



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*
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May 20, 2018

Volume IV

Feast of Pentecost (*Rusalja*) / The Day of the All-Holy Trinity

9:30 am – Divine Liturgy

Tone 7

Liturgical Color: **Green**

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

*Additional collection for our Community Outreach, a Women's Shelter in Pittsburgh /
Kneeling Prayers (from Sunday evening Vespers) Following Liturgy*



SERVICES, SAINTS, AND READINGS FOR THE WEEK

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

The Holy Mystery of Confession is available following every service.

Monday	St. Dymphna, martyr of Geel, Flanders (7th c.)	Ephesians 5:9-19	Matthew 18:10-20
Tuesday	Translation of the relics (1545) of Venerable Ephraim	Romans 1:1-7,13-17	Matthew 4:25-5:13
Wednesday	St. Stephen, archbishop of Constantinople (893)	Romans 1:18-27	Matthew 5:20-26
Thursday	Martyrs Heraclius, Paulinus, Benedimus (250)	Romans 1:28-2:9	Matthew 5:27-32
Friday	Venerable Cornelius, abbot of Komel (1537)	Romans 2:24-29	Matthew 5:33-41
Saturday	Sts. Zabulon and Susanna, parents of St. Nina (4 th c.)	Romans 1:7-12	Matthew 5:42-48

*A FAST FREE WEEK ** Let us imitate Christ and the Saints and feast (in moderation) as they did.*

Sunday, June 3 – 1st Sunday after Pentecost / Sunday of All Saints

9:30 am – Divine Liturgy

Tone 8

Liturgical Color: **Green**

Epistle: Hebrews 11:33-12:2; Gospel: Matthew 10:32-33,37-38,19:27-30

Family Day at Camp Nazareth

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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



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

Sunday, June 10 – Sunday of Carpatho-Rusyn Saints / Add'l Collection for our Capital Improvement Fund

Wednesday, June 13 – 7pm Moleben to St Nectarios with Holy Anointing

Sunday, June 17 – YOUTH Sunday / Father's Day

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ORTHODOX WORD OF THE WEEK



POSTURE IN PRAYER: KNEELING - as it is used in the english language, is also practiced by some Orthodox in their services. The bending of one's knees is also known as the lesser penance (*metanoia mikra*). Genuflection, or the bending of the right knee, is practiced in the Roman Catholic Church. In some church buildings, pews are equipped with kneelers in front of the seating bench, so that members of the congregation can kneel on them instead of the floor.

Although kneelers are less common in Orthodox Church buildings, they do appear in some. They often appear where there are pews in the building or when the building was purchased from Roman Catholic or liturgical Protestant churches.

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BULLETIN BOARD ANNOUNCEMENTS



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

Return to Kneeling in Prayer – At the Vespers service Sunday evening on Pentecost, the kneeling prayers are recited. *(We started them*

this morning after the Divine Liturgy.) The Orthodox community now returns to kneeling in prayer and reciting O Heavenly King.

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Weekly Candle Intentions/Memorials were offered last week by Viola Peifer; Eleanor Sanger; Mary Jane Hudak; 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**
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House Blessings to Resume – For those who did not have their house blessed prior to the Great Fast, please contact Fr Dave to arrange a time over the next couple weeks.
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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)



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!

Our Stewardship Gift To God

Stewardship/Dues:	\$ 185
Candles/Small C./Eternal Lamp/C. box:	\$ 59
Envelopes: Sunday/Feast Day/Special:	\$ 363
Total Collections:	\$ 607
Capital Improvement Fund:	\$ 190
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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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

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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Bulletin Sponsor - Please contact Fr Dave or sign up in the Vestibule to sponsor a bulletin *In Honor of* (anniversary, birthday, etc.) or *In Memory of* someone. An additional stewardship offering to the Church is kindly requested.
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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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ORTHODOXY AROUND DA 'BURGH

Singles Gathering - IOCC will be hosting an Orthodox Singles Gathering for those 21-35 on **Tues, May 29th** from 7–10pm at Duke's Upper Deck (122 W 8th Ave., Homestead, PA 15120). Ffor more info, call 412-462-4133.
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Canceled: Paint A Picture Party! - St. Michael's in Rankin has canceled the event scheduled for June 3rd
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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*
- **June 11-16** – Koimissis (2111 Davidson St., Aliquippa) *Greek*
- **June 12-15** – Holy Cross (123 Gilkeson Rd., Pittsburgh) *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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SUNDAY'S SCRIPTURE READINGS

Epistle: Acts 2: 1– 11

The Coming of the Holy Spirit

2 When the day of Pentecost had come, they were all together in one place. 2 And suddenly a

sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. 3 And there appeared to them tongues as of fire, distributed and resting on each one of them. 4 And they were all filled with the

Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance.

⁵ Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. ⁶ And at this sound the multitude came together, and they were bewildered, because each one heard them speaking in his own language. ⁷ And they were amazed and wondered, saying, "Are not all these who are speaking Galileans?" ⁸ And how is it that we hear, each of us in his own native language? ⁹ Par'thians and Medes and E'lamites and residents of Mesopota'mia, Judea and Cappado'cia, Pontus and Asia, ¹⁰ Phryg'ia and Pamphyl'ia, Egypt and the parts of Libya belonging to Cyre'ne, and visitors from Rome, both Jews and proselytes, ¹¹ Cretans and Arabians, we hear them telling in our own tongues the mighty works of God."

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Gospel: John 7: 37– 52; 8: 12

Rivers of Living Water

³⁷ On the last day of the feast, the great day, Jesus stood up and proclaimed, "If any one thirst, let him come to me and drink. ³⁸ He who believes in me, as the scripture has said, 'Out of his heart shall flow rivers of living water.'" ³⁹ Now this he said about the Spirit, which those who believed in him were to receive; for as yet the Spirit had not been given, because Jesus was not yet glorified.

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Division among the People

⁴⁰ When they heard these words, some of the people said, "This is really the prophet." ⁴¹ Others said, "This is the Christ." But some said, "Is the Christ to come from Galilee?" ⁴² Has not the scripture said that the Christ is descended from David, and comes from Bethlehem, the village where David was?" ⁴³ So there was a division among the people over him. ⁴⁴ Some of them wanted to arrest him, but no one laid hands on him.

The Unbelief of Those in Authority

⁴⁵ The officers then went back to the chief priests and Pharisees, who said to them, "Why did you not bring him?" ⁴⁶ The officers answered, "No man ever spoke like this man!" ⁴⁷ The Pharisees answered them, "Are you led astray, you also?" ⁴⁸ Have any of the authorities or of the Pharisees believed in him? ⁴⁹ But this crowd, who do not know the law, are accursed." ⁵⁰ Nicode'mus, who had gone to him before, and who was one of them, said to them, ⁵¹ "Does our law judge a man without first giving him a hearing and learning what he does?" ⁵² They replied, "Are you from Galilee too? Search and you will see that no prophet is to rise from Galilee."

Jesus the Light of the World

¹² Again Jesus spoke to them, saying, "I am the light of the world; he who follows me will not walk in darkness, but will have the light of life."

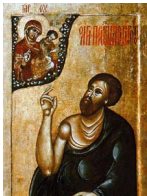
LIVES OF THE SAINTS

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

Saint Isidor Tverdislov ("Constant of Word"), Fool-for-Christ, Rostov Wonderworker

Commemorated on May 27/14

Saint Isidor Tverdislov ("Constant of Word"), Fool-for-Christ, Rostov Wonderworker: He was born in Germany of rich parents and "from his youth" he had "a life unsullied and an understanding compassionate". Having left his parental home "desiring the Kingdom of God", Saint Isidor distributed his riches to the poor, and with the staff of a wanderer he went off about many lands and cities (it is unknown where he accepted the Holy Orthodox faith – since he was raised in Catholicism). Finally, he arrived in Russia and he chose the place of his dwelling, Rostov. Here Saint Isidor, "in filth and snow and rain and cold" and "enduring every outrage", settled in a rickety wooden hut that he himself had made. He chose "a miserable and foolish manner of life as in the Epistle (1 Cor. 4: 10-13)" for the sake of Christ. Saint Isidor spent all his time at unceasing prayer, not giving himself over to "endless



drowsing" and "rest". "He stood at all-night vigil and praise" to render his body "everlastingly to God". By day the blessed one made his rounds of the city, doing his deed as fool. "Like unto Job of old in patience", Blessed Isidor in the expression of Holy Church while still alive was "like an earthly angel and an heavenly man". "Having a soul compassionate, and pure of thought, and vigilant heart and faith unassailed, and true love without pretense", he was glorified during his life to work miracles. Saint Isidor reposed in the year 1474. They learned about his death only in that passing by his hut they perceived an especial fragrance. At the place of his burial in the city of Rostov was built the church of the Ascension of the Lord, in which through the present his relics rest in a crypt as a source of miracles. Blessed Isidor is termed "Tverdislov" ("Constant of Word") since that he spoke constantly. [trans. note: the title "Tverdislov" seems unique to Saint Isidor; this supplemental account of him is from the 1900 Bulgakov NaStol'naya Kniga.]

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LIVING ORTHODOXY

Worry vs Anxiety (Part Two)

By: Cynthia Damaskos, CINHC

holisticchristianlife.com/part-two-worry-vs-anxiety/

Worry versus anxiety, what's the difference? Although the words worry and anxiety are often used interchangeably, how we experience them is quite distinct. The Oxford

dictionary defines a "worry wart" as "a person who tends to dwell unduly on difficulties or troubles." Worry tends to be more in our minds and thoughts. As believers, we know we should take all our burdens to God in prayer and allow Him to work without our "helpful" concern and input, but that can be easier said than done.

Sometimes worry or concern can be helpful, as it can often contribute to situational problem solving which is healthy.

Our perception of ourselves and our lives is a key component in managing our fears and worries. Feeling like we need to be in control, and the uncomfortable feeling or fear we experience when we know we really aren't can lead to worry. It is epidemic in our society to always think we must be "doing" instead of just "being," and that's what can lead us away from acknowledging that God is taking care of us. I use the word "acknowledge" instead of "letting" intentionally, because He never forsakes us. I know many believe that worry is shameful as a Christian and that it mirrors our faith or lack thereof. What I've seen to be most effective in this area is talk therapy with a therapist. There is usually a reason behind this behavior that doesn't have to do with your faith, and more about your background and life experiences. Do you know about the Orthodox Christian Counseling Institute? It's a great resource! (www.occiservices.org)

Anxiety, on the other hand, results in trackable physical changes in the body.

Unlike worry, anxiety limits our ability to solve problems, is much less controllable, and tends to linger and strike unpredictably.

A few physical contributors can be:

- Thyroid disorder (which was mentioned in Part I in last week's bulletin)
- Gut dysfunction – Are you eating the right things, and keeping toxins out of your body?
- Adrenal fatigue – Are you handling your stress well?
- Hormonal changes – We all go through them, but there are ways to modify these changes and even prevent them.



- Heavy metal toxicity – You may have read other posts I've written on this topic. What I find interesting, is that the person constantly feeling overwhelmed and anxious, is quite possibly a person who is struggling with depression. Depression can also be attributed to the above mentioned physical issues. These issues can all be addressed through medical testing and intervention.

Some self-help ways to reduce the physical challenges leading to anxiety are:

- Exercise – releases endorphins, our "happy hormones"
- Diaphragmatic breathing – to do this hold one hand on your belly and feel it rise and fall with each breath. Your exhale should be slightly longer than your inhale. This type of breathing signals our nervous system that we are safe. Breathing this way should be our default method. It might take a few weeks of practice to breathe this way regularly, so keep practicing! There are some great videos on [Dr. Weil's site](#).
- Ashwaganda and Rhodiola are two herbs that can be used to support the nervous system
- Aromatherapy – lavender oil is one popular method to reduce stress and anxiety

Having worry and/or anxiety issues challenge us on many levels. Functional medical doctors and health coaches are two resources that can help you help find the root cause of your physical triggers. There are always answers, the key is to find the right people who can help. One doctor whose work I follow closely is Dr. Kelly Brogan. Her book *A Mind of Your Own* has shed light on how I've been able to help my clients, and myself!

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SPIRITUAL VITAMINS FOR THE WEEK

PENTECOST SUNDAY

Amvon Prayer of Pentecost: After Thy suffering and Resurrection, O Christ, Thou ascended into the heavens, the heavens which Thou had lowered before to descend and to take flesh from the Virgin for our sakes. Thou confirmed Thy promise made on earth by sending down Thy comforting Spirit upon Thy disciples. In them Thou sustained a firm and all-holy unity and through them the Church by belief in Thee in the steadfast presence of the Spirit and His many gifts.

Do not take His grace from us, as our sins deserve, but put to death all carnal desires in us that would prevent the coming of the Spirit. Drive out from us any thought, word or deed that would grieve Him, and any hindering evil passion that would make our souls dark with the loss of His light. Make us cleansed vessels of His glory, that we may represent the upper room in Zion, full of His brightness. Show us to be thrones of His spiritual fire and life to Thy Apostles who received His first-fruits. For by His strength, we will be led into the holy earth of Thy immortal and blessed promise. The whole world, then, is full of joy in Thee and continually glorifies Thee.

For Thou art most glorious, together with Thy co-eternal Father, and Thy co-eternal, all-holy, good and life-creating Spirit, now and ever, and unto ages of ages. Amen.

PENTECOST MONDAY

When the Most High descended and confused tongues, He scattered the people; but when He distributed the tongues of fire He called all men to unity. Therefore, with one voice, let us praise the Most Holy Spirit.
– *Kondak of Pentecost*

TUESDAY

"One must force himself to prayer when he has not spiritual prayer; and thus God, beholding him thus striving and compelling himself by force, in spite of an unwilling heart, gives him the true prayer of the Spirit." + *St. Macarius the Great*



WEDNESDAY

""The only place where modern man does not like to visit - is himself. He cannot hear the silence, he does not want to hear the voice of his conscience. But without knowing yourself you can not know God. Modern man lives in a shadowy world of TV, the media, the Internet, but the greatest reality in the world is the human soul. Inside we can open up the kingdom of heaven, in our heart God wants to be born!"
- Bishop Panteleimon (Shatov)

THURSDAY

"It is patience that reveals every grace to you, and it is through patience that the saints received all that was promised to them." +St. Pachomius the Great

FRIDAY

"Orthodoxy is life. If we don't live Orthodoxy, we simply are not Orthodox, no matter what formal beliefs we might hold." - Fr. Seraphim Rose

SATURDAY

"The likeness of Christ consists in truth, meekness, righteousness, and together with them humility and love of mankind." +St. Symeon the New Theologian

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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, Danielle, 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... Alexander Hanchulak (5/27), Fr Jonathan Tobias (5/27), Michael Horbal (5/29), Melanie Shuster (5/30), June Sefscik (6/1) ...*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... Anthony & Donna Horbal (5/27), Dustin & Caitlin Brozell (6/1), Adam & Jean Zak (6/2) ...*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... 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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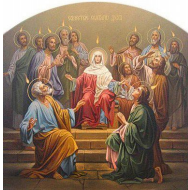
For our Catechumens & Inquirers... Ashley and Patrick ...*through the prayers of St. Paul the Apostle, St. Mary Magdalene, and St. John Maximovitch.*

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DEVOTIONAL PRAYERS OF THE WEEK:

O Heavenly King (Carju Nebesnyj)

O heavenly King, the Comforter;
the Spirit of Truth, Who are in all places and fill all things;
Treasury of blessings and Giver of life,
come and dwell within us
and cleanse us from every blemish
and save our souls,
O blessed One.



A Prayer For Our Departed Who Have Served

Remember, O Lord, all of the men and women of our Armed Forces who have offered their lives in defense of this great country and for our freedom. Grant them rest where the Light of Your Face shines and make their memory to be eternal and forever!