



+++ +



PARISH BULLETIN BOARD ANNOUNCEMENTS

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

Weekly Candle Intentions/Memorials were offered last week by Tim Martin; Melanie Shuster; Lawrence Martin; Mary Jane Hudak; Rich Milirovich; Joanne Nelson; Theresa Sharpless; Patty Watson; Cindy Pavilonis; Margaret Rusnak
***"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**

+++ + + + +

Fellowship Meal following Presanctified – After our Liturgy of the Presanctified Gifts at the Hampton Inn, our tradition is to gather for a meal. Again this year, we are asking people to sign up for a week and bring something (meatless) for all to enjoy. *If you wish, you can team up with someone else to share the effort.* The Hampton does not have a kitchen, so we will be taking supplies from the hall and we will need to clean up. A sign up sheet is in the Church Hall.

+++ + + + +



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

+++ + + + +

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!*

+++ + + + +



Confessions – will be heard following every service and on most Saturdays during the Great Fast from **11am – 1pm** (*the side gate and side door will be open*). Other times are available by appointment: please contact Fr. Dave to arrange this. Confessions will only be heard through Holy Wednesday.

+++ + + + +

Relocation Update – we are still waiting for answers on the property off of Nicholson Road (below 279 / 79). As things progress, information will be shared to all!

+++ + + + +

Elderly Help Needed – *If anyone is willing or if you know a (retired) nurse, an aide, or caregiver who would be willing to help someone in any way thru the night and/or during the day, please contact Father Dave if you have any ideas. Compensation will be offered.*

Parish Stewardship Opportunities...

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



- Pray for our parish and it's future
- Bring in your clean used pill bottles
- Sponsor a Coffee Social
- Offer to read the Third Hour prior to Liturgy

Our Stewardship Gifts To God

Stewardship/Dues:	\$ 211
Candles/Eternal Lamp:	\$ 129
Envelopes:	\$ 619
Total Collections:	\$ 959
Capital Improvement Fund:	\$ 88
Relocation Fund:	\$ 400

Give Generously: "For they gave according to their means... and beyond their means, of their own free will." 2 Cor 8:3

+++ + + + +

February Financial Report:

Donation Income = \$ 3975.37

***Expenses = \$ 9456.09**

Net Deficit = \$ 5480.72

**details listed on the church hall bulletin board*

Average at Sunday Divine Liturgies: 36

+++ + + + +

Coffee Social Steward Schedule

March 24: **OPEN**

March 31: **OPEN**

April 7: **OPEN**

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!

+++ + + + +

Book Suggestion for the Great Fast:

"When You Pray: A Practical Guide to an Orthodox Life of Prayer"

by L. Joseph Letendre

(ISBN # 978-1944967239)

"Anyone who prays or has tried to pray and given up in discouragement knows praying, really praying, is not easy. Praying consistently seems almost impossible. Too often and too easily, prayer becomes a burden: one more item on an already overcrowded to-do list.

Failing to pray becomes a source of guilt and stress as we must once again admit our inconstancy and procrastination to our father confessor. Yet, our Lord said, *"Come to me, all of you who are heavy laden, and I will give you rest. My burden is easy and my yoke is light."* (Mt. 11:30)

The purpose of this audiobook, then, is not to add to the burden, but to ease it by distilling the advice and experience of those who pray."

Grab it from our bookstore or go to www.smile.amazon.com (then link it to "American Carpatho-Russian Orthodox") and get the audiobook.

+++ + + + +

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

+++ + + + +



+++ +

STEWARDSHIP SNIPPET

Much has been talked about over the recent years about Orthodox Christian Stewardship. Your Church Council and Fr. Dave want to hear more from you about Stewardship. (Here is the 2nd in a series of questions to reflect on.)



The Parish Stewardship Self-Assessment:

1. Inventory of Gratitude:

A Christian Steward is one Who Receives God's Gifts Gratefully...

- ✓ Who are all of our parishioners?
- ✓ Who are all the people that assist the work of the parish?
- ✓ How much time do all these people put into the work of the parish?
- ✓ What are the various ministries and forms of outreach that we have?
- ✓ What are our resources of treasure (money, buildings, property, tangible gifts other than money...)?

Over the next couple months, a series of stewardship questions or ideas will be posted in the bulletin. Throughout this series, please talk with members of the Church Council, Fr. Dave, or leave thoughts anonymously in an envelope on the desk in the vestibule as we continue to learn and grow in stewardship together.

+++ +

ORTHODOXY AROUND DA 'BURGH & OUR DIOCESE



Pan-Orthodox Sunday Lenten Vespers - The Orthodox Clergy Brotherhood of Greater Pittsburgh is pleased to offer for the first time in the Pittsburgh region a series of Sunday Lenten Vespers services to be held in Orthodox parishes of various jurisdictions around the Pittsburgh area. Each service will take place at **5:00pm** and will be followed by Lenten refreshments. All Orthodox Christians in the area are invited to join the Orthodox clergy of the area in praying these beautiful Lenten services together. The order of services and their locations is as follows:

- **TODAY:** St. Nicholas Serbian Orthodox Church (2110 Haymaker Rd., Monroeville, PA) Speaker: His Eminence Mark, OCA Archbishop. Pan-Orthodox Choir of Pittsburgh to sing responses. Lenten Dinner following.
- **3/24:** Annunciation Greek Orthodox Church (1128 Summit St., White Oak, PA) (Festal Vespers of the Annunciation)
- **3/31:** St. Alexander Nevsky Orthodox Cathedral (290 Thompson Run Rd., Pittsburgh, PA)
- **April 7:** Sts. Peter & Paul Ukrainian Orthodox Church (220 Mansfield Blvd., Carnegie, PA)
- **April 14:** St. George Antiochian Orthodox Church (3230 Washington Pike, Bridgeville, PA) (Veneration of Relic of Saint John Maximovitch following Vespers)

+++ + + + + + + +

Pittsburgh Deanery Lenten Mission: Confession, Service, & Fellowship - Each *Sunday Vespers* begin at **3pm** with Confessions heard beginning at **2:30pm**. A light meal is offered after the services. The schedule is as follows:

March 24 – Rankin; March 31 – East Pittsburgh; April 14 – North Side

All are encourage to attend our Lenten Missions throughout the Great Fast! **Pray with our Pittsburgh Deanery & see our sister parishes!** [see details below for the retreat in Homestead]

+++ + + + + + + +

Young Adult Spring Retreat - "Staying Sane in a Troubled World" will be presented by Dr. Al Rossi at Camp Nazareth from **March 29–31**. Open to Young Adults 19–35. Fee: \$75 (*Scholarships available*). For more information, email YoungAdultRetreats@gmail.com or see the flyer in the hall.

+++ + + + + + + +

Lenten Family Retreat - "Good Stewards: Giving Thanks to God, For Our Church & For Each Other" will be presented by Fr. John Parker at St Alexander Nevsky Orthodox Cathedral (1600 Guyton Rd., Allison Park, PA 15101) on **Saturday, March 30th**. RSVP by 3/20 to sarahrah4@gmail.com (include names and ages of the youth). For more information, see the flyer in the hall or visit www.sanocpgh.org

+++ + + + + + + +



Annual Diocesan Lenten Retreat: For All Orthodox Christians, Family, & Friends – Will take place on **Saturday, April 6th** from 9am–5pm at St Nicholas Orthodox Church (903 Ann Street, Homestead, PA 15120). His Eminence, Metropolitan Gregory will present "*Focusing on the Ladder of Divine Ascent and Our Spiritual Journey One Step at a Time*" for the teens and adults. Fr. Dave Urban will present "*Windows to Heaven – Icon of Divine Ascent & The Feasts Of The Church*" for those aged 6-12. The schedule for the day is posted in the church hall. The registration deadline is **March 31st** (*You may sign up on the sheet in the Church Hall*). **Come Escape From The World For A Day and Be Spiritually Renewed!**

+++ +

SUNDAY'S SCRIPTURE READINGS

"Of all the afflictions that burden the human race, there is not one, whether spiritual or bodily, that cannot be healed by the Holy Scriptures." +Saint John Chrysostom

Epistle: Hebrews 11:24-26, 11:32-12:2

²⁴By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, ²⁵choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. ²⁶He considered abuse suffered for the Christ greater

wealth than the treasures of Egypt, for he looked to the reward.

³²And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets— ³³who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, ³⁴quenched

raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. ³⁵Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. ³⁶Others suffered mocking and scourging, and even chains and imprisonment. ³⁷They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated— ³⁸of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth.

³⁹And all these, though well attested by their faith, did not receive what was promised, ⁴⁰since God had foreseen something better for us, that apart from us they should not be made perfect.

The Example of Jesus

12 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, ²looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

+++ + + + + + + +

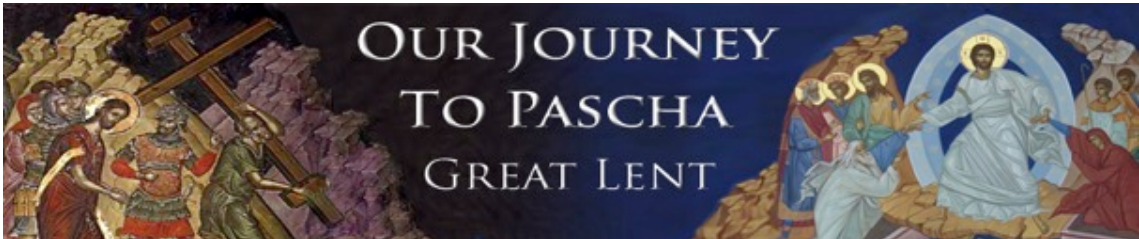
Gospel: John 1:43-51

Jesus Calls Philip and Nathanael

⁴³The next day Jesus decided to go to Galilee. And he found Philip and said to him, “Follow me.” ⁴⁴Now Philip was from Beth-sa’ida, the city of Andrew and Peter. ⁴⁵Philip found Nathanael, and said to him, “We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph.” ⁴⁶Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.” ⁴⁷Jesus saw Nathanael coming to him, and said of him, “Behold, an Israelite indeed, in whom is no guile!” ⁴⁸Nathanael said to him, “How do you know me?” Jesus answered him, “Before Philip called you, when you were under the fig tree, I saw you.” ⁴⁹Nathanael answered him, “Rabbi, you are the Son of God! You are the King of Israel!” ⁵⁰Jesus answered him, “Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these.” ⁵¹And he said to him, “Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.”

+++ +

LIVING ORTHODOXY



To assist the faithful in making the most of this holy season, additional resources have been added to our Diocesan Website at: <https://www.acrod.org/prayercorner/lentenresources/>

+++ + + + + + + +



Fr. Jonathan Bannon – a priest in our diocese, drew up a Lenten infographic with 7 tips for getting into the spiritual gym & getting yourself ready for Pascha!

- 1. Confess** - The best way to start the Great Fast is on a clean slate. Confession is a good way to grow closer to the Lord and learn from your spiritual father. Confession helps you understand your flaws even deeper and is a good place to know where to start. With confession, you can take all your sorrows to the Lord and start anew. Multiple good resource for guiding yourself in Holy Confession can be found at the church [or contact Father]. Ask yourself the questions and humble yourself so you can be resurrected in Christ!
- 2. Commune** - Communion is the pathway to Life. John 6:53-54: Jesus said to them, “Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has

eternal life, and I will raise them up at the last day.” The Great Fast is impossible without the help of our Lord. Learn to depend more and more on our Lord so you can become closer to Him. Many parishes also hold Presanctified Liturgies where you can get some extra strength from our Lord throughout the week.

3. Become Charitable - Be a little more generous and more lenient with people. Hold your tongue. Monetary donations are not necessary. You could also donate your time to perform any of the charitable acts described in the beatitudes.

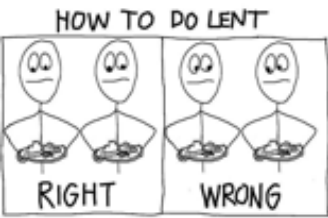
4. Pray the St. Ephraim Prayer Daily -
O Lord and Master of my life! Take from me the spirit of laziness, despair, lust for power, and vain talking. But give to me the spirit of purity, humility, patience, and love. Yes, Lord and King! Grant me to see my own sins and not to judge my brother, for blessed are you forever and ever. Amen.

The prayer of St. Ephraim just puts you into the Lenten mood. Each of the sentences is usually followed by a prostration. HERE is some of the spiritual gymnastics that Lent can call for. Get your blood flowing in the morning and night in devotion. [see prayer of the fast below.]

5. Be in Church More - Being in the home of Christ will help you stay in the Lenten mood. Your spiritual battery might need some more juice during these stricter times. Another great reason to be in church more is that there is camaraderie with the

people who are undergoing the same struggle. Share your triumphs, ask for advice, and swap recipes – you’re not alone in this struggle.

6. Hide Your Fasting - Fasting is an important part of the Great Fast because it helps us focus on what really matters—relying on God in all things. However, it is important that you try to let your fasting be between you and God (and your spiritual father). Fasting is a tool for self-control, not an ends in and of itself. Fasting is a way for you to train your spiritual muscles, so get to the gym! Please also do not try to make others feel bad about their commitment to fasting, although do not be afraid to encourage others! Sometimes people



just need a little push, but do not let prideful thoughts take over because that defeats the whole purpose of fasting.

7. When You Fall, Get Back Up! -

This is the most important part of the Great Fast. If you break the fast, it’s not the end of the world. We are human, we will fall. The important thing is not to let yourself keep falling, but instead stand up and keep trying. No one can run a marathon without training; use Lent as a training period to come closer to the Lord!

Links from the article can be found at:
<https://www.ocf.net/time-to-hit-the-gym/?fbclid=IwAR2xTSjY16FDteA3RxG6OHIGjdqv8fP6vztl6ElogQ-ldgos3mCMnP5uLhw>

**A Guide to Church Etiquette:
“How to Show Proper Respect and Reverence in Church”**

Excerpts concerning icons from a booklet prepared by The Department of Marriage and Parish Family Ministry of the Antiochian Orthodox Christian Archdiocese of North America



Venerating Icons –

The Orthodox Church teaches that it is proper to venerate, not worship, icons. The acceptable way to do this is to kiss either the hands or feet of the saint depicted in the icon, or the scroll, the Gospel book, or the hand cross a saint is holding, Please do not wear lipstick when kissing the icons since the residue will ruin them.

Additional Pious Customs

Crossing oneself –

It is always appropriate to cross oneself at the mention of the Holy Trinity: *Father, Son, and Holy Spirit*; whenever entering or leaving the church; at the beginning of the Liturgy; when passing in front of the altar; when venerating an icon, the Gospel,

or the cross; and at times for personal petitions.

It is not necessary to cross oneself when the priest is giving a blessing or censuring the congregation. Instead, one should bow to receive the blessing.

Bowing –

Orthodox Christians bow when the Theotokos and Christ are petitioned. They also bow to the priest at his blessing, and when he asks forgiveness before the Great Entrance and again before Holy Communion. It is traditional for the Orthodox faithful to bow and cross themselves when they enter and leave the church, and when they pray before the icons.

Special Considerations During Liturgy

Lipstick –

Do not wear lipstick while taking Holy Communion, or when kissing the cross, an icon, the priest’s or bishop’s hand, or any sacred object. It is best not to wear it at all in the church, because of the damage it causes.

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++

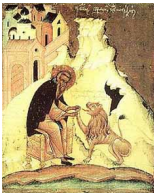
LIVES OF THE SAINTS

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

The Monk Gerasimos

Commemorated on March 17/4

The Monk Gerasimos was a native of Lycia (Asia Minor). From his early years he was distinguished for his piety. Having then accepted monasticism, the monk withdrew into the depths of the Thebaid wilderness (in Egypt). Thereafter, in about the year 450, the monk arrived in Palestine and settled at the Jordan, where he founded a monastery.



For a certain while Saint Gerasimos was tempted by the heresy of Eutykhios and Dioskoros, which acknowledged in Jesus Christ only the Divine nature, but not His human nature (i.e. the Monophysite heresy). The Monk Euthymios the Great (Comm. 20 January) helped him to return to the true faith.

At the monastery the Monk Gerasimos established a strict monastic rule. He spent five days of the week in solitude, occupying himself with handicrafts and prayer. On these days the wilderness dwellers did not eat cooked food, nor even kindle a fire, but rather ate only dry bread,

roots and water. On Saturday and Sunday all gathered at the monastery for Divine Liturgy and to commune the Holy Mysteries of Christ. In the afternoon, taking with them a supply of bread, tubers, water and an armload of date-palm branches for weaving into baskets, the wilderness dwellers returned to their own cells. Each had only old clothes and a mat, upon which he slept. In exiting their cells, the door was never secured, so that anyone coming by could enter, and rest, or take along necessities.

The Monk Gerasimos himself attained an high level of asceticism. During Great Lent he ate nothing until the very day of the All-Radiant Resurrection of Christ, when he communed the Holy Mysteries. Going out into the wilderness for the whole of Great Lent, the Monk Gerasimos took along with him his beloved disciple Blessed Kyriakos (Comm. 29 September), whom the Monk Euthymios had sent off to him.

At the time of the death of Saint Euthymios the Great, the Monk Gerasimos saw how Angels carried up the soul of the departed off to Heaven. Taking Kyriakos with him, the monk immediately

set off to the monastery of Saint Euthymios and consigned his body to earth.
The Monk Gerasimos himself died peacefully, wept over by brethren and disciples. Before his death, a lion had aided the Monk Gerasimos in

his tasks, and upon the death of the elder it too died at his grave and was buried nearby. And therefore the lion is depicted on icons of the saint, at his feet.

+++ + + + + + + + + + + + + + + + + + +



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.

+++ + + + + + + +

For the Health of... Anna Mae, Eleanor D., Viola, Juliana, Fredrick, Kenneth, Michael, Roberta, Gary, Lino, David, Louis, June, Helen, Steven, Doug, Joanne, Lynn, Mary, Kathy N., Luca, Emily, Francis, Anthony, Fr. Joseph Cervo, Irene, Eleanor, Daniel ...*through the prayers of St. Nectarios the Wonderworker; St. Luke, the Surgeon; & St. Panteleimon, the Healer.*

+++ + + + + + + +

For the Special Intentions of... Metropolitan Gregory, Marianne, Steve, Christopher, Nicholas, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Andrea, Jason, Tyrone, Sarah, Amee, Joshua, John, Kathryn, Rose, Charles, Justin *our seminarians:* Michael, Daniel, and Dylan *and our Church Council, Curators, and Relocation Committee:* Matthew, Lawrence, Timothy, Patricia, Theresa, Rich, Gina, Robert, Donald, Jane, Eleanor, Steven, Kenneth, Jillian, John, Wendy, John, Melanie, Michael, John, John, Margaret, Todd *and for those who labor 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.*

+++ + + + + + + +

Patronal Feast Days (Name's Day): *your name here* – Saint ___ *(Please contact Fr Dave with your Patron Saint)*

+++ + + + + + + +

Birthday Prayers for... Fr David Cochran (3/18), Amee Francken (3/18), Daniel Gavulich (3/23) ...*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!

+++ + + + + + + +

For our Catechumens & Inquirers... Dustin, Stephen, Peter
...*through the prayers of St. Paul the Apostle, St. Mary Magdalene, and St. John Maximovitch.*

+++ + + + + + + +

For those preparing for Marriage... ...*through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

+++ + + + + + + +

For Expectant Mothers... Lauren, Pañi Marianna, Faith, Pañi Eleni, Hayley, Carley
...*through the prayers of St Anna, the mother of the Virgin Mary, and St Irene Chrysovalantou.*

+++ + + + + + + +

For those serving in the Armed Forces & Civil Authorities... Thomas R. Dzadovsky, Devin Meegan, and Trevor Meegan ...*through the prayers of St George, the Great-Martyr & Wonderworker.*

+++ + + + + + + +

For the souls of the newly departed... +Jane Barrett (2/14), +Barbara Banofsky (2/18), +Heather Chuba (2/24)
...*May the Lord God grant them blessed repose where there is no pain sorrow or mourning. Eternal Memory!*

+++ + + + + + + +

* 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.*

+++ + + + + + + + + + + + + + + + + + +

DEVOTIONAL PRAYER FOR THE GREAT FAST:

The Prayer of Saint Ephraim the Syrian

in the Ruthenian tradition as found in St. Peter Mogila's 1639 Liturgikon (Sluzhebnyk)

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]*

