



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
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May 20, 2018

Volume III

7th Sunday of Pascha: The Fathers of the First Ecumenical Council

9:30 am – Divine Liturgy

Tone 6

Liturgical Color: **White**

Epistle: Acts 20:16–18, 28–36; Gospel: John 17:1–13

YOUTH Sunday / Blessing of newly donated Green Clergy Vestments



SERVICES, SAINTS, AND READINGS FOR THE WEEK

Thursday, May 24 – 9:30am Divine Liturgy for the Feast of Sts. Cyril and Methodius

Saturday, May 26 – 9:30am Divine Liturgy and Panachida for the 5th All Soul Saturday

The Holy Mystery of Confession is available following every service.



Monday	Holy Apostle and Evangelist John the Theologian (98-117)	Acts 21:8–14	John 14:27-15:7
Tuesday	Martyr Christopher of Lycia (249)	Acts 21:26–32	John 16:2–13
* Wednesday	Apostle Simon the Zealot (1st. c.)	Acts 23:1–11	John 16:15–23
Thursday	Holy Equals-to-the Apostles Methodius (885) and Cyril (869)	Acts 25:13–19	John 16:23–33
* Friday	St. Epiphanius, bishop of Cyprus (403)	Acts 27: 1– 44	John 17:18–26
Saturday	Martyr Alexander of Rome (298)	Acts 28: 1– 31	John 21:15–25

** Let us Imitate Christ and the Saints and Fast as they did!*

No Kneeling in Prayer till after Sunday's Liturgy

Replace "O Heavenly King" with the Prokimen from Ascension

Sunday, May 27 – Feast of Pentecost (*Ruslja*) / "Green Sunday" / Trinity Sunday

9:30 am – Divine Liturgy

Tone 7

Liturgical Color: **Green**

Epistle: Acts 2: 1– 11; Gospel: John 7: 37– 52; 8: 12

*Add'l collection for our Community Outreach / Kneeling Prayers (from Sunday evening Vespers)
Following Liturgy*

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A Warm Welcome To Our Visitors!

Glory Be To Jesus Christ! (Glory Be Forever!)

Slava Isusu Christu! (Slava Na Viki!)

We are happy that you have joined us today! **Please join us downstairs** for coffee and a bite to eat. It is our pleasure to have you in our presence this morning and we wish God's Blessings to all who visit with us today and hope you stop in again soon!

If you have any questions in regards to our worship or Orthodoxy, please see Fr. Dave and he will gladly answer any of your questions to the best of his ability. He looks forward to meeting you!

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LOOKING AHEAD LOCALLY



Pentecost Monday, May 28 – 9:30am Divine Liturgy for *Holy Spirit Day* with Gospel Procession

Tuesday, May 29 – 9:30am Akathist in times of sorrow and depression

Sunday, June 3 – Family Day at Camp Nazareth

Monday, June 4 – Apostles' (Peter and Paul) Fast Begins

Wednesday, June 6 – 9:30am Akathist to St Xenia with holy anointing

Thursday, June 7 – 7pm Akathist to St John the Baptist on the 3rd Finding of the Head of St John

Saturday, June 9 – 11-1 Mystery of Holy Confession offered

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BULLETIN BOARD ANNOUNCEMENTS



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

Thank You! to everyone who put their time, effort, and stewardship into the Italian Feast and Basket Raffle! The event was a wonderful community social event in support of our church and her ministries. Thank you!

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Weekly Candle Intentions/Memorials were offered last week by Tim Martin; Viola Peifer; Melanie Shuster; Lawrence Martin; Kathy

Schrmack; Barbara Kirish; Roberta Kruckevich; Mary Jane Hudak; Joanne Nelson; Theresa Sharpless; 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. May Her Memory Be Eternal! Vičnaya Pamjat!

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Family Camp at Camp Nazareth will be **Friday, June 1 thru Sunday, June 3**. Don't miss out on this opportunity for you and your family. Space is limited to the first 10 families, so register soon. Registration closes after Friday, May 25. Visit www.campnazareth.org to register and for more information.



Camp Nazareth Annual Family Day will be on Sunday, June 3. Fellowship & fun all day. Music entertainment, swimming, craft activities, games and the Raffle Drawing. Divine Liturgy will be at 10am; Lunch/Picnic following Liturgy. Menu includes: BBQ Chicken; Pot Roast; (Vegetarian Option: Grilled Vegetable Wrap); Mashed Potatoes; Glazed Carrots; Tossed Salad; Fresh Fruit; Chips/Dip; Homemade Desserts; Drinks. Adults: \$10; Children 6-13: \$6; Children under 5: free; **FAMILY PRICE: \$30** (includes 2 parents & all children under age 13)

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Family Day (June 3rd) Raffle Tickets are available from Theresa Sharpless. **LET'S NOT SEND ANY UNSOLD TICKETS BACK TO THE CAMP THIS YEAR!** This is the only diocesan-wide fundraiser for camp and it is a significant source of income for the Camp Nazareth program and our children. Raffle tickets are \$20 each with prizes exceeding \$20,000. Support our camp: buy (*at least*) one.

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Our annual garage sale will be **August 24-25**. Tax-deductible clean donations are now being accepted. Let us collect what is 'extra' for us, as it may be needed by someone else! This stewardship community outreach is here to help others!

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ORTHODOXY AROUND DA 'BURGH

Singles Gathering - IOCC will be hosting an Orthodox Singles Gathering on **Tues., May 29th** from 7–10pm at Duke's Upper Deck (122 W 8th Ave., Homestead, PA 15120). Light appetizers will be served. Call Bob at 412-462-4133 for more info. Anyone from 21 to 30 is welcome! Meet new people, make new friends.

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Paint A Picture Party! - What? You think you can't paint? No Problem! St. Michael's will have an artist there to show you step-by-step how to create a beautiful spring/summer painting. Supplies, refreshments and fun will be provided! **Sunday, June 3rd** at 1pm at 146 Third Ave., Rankin, PA 15104. Pre-registration is necessary to ensure that they have enough supplies for everyone. Donation is \$20 per person. To register call Carole Bushak at 412-351-1521. Register today!

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Upcoming Orthodox Food Festivals:

- **June 2-3** – St Andrew (56 Glenn Way, McKees Rocks) *Romanian*
- **June 4-9** – All Saints (601 West McMurray Rd., Canonsburg) *Greek*

Please see the flyer on the bulletin board in the church hall for times and more information or visit holytrinitypgh.org/pittsburgh-greek-festivals-guide

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ST JOHN'S MONTHLY COMMUNITY OUTREACH

This month, through the efforts of our Sr. ACRY, we will be collecting donations next week for a Women's Shelter in the area. More details will be in next week's bulletin.

"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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Our Stewardship Gift To God

Stewardship/Dues:	\$ 830
Candles/Small C./Eternal Lamp/C. box:	\$ 163
Envelopes: Sunday/Feast Day/Special:	\$ 1236
Total Collections:	\$ 2129
Capital Improvement Fund:	\$ 160
<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>	

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DATE CHANGE – There has been a change of dates for the **Young Women's Encounter AND Altar Boy's Retreat**. They will now be on Sunday-Wednesday, **July 1 through 4**.

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Parish Stewardship Opportunities...

- As you wish that men would do to you, do so to them. (Lk. 6:31)*
- Pray for our parish
 - Attend additional services
 - Sponsor a Coffee Social

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Coffee Social Steward Schedule

- May 27: **Open / "Pot Luck"**
- June 3: **Open / "Pot Luck"**
- June 10: **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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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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SUNDAY’S SCRIPTURE READINGS

Epistle: Acts 20:16–18, 28–36

¹⁶For Paul had decided to sail past Ephesus, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost.

Paul Speaks to the Ephesian Elders

¹⁷And from Mile'tus he sent to Ephesus and called to him the elders of the church. ¹⁸And when they came to him, he said to them:

"You yourselves know how I lived among you all the time from the first day that I set foot in Asia, ²⁸Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God which he obtained with the blood of his own Son. ²⁹I know that after my departure fierce wolves will come in among you, not sparing the flock; ³⁰and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. ³¹Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears. ³²And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified. ³³I coveted no one's silver or gold or apparel. ³⁴You yourselves know that these hands ministered to my necessities, and to those who were with me. ³⁵In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how he said, 'It is more blessed to give than to receive.'" ³⁶And when he had spoken thus, he knelt down and prayed with them all.

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Gospel: John 17:1–13

Jesus Prays for His Disciples

¹⁷When Jesus had spoken these words, he lifted up his eyes to heaven and said, "Father, the hour has come; glorify thy Son that the Son may glorify thee, ²since thou hast given him power over all flesh, to give eternal life to all whom thou hast given him. ³And this is eternal life, that they know thee the only true God, and Jesus Christ whom thou hast sent. ⁴I glorified thee on earth, having accomplished the work which thou gavest me to do; ⁵and now, Father, glorify thou me in thy own presence with the glory which I had with thee before the world was made.

⁶"I have manifested thy name to the men whom thou gavest me out of the world; thine they were, and thou gavest them to me, and they have kept thy word. ⁷Now they know that everything that thou hast given me is from thee; ⁸for I have given them the words which thou gavest me, and they have received them and know in truth that I came from thee; and they have believed that thou didst send me. ⁹I am praying for them; I am not praying for the world but for those whom thou hast given me, for they are thine; ¹⁰all mine are thine, and thine are mine, and I am glorified in them. ¹¹And now I am no more in the world, but they are in the world, and I am coming to thee. Holy Father, keep them in thy name, which thou hast given me, that they may be one, even as we are one. ¹²While I was with them, I kept them in thy name, which thou hast given me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. ¹³But now I am coming to thee; and these things I speak in the world, that they may have my joy fulfilled in themselves.

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LIVES OF THE SAINTS

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

The "Umilenie-Tenderness" Pskovo-Pechersk Icon of the Mother of God

Commemorated on the 7th Sunday of Pascha, May 21, August 26, June 23, October 7

The "Umilenie-Tenderness" Pskovo-Pechersk Icon of the Mother of God was written and brought to the Pskovo-Pechersk monastery through the efforts of the Pskov merchants Vasilii and Feodor in about the year



1521. It was glorified especially by miracles of healing in the year 1524. This holy icon and also the "Uspenie-Dormition" Icon were glorified in 1581 during the time of the siege of Pskov by the Polish king Stefan Bathory. The 7 October feastday of the "Umilenie" Icon was established in memory of the deliverance of Pskov from the invasion of Napoleon in 1812.

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LIVING ORTHODOXY

Anxiety – A Practical Approach

By: Cynthia Damaskos, CINHC

I was on my way to Albuquerque to speak a couple months ago when it happened. PANIC. The door of the plane had not even closed yet. The second one happened on the tarmac, and embarrassingly, the whole plane was waiting for me to tell them if we had to turn around and go back to the gate. The third one happened after we landed.



Anxiety! Panic! What causes it? We are all intelligent, rational people. We know we have a loving God who is always there for us. And He knows us! We are told in Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving present your requests to God."

An anxiety or panic attack can come without warning and suddenly the body takes over. Breathing can become shallow and difficult as muscles tense, heart palpitations can occur,

and dizziness and feeling faint are common. I personally felt as though I was going to explode or die. We know it doesn't make any sense, but the body is pumping adrenaline like we are running away from a pack of wolves! The feeling of doom is very real, and there is an overwhelming need to escape. For some of us, this could happen anytime and anywhere.

Recently I was having tea with a friend, and she asked me what I see as one of the most prevalent issues with my clients. I said stress, and she said she thought it would be anxiety. Well, you might say one thing leads to another, and in a way, you could be right. But there is an overlooked aspect to anxiety, and that is that most often it is a physical symptom of something else going on in your body. It isn't stemming from mental or emotional roots. By thinking that we should be able to control it, we often cause it to become worse. As in...what is wrong with me? There is something wrong with me! I am losing my mind, breaking down, and where is my faith? As a man/woman of God, I shouldn't have anxiety...how embarrassing and even shameful! This certainly doesn't help things does it?

Anxiety and panic attacks are symptoms that there is something wrong physically.

It may be the gut, it may be the thyroid, it may be your adrenals, it may be your brain, it may be your liver. But wherever it is stemming from, it can be addressed, so everything will be ok, and there should be no shame attached. It is not an extension of your faith, or lack thereof. That being said, one side effect of anxiety is that it can become psychosomatic.

After a simple blood test, it turned out that I was hyperthyroid.

My panic had nothing to do with a fear of flying or public speaking, and more to do with too much thyroid hormone in my body. Dealing with the subsequent anxiety and panic attacks, I know that I felt very hot when they started. Afterwards, if I felt hot, I would get scared that one was coming on. And that is what I'd like to talk about today. There are many ways to head these off at the pass.

First, focus on bringing the mind back to the present.

- Holding an ice cube tightly in one hand for a few minutes will make the mind think of the discomfort of the cold.
- Focus on breathing. Put your hand on your abdomen and feel it rise as you take in a deep breath. Hold for a count of 7 and then exhale for a count of 8.
- Touch objects in front of you, and note.... "this is cool and smooth," "this is fuzzy and soft," "this is hard and rough."

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SPIRITUAL VITAMINS FOR THE WEEK

SUNDAY

The preaching of the Apostles and the decisions of the Fathers have established the true faith of the Church which she wears as the garment of truth fashioned from the theology on high. She justly governs and glorifies the great mystery of worship. – *Kondak of The Council Fathers*

MONDAY

"For Christ did not ascend on high in order to present Himself before the presence of God the Father. He always was and is and will be continually in the Father, in the sight of Him who begat Him. ... He

- Use an app on your phone called "Virtual Hope Box."
- Count down from 9 to 1, imagining each number in a bright color made out of something with texture. For instance, a bright red 9 made out of cherries. Breathe deeply while imagining this for 20 seconds or so. Then, an 8, bright green and maybe made out of grass. Continue down to 0, knowing that when you get there, you will be ok again.
- As an Orthodox Christian, you may be wearing a prayer rope, or chotki. Saying the Jesus Prayer with each knot, or just saying Lord have mercy repeatedly has helped me... especially if my husband is next to me and we say it together.

For reducing overall daily anxiety make sure to get enough sleep, enjoy some physical exercise daily, and avoid caffeine, sugar, and alcohol, since all place added stress on the adrenal glands. Processed carbohydrates, low quality animal products, soda, and sugar laden snacks all contribute to fatigue and affect the gut, so these should be avoided as well. Do not be afraid to seek professional help. It takes courage to admit struggling with anxiety, but there is help out there. Some of the above tips came from my own counselor, as I was concerned about getting back on a plane due to the association with the Albuquerque experience. I used the tools, and my trip a couple weeks ago went off without a hitch.

Get a check up with a knowledgeable doctor, and above all, pray! Our heavenly Father wants to hear from us, "with thanksgiving, present your requests to God". Philippians 4:7 continues "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

From: holisticchristianlife.com/anxiety-a-practical-approach/

About the Author: After close to four decades of studying health and nutrition for herself, family, and friends in an informal manner, Cynthia made it official by becoming certified as a Holistic Health Coach through The Institute for Integrative Nutrition. Her background in public speaking, and her passion for living a healthy and Christ centered life, has propelled her to help others realize their potential. She has a private coaching practice, is the author of The Holistic Christian Woman, leads women's wellness workshops, speaks at conferences, and holds retreats.

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Do You Focus on Fitness #4Mind4Body?

For more information, visit
www.mentalhealthamerica.net/may

has presented Himself therefore as man to the Father on our behalf so that He may restore us again, as it were, to behold the Father's face." +St. Cyril of Alexandria

TUESDAY

"Our soul is simple, as the image and likeness of God; therefore, when it is well-regulated and is living in accordance with the will of God, then it is peaceful, easy, and joyous; whilst, on the contrary, when it consents to sin, commits sin, or is forced into sin by the Enemy, then it becomes disturbed, darkened, and heavy. Thus, always do the will of God, and you will be simple and quiet; but if you sin you will have no peace." +St. John of Kronstadt

WEDNESDAY

"To repent is to smile, not to frown. To look up, not down. It is not just the recognition that things have gone wrong, but the realization that through Christ they can be put right. It is not the sight of our own ugliness but the vision of God's beauty." - Metropolitan Kallistos of Diokleia

THURSDAY

"Spiritual vigilance or sobriety is a spiritual art which completely delivers a man, with the help of God, from sinful actions and passionate thoughts and words when fervently practiced for a considerable time. It is silence of the heart; it is guarding of the mind; it is attention to oneself without any other thought which always, incessantly and unceasingly calls upon Jesus Christ, the Son of God, and God." +St. Hesychius of Jerusalem

FRIDAY

"It may not be God's will. Time will show, because God knows better than us. God always wants what is good for us." - Elder Arsenios Galanopoulos, the cave dweller

SATURDAY

"O relatives and close ones of the dead! Do for them what is needful for them and within your power. Use your money not for outward adornment of the coffin and grave, but in order to help those in need, in memory of your close ones who have died, for churches, where prayers for them are offered. Show mercy to the dead, take care of their souls." +St. John of Shanghai and San Francisco

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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., Viola, Juliana, Fredrick, Katie, Kenneth, Michael, Roberta, Wendy, Gary, Barbara, Matthew, Patricia, Lino, David, Edward, Melissa, Louis, Marjorie, Jonathan, Ivana, Donna, Doug, Pañi Magdeline Baschak, Fr John Baranik, Fr. Thomas Blaschak, Fr James Dutko, Fr James Gleason, Fr Lawrence Barriger, Fr Luke Mihaly, Fr Michael Psenechnuk, Fr John Zboyovski ...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, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Andrea, Jason, Tyrone, Sarah, John S., Amee, Joshua, John, Kathryn, Ashley, John, and Noella, *our seminarians:* Nathaniel, Vince, Michael, and Daniel, *and our Church Council, Curators, and Relocation Committee:* Matthew, John, Timothy, Patricia, Theresa, Lawrence, Donald, Jane, Cynthia, Katherine, Eleanor, Kenneth, Gina, Robert, Jillian, Wendy, Olga, John, Melanie, Michael, John, Richard, John, Margaret, Sarah, Patricia, *and for those working towards our Community Outreach,* Orthodox Christian Mission Center (OCMC) ...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... Linda Gavulich (5/20), Kenneth Parks (5/22), Elias Mainolfi (5/24), Sean Watson (5/26), Alexander Hanchulak (5/27), and Fr Jonathan Tobias (5/27) ...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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Anniversary Prayers for... Fr Dave & Pañi Alexandra (5/25), Jim & Kathy Schrmack (5/26), Anthony & Donna Horbal (5/27) ...May God fill them with His grace that they may continue to live in unity with Him!

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

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For Expectant Mothers... Brittany, Harmonie, Aimee, Lindsay, and Mary Ann ...through the prayers of St Anna, the mother of the Virgin Mary, and St Irene Chrysovalantou.

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For our Catechumens & Inquirers... Ashley and Patrick ...through the prayers of St. Paul the Apostle, St. Mary Magdalene, and St. John Maximovitch.

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DEVOTIONAL PRAYER OF THE WEEK:

Prokimen from the Feast of Ascension

Be exalted above the heavens, O God, and let Your glory be over all the earth.
Voznesisja na nebesa Bože, i po vsej ze mi slava tvoja.