

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**Gospel: Mark 10:32-45**

**A Third Time Jesus Foretells His Death and Resurrection**

<sup>32</sup> And they were on the road, going up to Jerusalem, and Jesus was walking ahead of them; and they were amazed, and those who followed were afraid. And taking the twelve again, he began to tell them what was to happen to him, <sup>33</sup> saying, “Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; <sup>34</sup> and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise.”

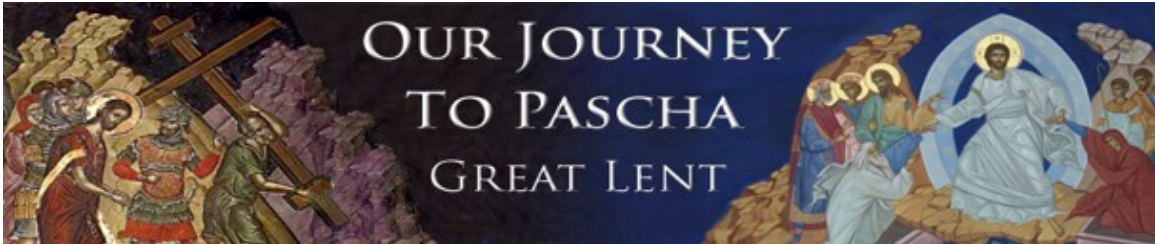
**The Request of James and John**

<sup>35</sup> And James and John, the sons of Zeb’edee, came forward to him, and said to him, “Teacher, we want

you to do for us whatever we ask of you.” <sup>36</sup> And he said to them, “What do you want me to do for you?” <sup>37</sup> And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.” <sup>38</sup> But Jesus said to them, “You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?” <sup>39</sup> And they said to him, “We are able.” And Jesus said to them, “The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; <sup>40</sup> but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.” <sup>41</sup> And when the ten heard it, they began to be indignant at James and John. <sup>42</sup> And Jesus called them to him and said to them, “You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. <sup>43</sup> But it shall not be so among you; but whoever would be great among you must be your servant, <sup>44</sup> and whoever would be first among you must be slave of all. <sup>45</sup> For the Son of man also came not to be served but to serve, and to give his life as a ransom for many.”

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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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**The Restoration of Communion: In the Eucharist communion with God is restored**

At the Mystical Supper in the Upper Room Jesus gave a dramatically new meaning to the food and drink of the sacred meal. He identified Himself with the bread and wine: “Take, eat; this is my Body. Drink of it all of you; for this is my Blood of the New Covenant” (Matthew 26:26-28). Food had always sustained the earthly existence of everyone, but in the Eucharist the Lord gave us a distinctively unique human food – bread and wine – that by the power of the Holy Spirit, has become our gift of life.

Consecrated and sanctified, the bread and wine become the Body and Blood of Christ. This change is not physical but mystical and sacramental. While the qualities of the bread and wine remain, we partake of the true Body and Blood of Christ. In the eucharistic meal God enters into such a communion of life that He feeds humanity with His own being, while still remaining distinct. In the words of St. Maximos the Confessor, Christ, “transmits to us divine life, making Himself eatable.” The Author of life shatters the limitations of our createdness. Christ acts so that “we might become sharers of divine nature” (2 Peter 1:4).

From the moment Christ instituted this Mystery, the Eucharist became the center of the Church’s life, and her most profound prayer. The Eucharist is both the source and the summit of our life in Christ. It is in the Eucharist that the Church is changed from a mere human community into the Body of Christ, the Temple of the Holy Spirit, and the People of God.

The Eucharist is the pre-eminent sacrament, as it completes all the others and recapitulates the entire economy of salvation. Through the Eucharist our new life in Christ is renewed and increased. The Eucharist imparts life and the life it gives is the life of God.

The Church is that place where heaven and earth are united, and where we can live as we were meant to be, as before the Fall. The Church’s Divine Liturgy is that place where the disunity that came with the Fall is put aside, and communion with God is restored. Our participation in the Divine Liturgy is the moment when we are restored to the Garden of Eden, and God and man walk together. The Divine Liturgy unites us to the Heavenly Banquet which is taking place before the Throne of God.

The Divine Liturgy transcends time, and space, uniting believers in the worship of the Kingdom of God along with all the heavenly hosts, the saints, and the celestial angels. To this end, everything in the Liturgy is seen as symbolic, yet also not just merely symbolic, but making the unseen reality manifest in our midst.

We do not attend the Divine Liturgy, but participate in the Divine Liturgy, for in communing with God, we receive the Bread of Life. The Liturgy lifts us up above the disordered and dysfunctional world, and we are placed on the path to restoration and wholeness, healed by the self-emptying love of Christ, and communion with God is restored.

With love in Christ,  
Abbot Tryphon

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## SPIRITUAL VITAMINS FOR THE WEEK

### SUNDAY

Once filled with all kinds of vice, now through repentance she appears as the bride of Christ. Leading an angelic life, she crushes the devils with the help of the Cross. Therefore, the venerable Mary has become a bride of the Kingdom. – *Kondak for this Sunday of the Great Fast*

### MONDAY

"Think about the good so as not to think about the bad." +*Saint Ephraim of Syrian*

### TUESDAY

"Where there is no prayer and fasting, there are the demons." +*St Theophan the Recluse*

### WEDNESDAY

"Fasting and self-restraint are the first virtue, the mother, root, source and foundation of all good." +*Sts Callistos and Ignatios Xanthopoulos*

### THURSDAY

"Do not abandon the will of God in order to serve the will of man." - *Schema-hieromonk Andronicus Lukasha*

### FRIDAY

"He who attains love cannot fall." +*St. Macarius the Great*

### SATURDAY

"Ask with tears, Seek with obedience, Knock with patience. For thus he who asks receives, He who seek finds, to him that knocks it shall be opened." +*St John of the Ladder*

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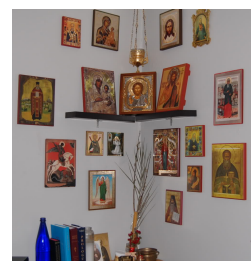
## PRAYER CORNER

*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, Anthony, David, Fr. James, Leah, Fr. John Baranik, Darran, Joshua, Eli, Samuel, Lucy & 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, Anthony, Ashley, John, and Noella, *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 John the Compassionate Mission...*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...** Marianne Kubis (3/29) & Kenneth Watson (3/29) ...*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 Subdeacon Nathaniel, Kristyn & Seminarian Vince, and Nicole & Jeffrey ...*through the prayers of Sts. Adrian & Natalia & all Holy Martyrs.*

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

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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]*

