



# Saint John the Baptist Orthodox Church

A Parish of the American Carpatho-Russian Orthodox Diocese, Ecumenical Patriarchate of Constantinople



Father Dave Urban, Pastor

Very Reverend Father 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)

2688 California Avenue

Pittsburgh, Pa 15212

412-748-0148, Talk or Text

[OrthodoxPittsburgh1932@gmail.com](mailto:OrthodoxPittsburgh1932@gmail.com)

[www.OrthodoxPittsburgh.com](http://www.OrthodoxPittsburgh.com)

2019

Volume IV

2nd Sunday of Lent

**MARCH 24th**



**ST GREGORY PALAMAS**

Reading:

Hebrews 1:10-2:3

Gospel:

Mark 2: 1-12

Bring a prayer rope to be  
blessed today!  
Use it and pray the Jesus Prayer  
each day this week.

9:15 – Third Hour; 9:30 – Divine Liturgy of St. Basil      Tone 2      Liturgical Color: **Purple**

*Panachida for +Lawrence H. Martin (3/25/98), +Rose Mary Radick (3/19) and “40-day Memorial” for  
+Jane Barrett (2/14), +Barbara Banofsky (2/18), +Heather Chuba (2/24)*

3 pm – Deanery Lenten Missions: St. Michael (146 Third Avenue, Rankin, PA 15104)

## SERVICES, SAINTS, AND READINGS FOR THE WEEK



**Wednesday, March 27** – 9:30am Lenten Third Hour /

7pm – Presanctified Liturgy at the Hampton Inn (2622 Wexford Bayne Road, Sewickley, PA 15143)

**Friday, March 29** – 9:30am Akathist Hymn to the Passion of our Lord Jesus Christ

**Saturday, March 30** – 9:30am All Soul Saturday (*Zadušna Subota*) Divine Liturgy & Panachida (# III)

11a – 1p Mystery of Holy Confession

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



** Mon	Venerable Theophanes the Confessor (818)	Isaiah 8:13-9:7	Genesis 6:9-22	Proverbs 8:1-21
** Tue	Martyr Christina of Persia (4th c.)	Isaiah 9:9-10:4	Genesis 7:1-5	Proverbs 8:32-9:11
** Wed	St Rostislav-Michael, prince of Kiev (1167)	Isaiah 10:12-20	Genesis 7:6-9	Proverbs 9:12-18
** Thu	Martyr Nicander of Egypt (302)	Isaiah 11:10-12:2	Genesis 7:11-8:3	Proverbs 10:1-22
** Fri	Martyr Julian of Anazarbus (305)	Isaiah 13:2-13	Genesis 8:4-21	Prov. 10:31-11:12
** Sat	Venerable Alexis the Man of God (411)		Hebrew 10:32-38	Mark 2:14-17

**\*\* The Great Fast - Let us imitate Christ and the Saints and fast as they did!**

3rd Sunday of Lent

**MARCH 31st**



**VENERATION OF THE HOLY CROSS**

HALF WAY TO PASCHA!

Reading:

Hebrews 4: 14-5: 6

Gospel:

Mark 8:34-9: 1

Wear your cross to church and  
kiss the cross  
each morning with a bow!

9:15 – Third Hour; 9:30 – Divine Liturgy of St. Basil      Tone 3      Liturgical Color: **Red**

*Additional Collection for our Community Outreach, St. John the Compassionate Mission*

3 pm – Deanery Lenten Missions: St. John the Baptist (211 Cable Avenue, East Pittsburgh, PA)

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## A Warm Welcome To Our Visitors!

**Glory be to Jesus Christ! (responded with: *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 Father 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



**Wednesday, April 3** – 9:30am Paraklis to the Theotokos /

7pm – Presanctified Liturgy at Wexford Hampton Inn

**Friday, April 5** – 9:30am Moleben to the Holy Cross

**Saturday, April 6** – 9:30am All Soul Saturday (*Zadušna Subota*) Parastas & Panachida (IV) /

9a-5p – Diocesan Retreat at St. Nicholas (903 Ann St., Homestead, PA 15120)

**Sunday, April 7** – Feast of the Annunciation / Sunday of St. John of the Ladder

**Wednesday, April 10** – 9:30am Excerpts from the Great Canon of St. Andrew of Crete /

7pm – Presanctified Liturgy at Wexford Hampton Inn

**Friday, April 12** – 9:30am Akathist to St. Panteleimon with holy anointing

**Saturday, April 13** – 9:00 am Parish Spring Cleaning / 11a – 1p Mystery of Holy Confession

**Sunday, April 14** – Sunday of St. Mary of Egypt / Additional Collection for our Capital Improvement

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### This Bulletin Is Offered:

If you wish to sponsor a  
bulletin *In Honor of*  
(anniversary, birthday, etc.)  
or *In Memory of* someone,  
please do so by signing up  
on the sheet on the table in  
the Vestibule of the Church  
or by contacting Fr. Dave.  
An additional stewardship  
offering to the Church is  
requested.



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## 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; Pañi Brancho; Mary Jane Hudak; Barbara Kirish; Rich Milirovich; Joanne Nelson; Theresa Sharpless; Patty Watson; Cindy Pavidonis; 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**

**The Eternal Lamp** was offered last week by Cindy Pavidonis, In Memory of +Joseph Pavidonis' Birthday; and John Gaydos, Jr., In Memory of Mother, +Catherine. May Their Memory Be Eternal! Vičnaya Pamjat!

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**Garage Sale Chairperson Needed** – Please contact a member of the church council or Father if you would be willing to chair our annual garage sale this year.

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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 loves ones.* If you are interested in making any of these commemorations, please sign up on the sheet in the Vestibule **by Palm Sunday (April 21)** and give an *additional free-will stewardship offering* to the Church.

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**Church & Grounds Spring Maintenance** will be **Saturday, April 13<sup>th</sup>** beginning at **8:30am** (with breakfast) till noon-ish. A "to-do list" is being put together. Please sign up in the church hall, as we want to have enough food available, if you are able to share your time and talent on this day as we clean up what God has shared with us. Contact Kathy Schrmack ([kschrmack@verizon.net](mailto:kschrmack@verizon.net)) if you have any questions. *"Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve."* - Colossians 3:23-24

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**\*\* Palms & Pussywillows** – We are collecting in the Church Hall our Palms and Pussywillows from prior years. These will not be simply thrown away, but they will respectfully be taken care of. *Please bring yours in so that your house will be ready for the new ones in a few weeks!*

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**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.

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**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.*

### Our Stewardship Gifts To God

Stewardship/Dues:	\$ 63
Candles/Eternal Lamp:	\$ 137
Envelopes:	\$ 929
Presanctified:	\$ 256
<b>Total Collections:</b>	<b>\$ 1385</b>
<b>Relocation Fund:</b>	<b>\$ 150</b>

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

### Coffee Social Steward Schedule

March 31: OPEN  
April 14: 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!*

### Reader of the Third Hour:

March 31: Available to you  
April 7: Available to you  
April 14: Available to you  
*This should begin by 9:15 and can be read or chanted. Please contact Fr Dave if you are interested in participating in this wonderful stewardship prayer opportunity!*

### 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.

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 for **\$5** or go to [www.smile.amazon.com](http://www.smile.amazon.com) (then link it to "American Carpatho-Russian Orthodox") and get the audiobook.

### 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



### 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](http://www.facebook.com/acroddiocese)  
Twitter: [twitter.com/acrodnews](http://twitter.com/acrodnews)  
You Tube: [youtube.com/acroddiocese](http://youtube.com/acroddiocese)

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## 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 2<sup>nd</sup> 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.

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## ORTHODOXY AROUND DA 'BURGH & OUR DIOCESE

### 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:

**TODAY** – St. Michael the Archangel (146 Third Avenue, Rankin, PA 15104)

**March 31** – St. John the Baptist (211 Cable Avenue, East Pittsburgh, PA)

**April 14** – St. John the Baptist, North Side

All are encourage to attend our Lenten Missions throughout the Great Fast!

**Pray with our Pittsburgh Deanery & see our sister parishes!**

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**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:

- **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)

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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 – [www.stmaryorthodoxchurch.net](http://www.stmaryorthodoxchurch.net)
- **St. John the Baptist** (722 5<sup>th</sup> St., Ambridge, PA 15003) – Food and Bake Sale ONLY on **Friday, April 19<sup>th</sup>** 10a-3:30p 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.

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

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**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](mailto:YoungAdultRetreats@gmail.com) or see the flyer in the hall.

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**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 30<sup>th</sup>**. RSVP by 3/20 to [sarahrah4@gmail.com](mailto:sarahrah4@gmail.com) (include names and ages of the youth). For more information, see the flyer in the hall or visit [www.sanocpgh.org](http://www.sanocpgh.org)

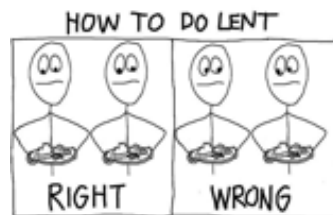
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### Annual Diocesan Lenten Retreat: For All Orthodox Christians, Family, & Friends –

Will take place on **Saturday, April 6<sup>th</sup>** 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 31<sup>st</sup>** (You may sign up on the sheet in the Church Hall). **Come Escape From The World For A Day and Be Spiritually Renewed!**

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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 1:10-2:3

<sup>10</sup> And, “Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; <sup>11</sup> they will perish, but thou remainest; they will all grow old like a garment, <sup>12</sup> like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end.” <sup>13</sup> But to what angel has he ever said, “Sit at my right hand till I make thy enemies a stool for thy feet”? <sup>14</sup> Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Warning to Pay Attention

**2** Therefore we must pay the closer attention to what we have heard, lest we drift away from it. <sup>2</sup> For if the message declared by angels was valid and every transgression or disobedience received a just retribution, <sup>3</sup> how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him,

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Gospel: Mark 2:1-12

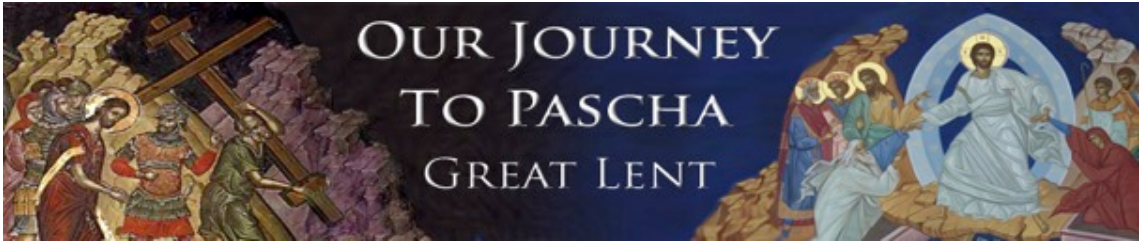
Jesus Heals a Paralytic

**2** And when he returned to Caper’na-um after some days, it was reported that he was at

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home. <sup>2</sup> And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. <sup>3</sup> And they came, bringing to him a paralytic carried by four men. <sup>4</sup> And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. <sup>5</sup> And when Jesus saw their faith, he said to the paralytic, “My son, your sins are forgiven.” <sup>6</sup> Now some of the scribes were sitting there, questioning in their hearts, <sup>7</sup> “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” <sup>8</sup> And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, “Why do you question thus in your hearts? <sup>9</sup> Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? <sup>10</sup> But that you may know that the Son of man has authority on earth to forgive sins”—he said to the paralytic— <sup>11</sup> “I say to you, rise, take up your pallet and go home.” <sup>12</sup> And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”

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/>

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**Prayer rope** (or *Chotki* / *чѣмку*) is a loop of 33 knots (or 50, 100, or 300), usually made of wool, but sometimes of wood or beads, that is used during praying to keep track of the number of prayers which have been said. The rope is usually used with the **Jesus Prayer**: (Inhale) **O Lord Jesus Christ, Son of God,** (Exhale) **Have Mercy On Me, A Sinner.** "The



purpose is to help us concentrate on our prayer, not necessarily to count." Its invention is attributed to **St. Pachomius** in the fourth century as an aid for illiterate monks to accomplish a consistent number of prayers and **prostrations**... We should carry a prayer rope with us, to remind us to **"Pray without ceasing."** (1 Thessalonians 5:17)

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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

Sainted Sophronios, Patriarch of Jerusalem  
Commemorated on March 24/11

Sainted Sophronios, Patriarch of Jerusalem, was born in Damascus. From his youthful years he distinguished himself by his piety and his love for the classical sciences. He advanced especially in philosophy, for which they were wont to call him the Wise. But the future hierarch sought out an higher wisdom in the monasteries, and in conversations with the wilderness-dwellers. He arrived in



Jerusalem at the monastery of Saint Theodosios, and there he became close with the PriestMonk John Moskhos, becoming his spiritual son and devoting himself to him in obedience. They journeyed together through the monasteries, and they wrote down descriptions of the lives and precepts of the ascetics found there. From these jottings was afterwards compiled their reknown book, the "Leimonarion" or "Spiritual Meadow", which was highly esteemed at the 7<sup>th</sup> Ecumenical Council.

In the year 628 the Jerusalem patriarch Zacharias (609-633) returned from the Persian Captivity. After his death, the patriarchal throne was occupied for a space of two years by Saint Modestos (633-634, Comm. 18 December). After the death of Saint Modestos, Saint Sophronios was chosen patriarch. Sainted Sophronios toiled much for the welfare of the Jerusalem Church as its primate (634-644).

Written works by Patriarch Sophronios have come down to us in the area of dogmatics, and

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likewise his "Excursus on the Liturgy", the Vita of the Nun Mary of Egypt (Comm. 1 April), and also about 950 tropars and stikhi-verses from Pascha to the Ascension. While still a priestmonk, Saint Sophronios made review and corrections to the "ustav-rule" of the monastery of the Monk Sava the Sanctified (Comm. 5 December). And the "tri-odic song" of the saint for the Holy Forty Day Great Lent is included in the composition of the contemporary Lenten Triodion.



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

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**For the Special Intentions of...** Metropolitan Gregory, Marianne, Steve, Christopher, Nicholas, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Andrea, Jason, Tyrone, Sarah, Ameer, 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.

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

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**Birthday Prayers for...** Marianne Kubis (3/29), Kenneth Watson (3/29), Ben Anton (3/30) ...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 our Catechumens & Inquirers...** Dustin, Stephen, Peter ...through the prayers of St. Paul the Apostle, St. Mary Magdalene, and St. John Maximovitch.

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**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.

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**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.

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**For the souls of the newly departed...** +Jane Barrett (2/14), +Barbara Banofsky (2/18), +Heather Chuba (2/24), +John "Bratso" Wuchenich (3/15), +Rose Mary Radick (3/19)

...May the Lord God grant them blessed repose where there is no pain sorrow or mourning. Eternal Memory!

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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 (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]

