



# 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)

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## CHRIST IS RISEN!

*Christ is Risen From The Dead, Trampling  
Down Death By Death and To Those In The  
Tomb Bestowing Life!*

## INDEED HE IS RISEN!

FEAST OF FEASTS!

**APRIL 28th**

NO FASTING!



BRIGHT WEEK

**HOLY PASCHA! (CHRIST IS RISEN!)**

Epistle: Acts 1:1-8 Gospel: John 1: 1-17

Greet everyone with

"CHRIST IS RISEN!"

& say it before

good morning and goodnight!

**8:45am** Resurrection Matins / Paschal Divine Liturgy

Liturgical Color: **White**

Parish Family Photo / Blessing of Baskets / Children's Egg Hunt

## SERVICES, SAINTS, AND READINGS FOR BRIGHT WEEK

**Bright Monday, April 29** - 9:30am Paschal Divine Liturgy with Gospel Procession

Bright Tuesday at St. Nicholas (903 Ann St., Homestead) - 9:30am Paschal Divine Liturgy

Bright Saturday at St. John the Baptist (211 Cable Ave., East Pittsburgh) - 9:00am Paschal Divine Liturgy

|                  |   |                     |               |
|------------------|---|---------------------|---------------|
| Bright Monday    | Virgin-martyrs Agape, Irene, & Chionia in Illyria (304) | Acts 1:12-17; 21-26 | John 1:18-28  |
| Bright Tuesday   | Venerable Zosimas of Solovki (1478)                     | Acts 2:14-21        | Luke 24:12-35 |
| Bright Wednesday | Venerable John, disciple of St. Gregory (820)           | Acts 2:22-36        | John 1:35-51  |
| Bright Thursday  | St. Tryphon, patriarch of Constantinople (933)          | Acts 2:38-43        | John 3:1-15   |
| Bright Friday    | Apostle Zacchaeus, bishop of Caesarea (1st c.)          | Acts 3:1-8          | John 2:12-22  |
| Bright Saturday  | Hieromartyr Theodore of Perge (2 <sup>nd</sup> c.)      | Acts 3:11-16        | John 3:22-33  |

*A FAST FREE Week - Let us Imitate Christ and the Saints and Feast (in moderation) as they did!*

*No Kneeling in Prayer for 50 Days*

**Sunday, May 5** – 2<sup>nd</sup> Sunday of Pascha: St Thomas Sunday

9:15 – Third Hour; 9:30 am – Paschal Divine Liturgy

Liturgical Color: **White**

Epistle: Acts 5: 12– 20; Gospel: John 20: 19– 31

*Breaking of the Artos / Add'l Collection for Community Outreach (& OCMC Coin Boxes) / Semi-Annual Meeting*

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## A Warm Welcome To Our Visitors!

**Christ is risen!** (responded with: **Indeed He is risen!**)

**Christos Voskrese!** (*Voistinu Voskrese!*)

**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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*This Bulletin Is Offered:*

By John Gaydos, Sr.

In Memory Of

Wife, Catherine.

May Her Memory

Be Eternal!

**PASCHAL COMMEMORATIONS** (to be remembered at Proskomedie [Preparation prayers] all week)

**Processional Candles** Are Offered By Melanie & Michael Shuster In Memory Of Horbal & Shuster Families

**Incense For Censer** By Pavilonis & Niemer Families In Honor Of Mallory & Jonathan Knall's 1<sup>st</sup> Anniversary

**Charcoal For Kadilo (Censer)** By Bob & Gina Fall In Memory Of Mothers, +Alice Fall & +Marion Mercurio

**Priest's Triple Paschal Candle** By Lawrence Martin In Memory Of +Stephen & +Anastasia Gaydos

**Vespertal Loaves** By Kirish Family For All Blessings Received

**Sacramental Wine & Eucharistic Bread** By Lawrence Martin For Health & Welfare Of Our Parishioners

**7 Candles On Altar Candelabra** By Theresa Sharpless In Memory Of +Nick & +Anna Buhonick

**7 Candles On Altar Candelabra** By Carol Lorenzi In Memory Of +Michael & +Olga Tongel

**6 Decorated Candles On Altar** By Eleanor Sanger In Memory Of Family & Loved Ones

**2 Decorated Candles On Altar** By Melanie & Michael Shuster For Good Health Of Family Members

**2 Decorated Candles On Preparation Table** By Mary Jane Hudak

**4 Candles In Front Of Iconostasis** By Lawrence Martin In Memory Of Parents & Grandparents

**2 Decorated Candles On Tetrapod** By Rich & Renee Mirilovich For Health Of Family & Friends

**Festive Oil** By Melanie Paieski For Health & Family Well Being

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LOOKING AHEAD LOCALLY



**Monday, May 6** – 9:30am Divine Liturgy on the Feast of St. George  
**Sunday, May 12** – Mother’s Day / Additional Collection for our Capital Improvement Fund  
**Sunday, May 19** – Cemetery Grave Blessings following our coffee social

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PARISH BULLETIN BOARD ANNOUNCEMENTS



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

Dearest Family of St. John’s, Christ is risen! (*Indeed He is risen!*)  
May the work that you have accomplished during the Great Fast continue in your heart as we live in the joy of the Resurrection! Have a blessed Bright Week & Paschal season! Hristos a înviat! (*Adevărat a înviat!*)  
With Love, Maria, Sophia, Pańi Alexandra, and Father Dave

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**Weekly Candle Intentions / Memorials** were offered last week by Tim Martin; Viola Peifer; Melanie Shuster; Lawrence Martin; Pańi Brancho; Barbara Kirish; Joanne Nelson; Mike Puhac; Margaret Rusnak; Patty Watson; Cindy Pavilonis.  
**“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; and by John Gaydos, Jr., In Memory of Mother, Catherine. May Her Memory Be Eternal!

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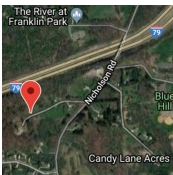


**Thank You!** – To everyone who helped with the children’s egg hunt! Thank you!

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**ACRY Booklet** – The 71<sup>st</sup> ACRY Bowling Tournament will be held in Potomac, MD (May 24-27). If anyone wishes to be a Patron (\$10), Booster (\$5), or have a Memorial listing (\$10) in the commemorative booklet, please email Father today (*deadline is May 1<sup>st</sup>*).

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**Relocation Update** – ALL are invited to take a drive and look at the recent property that the Relocation Committee has discussed and looked at:

**1520 Shipley Lane  
Franklin Park, Pa 15143**

The 17 acres is zoned as Residential-1 and a *Place of Worship* is “contingent”. The owners responded that they “would entertain an offer with a zoning contingency on it. In that case, the Church would be able to break the deal if the zoning application was denied.” We look forward to discussing this more at our Semi-Annual Meeting!

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Please continue to talk with the Relocation Committee or Father with any thoughts or concerns about our next steps in our journey together. (*Committee includes: Sharon P, Larry M, Carol L, John K, John Righetti, Lynn M, Matt P, Peggy Rusnak, Rich M, Sharon D, Tim M, & Todd Tusick*)

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**3<sup>rd</sup> Official Notice** – Our Parish Semi-Annual Meeting will be **NEXT WEEK, Sunday, May 5<sup>th</sup>** following the Divine Liturgy. We look forward to discussing current church topics with the parishioners. (*\*For road closures, please note that this is the same day as the Pittsburgh Marathon.*)

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Our Stewardship Gifts To God

|                           |                |
|---------------------------|----------------|
| Stewardship/Dues:         | \$ 570         |
| Candles/Eternal Lamp:     | \$ 177         |
| Envelopes:                | \$ 848         |
| Presanctified:            | \$ 235         |
| <b>Total Collections:</b> | <b>\$ 1830</b> |
| <b>Relocation Fund:</b>   | <b>\$ 600</b>  |

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

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Coffee Social Steward Schedule

May 5: **Open / “Pot Luck”**  
May 12: **Open / “Pot Luck”**  
May 19: **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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**Calling All Graduates** – if you will be graduating from High School, a University, or a Trade School this year, please contact Father ASAP.

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**Clergy Convocation** – Fr Dave will be at Camp Nazareth from Tuesday to Friday, **May 7-10**. For hospital calls, please contact **Fr. Tom Soroka** from our sister OCA parish at **412-299-3942** or **frthomas@OrthodoxPittsburgh.org**. Please call the **camp** with any emergencies (**724-662-4840**).

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**Cemetery Grave Blessings** – We will bless graves this year on **Sunday, May 19<sup>th</sup>**. We will celebrate a Panachida at Church and head to the cemetery after the coffee social to bless the graves.

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**Italian Feast and Basket Raffle** – which was scheduled in May has been POSTPONED. The new date has not been finalized yet... stay tuned!

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Reader of the Third Hour:

May 5: *available*  
May 12: John Kirish  
May 19: John Kirish

*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!*





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**Family Day (June 2<sup>nd</sup>) Raffle Tickets** have arrived. **We Are Looking For Someone To Handle Selling These – Please See Father ASAP If You Are Able.** 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. +++ The Family Day flyer is hanging in the church hall with details for the day!

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**76 Days Till Camp!** – Early bird discount rates are available through **May 15<sup>th</sup>**. Information regarding registration is available at: [www.CampNazareth.org](http://www.CampNazareth.org). Please act fast to save 20 bucks! Our ACRY is offering a partial ‘Campership’ for assistance and other assistance is also available. **Please talk with Fr Dave before registering to get the online code that you will need.** *If you have never been to Camp Nazareth, you do not know what you are missing!* Our Deanery Camping week is **July 14-20**. Please talk to Fr Dave if you have any questions.

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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. This stewardship community outreach is here to help others!

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**Faith Night at PNC Park** – this year will not actually be at night, but an afternoon game! **Saturday, June 22<sup>nd</sup>** at 4:05 (Pittsburgh Pirates vs. San Diego Padres). We will be organizing a group of tickets (and extending this offer to our Pittsburgh and Tri-State Deaneries as well.) Please contact Wendy Martellotti at [martellotti11@verizon.net](mailto:martellotti11@verizon.net) or 412-583-6254 to reserve your tickets. (Please plan to pre-pay.) And *Let’s Go Bucs!*

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**Altar Boy Retreat** – the Annual Altar Boy Retreat for young men aged 7-18 will take place from **Sunday June 30<sup>th</sup> to Wednesday, July 3<sup>rd</sup>** at Christ The Saviour Seminary (Johnstown, PA). Contact Father Dave for registration information.

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**Young Women’s Encounter** – the 6<sup>th</sup> Annual YWE will take place from **Sunday June 30<sup>th</sup> to Wednesday, July 3<sup>rd</sup>** at Saints Peter and Paul Church (Windber, PA). *The YWE is designed specifically for our young women to provide them an opportunity to spend time in fellowship with each other, have fun, and pray together. They learn about our faith and to listen for God’s call to each of us to use our unique gifts and abilities.* Young women in our Diocese ages 12-18 are encouraged to attend. You may contact Pañi Eleni Stagon, [acrodywe@gmail.com](mailto:acrodywe@gmail.com) for more information.

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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 requested.

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**Panachida (Memorial Service) Requests** – If you desire to offer a Panachida in memory of your departed loved ones, please, contact Fr. Dave prior to Sunday to make these arrangements. *Dependent on the number of requests, they may be combined with other families commemorations.*

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### Looking FURTHER Ahead

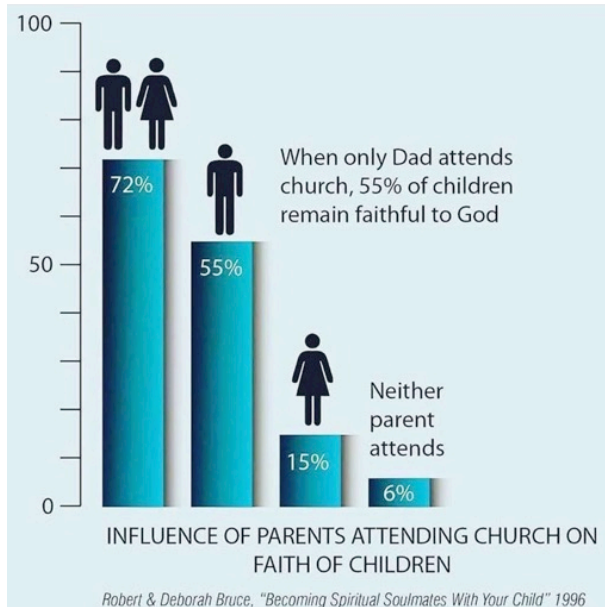
Some 2019 dates of interest:

- ??? ?? – Graduate Sunday
- May 13-16 – Senior Retreat at CN
- May 19 – Grave Blessings
- May 22 – Feast of Mid-Pentecost
- May 24-27 - ACRY Bowling Tourny (Potomac, MD)
- May 31-Jun. 2 – Family Camp at Camp Nazareth
- Jun. 2 – Family Day at Camp Nazareth
- Jun. 2 – Orthodox Day at PNC Park
- Jun. 6 – Feast of Ascension
- Jun. 15 – 5<sup>th</sup> All Souls Saturday
- Jun. 16 – Feast of Pentecost
- Jun. 16-22 – Fast Free Week
- Jun. 22 – Faith Night at PNC Park
- Jun. 24 – Apostles Fast begins
- Jun. 30 – Jul. 3 – Young Women’s Encounter AND Altar Boy’s Retreat
- Jul. 7 – Feast of the Nativity of St John AND Church Picnic at “The Cabin” in North Park
- Jul. 12 – Feast of Saints Peter and Paul
- Jul. 14-20 – Pittsburgh Deanery Week at CN
- Aug. 2 – Feast of the Holy Prophet Elias
- Aug. 4 – Annual Blessing of Vehicles
- Aug. 4-10 – Science and Nature Week at CN
- Aug. 14 – Dormition Fast Begins
- Aug. 19 – Feast of the Transfiguration
- Aug. 25 – Blessing of Fruit and Vegetables
- Aug. 28 – Feast of the Dormition
- Aug. 30 - Sep. 3 – 75<sup>th</sup> ACRY Convention (Taylor, PA)
- Sep. 1 – Blessing of Flowers and Herbs

***Please, Save the Dates!***

### Visit Our Diocese On-Line

Diocesan Website: [www.acrod.org](http://www.acrod.org)  
Camp Nazareth: [www.campnazareth.org](http://www.campnazareth.org)  
FB: [www.facebook.com/acroddiocese](https://www.facebook.com/acroddiocese)  
Twitter: [twitter.com/acrodnews](https://twitter.com/acrodnews)  
You Tube: [youtube.com/acroddiocese](https://youtube.com/acroddiocese)



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## 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 4<sup>th</sup> in a series of questions to reflect on.)*

### The Parish Stewardship Self-Assessment:

#### 4. Creating an environment of overwhelming hospitality and evangelization.

- ✓ Do we treat those coming to our parish as if we would welcome them to our homes?
- ✓ When new people come to our parish do we notice them, greet them, invite them to be a part of our community?
- ✓ Are all people invited to use their gifts of time, talent, and treasure?
- ✓ Do we welcome diversity of people, ethnicities, and traditions in our community?
- ✓ Do we take advantage of being hospitable to fallen away Orthodox or Non-Orthodox families at the time of Divine Liturgies, funerals, or other family celebrations?

*Over the past couple months, a series of stewardship questions or ideas have been posted in the bulletin. 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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## ORTHODOX WORD OF THE WEEK

**Matins** – (from the Latin, matutinae, "morning"), also called *Orthros* (from Greek, meaning "morning", "dawn" or "day break"), is the longest and most complex of the daily cycle of services. Matins is celebrated in the morning, unless it is celebrated as part of a vigil in the evening.

#### **Matins services related to the Paschal feast:**

- **Bridegroom Matins:** served on Great and Holy Monday, Tuesday, and Wednesday.
- **Great and Holy Friday Matins:** there are twelve Gospel lessons; Antiphons are used (originating in a different office). The tropar sung at the 15th antiphon is, *Today is hung upon the cross...*
- **Great and Holy Saturday Matins:** This contains some elements of the old cathedral office: procession with the shroud (plaščanitsa), reading of three pericopes (*Old Testament, epistle, Gospel*) at the end.
- **Paschal Matins:** This is celebrated from Pascha Sunday until Thomas Sunday. The six psalms and the praises are not part of this service.

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## ORTHODOXY AROUND DA 'BURGH & OUR DIOCESE



**Camp Nazareth Work Day** – The St. Nicholas Men's Club is going to camp **Saturday, May 4<sup>th</sup>** for a light duty maintenance day starting at 8am and working until about 4pm. Lunch will be provided by the camp. (You can either drive up Friday evening or Saturday morning.) Please contact Father TODAY if any men are interested.

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**Team IOCC at the Pittsburgh Marathon** – If you are a runner that does marathons, or one of the other events, they are trying to put together a Team IOCC for marathon weekend (**May 4-5**) where the runners get people to sponsor them and the money raised goes to IOCC. Any questions, please visit: <https://iocc.org/events/iocc-pittsburgh-events>

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#### **Upcoming Orthodox Food Festivals:**

- **May 5-11** – St Nicholas (419 S Dithridge St., Pittsburgh) *Greek*
- **May 11** – St Vladimir (73 S 18<sup>th</sup> St., Pittsburgh, PA 15203) *Ukrainian*

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**2<sup>nd</sup> Annual Diocesan Senior Retreat** will be on **May 13-16**. Information is on our bulletin board as well as here: <https://www.acrod.org/news/events/10731> Registration deadline is May 8<sup>th</sup>.

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**Carpatho-Rusyn Society 25<sup>th</sup> Anniversary** – Everyone is welcome to join us **Friday, May 17 & Saturday, May 18**. Some events are free while others have a cost, please see the flyer in the church hall. For reservations and information please visit [www.c-rs.org](http://www.c-rs.org) or call 412-567-3077. Here are highlights for the weekend: **Friday May 17:** 6:30pm Slavjane Folk Ensemble; 7pm Concert By Harmonia Band. **Saturday May 18:** 8am **Rusin Slavonic Divine Liturgy** (At St. Michael's Orthodox Church, 146 Third Ave Rankin, Pa 15104); 9-11am **Meet And Greet With Prof. Paul Robert Magocsi**; 11am **Rusyn Bus Tour**; 11am **Wooden Churches Of The Carpatho-Rusyns**; 1pm **I Am Carpatho-Rusyn, I Lived In Five Different Countries And Never Moved**; 6pm **Awards Dinner And Dance Honoring Prof. Paul Robert Magocsi And Robert Hanich, M.D.**

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**Designer Purse Bash** – The 3<sup>rd</sup> Annual Purse Bash will be on **Saturday, May 18<sup>th</sup>** at St. Nicholas Church (903 Ann St., Homestead, PA 15120). Doors open at 4pm with the Buffet served at 4:30. Tickets are \$30 per person which include a full meal and 4 chances at the prizes. For more info, see the flyer in the Church Hall or contact Jessica Krchmar at 412-290-3526 or [jessicakrchmar@gmail.com](mailto:jessicakrchmar@gmail.com).

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**Family Camp** will be on **May 31 – June 2**. Here is the link to all the information.  
<http://campnazareth.org/summercamp/news/family-camp-2019> Registration for this event is now open.

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**Archangel Icons Studio presents Icon Workshops** - Iconographer Michael Kapeluck will conduct 3 workshops (**June 10-15; July 22-27; or August 12-17, 2019**) which will be an intense 6 days where the student will create an icon using acrylic/gouache techniques. Learn basic color mixing, drawing and painting techniques. Be instructed in the history and theology of the icon. Receive personal instruction and demonstration for each stage of painting. Gain a deeper understanding of the mystical art of the icon and its place in the Church. For more information, contact Michael at [kapeluck@verizon.net](mailto:kapeluck@verizon.net).

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**2019 Camp Nazareth Summer Program** for Pittsburgh will be **July 14-20**. Visit [campnazareth.org](http://campnazareth.org) or our bulletin board for more information. Online registration is opened.

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**Science and Nature Camp** will be on **August 4-10**. Here is the link to all the information.  
<http://campnazareth.org/science-camp> Registration for this event has begun.

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## SPIRITUAL CONSIDERATIONS

*Father can meet M-F 9:30a–4p or by appointment.*  
**Online Community:** Please email Fr. Dave to receive the weekly bulletin via email.  
**Phone Tree** – Please call Fr. Dave to be added.  
**Emergency Sick Calls** – Please notify Fr Dave when you or a family member are going into the hospital or having a procedure so he can pray with you and you may receive the Anointing to be fully prepared.  
**Mystery of Confession** – Opportunities are available after every service, most Saturdays during fasting periods from 11am to 1pm, OR by appointment.  
**Holy Communion/Eucharist** – The reception of the Holy Eucharist is encouraged by all Orthodox Christians who have properly prepared themselves, with fasting from midnight on, regular Confession, and forgiveness for all people. Those who are not Orthodox may receive a *blessing* from the chalice.  
**Lapsed Members** – You are always welcome home and we want you back! Generally speaking, sincere participation in the Mysteries of Confession, Communion, and regular attendance at the divine services are all that is required to begin parish life



anew! See Fr. Dave for specific details.  
**Baptisms** – Please consult Father for details.  
**Adult Chrismation** – New parishioners are always welcome! In the case of adults seeking entrance into the Church, a period of prescribed catechism will be established with Fr. Dave before administration of the Mysteries. An Orthodox Christian sponsor is also required.  
**Marriages** – Are not performed during fasting periods and certain Feast Days. Please consult Father ASAP for details (*before* arrangements are made for the hall).  
**Church Funerals** – are provided for practicing Orthodox Christians who are current in their spiritual and financial obligations; otherwise burial is from the funeral home. The Church does not permit cremation.  
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*"The cremation of bodies is not a Christian act. It is a custom of modern times. The body of a Christian has been sanctified with the Grace of the Holy Spirit, and as such may not be burned. God did not create our bodies for burning."* - Elder Thaddeus of Vitovnica

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## LIVES OF THE SAINTS

Source: [www.orthodoxpittsburgh.com/parish-calendar/orthodox-calendar](http://www.orthodoxpittsburgh.com/parish-calendar/orthodox-calendar) © 1996-2001 by translator Fr. S. Janos

### The Holy Women Martyrs Basilissa and Anastasia

Commemorated on April 28/15

The Holy Women Martyrs Basilissa and Anastasia lived in Rome and were enlightened with the light of the Christian faith by the holy Apostles Peter and Paul. They devoted themselves to the service of the Lord. When the emperor Nero (54-68) persecuted Christians and gave them over to torture and execution, Saints Basilissa and Anastasia intrepidly took up the bodies of the



holy martyrs and gave them reverent burial. Rumours about this reached Nero. Saints Basilissa and Anastasia were then locked up in prison. They subjected them to cruel tortures: they scourged them with whips, tore at their skin with hooks, and burned at them with fire. But the holy martyresses remained unyielding and bravely confessed their faith in Christ the Saviour. By command of Nero they were beheaded with the sword (+ c. 68).

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## LIVING ORTHODOXY



The **Paschal greeting** is a custom among Orthodox Christians, consisting of a greeting and response. Instead of "hello" or its equivalent, greet another person with "Christ is Risen!". The response is "Indeed, He Is Risen!". This greeting is used during liturgical services AND informally at other times, starting with the feast of Pascha (Easter) until Ascension (known as the *Paschal season/Paschaltide*).

**Church Slavonic** – Christos Voskrese!  
Voistinu Voskrese!

**Greek** – Khristós Anésti! Alithós Anésti!

**Romanian** – Hristos a înviat! Adevărat a înviat!  
\*\*\* If greeted in a language you are unfamiliar with, translate and respond in English

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**It Takes Time: Anything that is quickly obtained is also easily lost**

Since we Americans have grown accustomed to having everything happen quickly, and without delay, we also expect our spiritual lives to be on the same quick time line. We don't have the patience to build upon the knowledge of the holy fathers, so we don't practice regular spiritual reading. Our church attendance is limited to the essential Sunday Liturgy, and even then we arrive late and perhaps leave before the Thanksgiving Prayers have been concluded.

If fasting is difficult for us, we don't fast at all. If keeping a Prayer Rule is tedious, we don't try to



develop a set time for our prayers. If our mind wanders during prayer, we let it, avoiding even the least amount of struggle.

We are like gardeners who buy flowers for our gardens that come fully grown, allowing us to drop them into the soil, so they look good without the germination of seeds, providing us with instant beauty. Yet Saint Isaac the Syrian tells us that "anything that is quickly obtained is also easily lost,

whereas everything found with toil is also kept with careful watching."

With love in the Risen Christ, Abbot Tryphon

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**SPIRITUAL VITAMINS FOR THE WEEK**

"If one loses his cross, his life becomes cold and tepid, without cooperation with God." - Metropolitan Saba (Esber)

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"By whatever passions enemies may attack you, endure it without falling into despondency, without anger, meekly and humbly, and do not allow any movement of impatience, malice, murmuring, and blasphemy to arise in your heart." +*Righteous John, Wonderworker of Kronstadt*

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"Blessed is he who strives to please the Lord as others try to please men." +*St. John of the Ladder*

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"The whole idea here is to be able to see the other person as a brother and feel his pain. It is this very pain that moves God and brings about the miracle. For there is nothing else which moves God as much as a noble and sacrificial spirit. But now, in our time, this kind of nobility is rare, because self-love and self-interest have entered the picture." +*St. Paisios of Mount Athos*

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"Once we have gained— through the familiarity of long practice and the guidance of blessed instruction and direction— the ability to repel and dismiss those thoughts which would trouble the heart, we instead water its depths only with those thoughts that come from God. These are thoughts which have their origins in the divine and aim at the virtues." - *Bishop Irenei Steenberg*

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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: Acts 1:1-8**

**The Promise of the Holy Spirit**

1 In the first book, O The-oph'ilus, I have dealt with all that Jesus began to do and teach, <sup>2</sup>until the day when he was taken up, after he had given commandment through the Holy Spirit to the apostles whom he had chosen. <sup>3</sup>To them he presented himself alive after his passion by many proofs, appearing to them during forty days, and speaking of the kingdom of God. <sup>4</sup>And while staying with them he charged them not to depart from Jerusalem, but to wait for the promise of the Father, which, he said, "you heard from me, <sup>5</sup>for John baptized with water, but before many days you shall be baptized with the Holy Spirit."

**The Ascension of Jesus**

<sup>6</sup>So when they had come together, they asked him, "Lord, will you at this time restore the kingdom to Israel?" <sup>7</sup>He said to them, "It is not for you to know times or seasons which the Father has fixed by his own authority. <sup>8</sup>But you shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in



Jerusalem and in all Judea and Samar'ia and to the end of the earth."

**Gospel: John 1:1-17**

**The Word Became Flesh**

1 In the beginning was the Word, and the Word was with God, and the Word was God. <sup>2</sup>He was in the beginning with God; <sup>3</sup>all things were made through him, and without him was not anything made that was made. <sup>4</sup>In him was life, and the life was the light of men. <sup>5</sup>The light shines in the darkness, and the darkness has not overcome it.

<sup>6</sup>There was a man sent from God, whose name was John. <sup>7</sup>He came for testimony, to bear witness to the light, that all might believe through him. <sup>8</sup>He was not the light, but came to bear witness to the light.

<sup>9</sup>The true light that enlightens every man was coming into the world. <sup>10</sup>He was in the world, and the world was made through him, yet the world knew him not. <sup>11</sup>He came to his own home, and his own people received him not. <sup>12</sup>But to all who received him, who believed in his name, he gave power to become children of God; <sup>13</sup>who were

"We should do one hour of Bible reading for every hour we spend watching television [or surfing the internet]." – Joseph Letendre, *When You Pray: A Practical Guide to an Orthodox Life of Prayer*, pg. 32

<sup>14</sup> And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father. <sup>15</sup> (John bore witness to him, and cried,

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*Our Parish Prayer List for Special Intentions and Other Needs \**

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A religious painting of the Virgin Mary holding the Christ Child. Mary is depicted with a serene expression, wearing a blue mantle over a red gown. The Christ Child is seated on her lap, holding a book. Two angels, one on each side, are shown in flight, holding long, thin objects that resemble lances or scepters. The background is a plain, light-colored wall.

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I pray to you, God, for the families of my neighborhood. Visit them. Throw their troubles out of them and bring hope. Make the daily cares that devour the heart disappear. Present solutions to life's problems. Settle the disturbed relationships among members of different families whom I know or do not know. O Lord, remind the people of our area that You exist, that You are a strong and loving Protector. Keep away, Lord, anything that causes the disappearance of peace from souls, and the escape of sleep from our eyes. Stay a little while more tonight in our neighborhood. Spread peace along with the night. Let the harshness of the day and its struggles not spread over the night. Amen.