

Weekly Candle Intentions / Memorials were offered last week by Viola Peifer; Tim Martin; Shuster Family; Lawrence Martin; Michael Puhac; Joanne Nelson; Patty Watson; Cindy Pavilonis; Mary Ann Brady.

“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, Jr., in Memory of Mother, Catherine. May Her Memory Be Eternal! *Vičnaya Pamyat!*



Pittsburgh Deanery Lenten Mission:
Confession, Service, & Fellowship
Each Sunday Vespers begins at **3:00 pm** with
Confessions heard beginning at **2:15 pm**.
A light meal is offered after the service.

All are encouraged to attend our Lenten Missions throughout the Great Fast! **Pray with our Pittsburgh Deanery & see our sister parishes!**
[see below about the retreat in Homestead on 3/28]

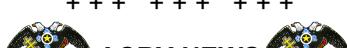


Home Blessing Update:

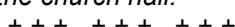
Home Blessing Update:
19 homes (492 miles) and 4 scheduled
Due to Fr. Dave's time lost from a
couple recent illnesses, he will
no longer bless homes during the Great Fast.
on Meatfare Sunday he had 40 homes
assed...) Please talk with Fr Dave today
to yours. He is interested in visiting with
E. Please grab Father when he has his
.k.a. his phone) or email him to schedule.

Anonymous \$10,000 Donor – Thank You! Last week the parish received a generous \$10,000 anonymous donation to the General Funds of the Parish. May God grant you many years!

"When you give alms, do not let your left hand know what your right hand is doing, so that your alms may be in secret; and your Father who sees in secret will reward you." (Matthew 6:3-4)



Pill Bottle Collection – Our ACRY continues its outreach to “Matthew 25: Ministries” who accepts donations of **CLEAN AND EMPTY** plastic medicine pill bottles for inclusion in shipments of medical supplies to countries in need. **PLEASE MAKE SURE THE LABEL IS REMOVED AND IT IS NOT STICKY.** Our pill bottle program fulfills the dual needs of improving medical care in developing countries and caring for our environment. *More information is on the bulletin board in the church hall.*



Coffee Social Steward Schedule

March 1: Open / Meatless Potluck
March 8: Open / Meatless Potluck
March 15: Open / Meatless Potluck

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!



Our Stewardship Gifts To God		
Stewardship:	\$	70
Candles/Eternal Lamp:	\$	141
Envelopes/Stewardship:	\$	365
Total Collections:	\$	576
Relocation Fund:	\$	290

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

Reader of the Third Hour:

March 1: Available to you
March 8: Available to you
March 15: 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!

Congratulations! to Fr. Nicholas and Paňi Stacey Mihaley and their families on the birth of Azariah Noah Mihaly born on 2/20 at 3:28 am (7 lb 1 oz and 19.5 in). Many Years!



All-Soul Saturdays (*Zadušna Subota*) –



The remaining All-Soul Saturday Liturgies with Panachidas for 2020 will be on **March 14th**, **March 21st**, **March 28th**, **April 6th**, and **June 6th**. On these days, we especially pray for the departed loved ones of our families. If you are not working on a Saturday, come to church and pray with us, light two candles (*one for the living and one for the departed*), and remember your departed loved ones. Please inform Fr Dave if there are any additions to be made to the Commemoration Diptychs (*Hramoty*) from last year. Offering Envelopes and cards are available in the vestibule.



LOOKING AHEAD LOCALLY

- ⌘ **Monday**, March 2 – the start of Great Lent – “CLEAN WEEK” Begins – 9:30am The Great Canon of St. Andrew (I)
 - ⌘ **Tuesday**, March 3 – 9:30am The Great Canon of St. Andrew (II)
 - ⌘ **Wednesday**, March 4 – 9:30am The Great Canon of St. Andrew (III);
6 pm – Presanctified Liturgy at the Hampton Inn
 - ⌘ **Thursday**, March 5 – 9:30am The Great Canon of St. Andrew (IV)
 - ⌘ **Sunday**, March 8 – 4:30 Pan-Orthodox Lenten Vespers at Holy Trinity (*details in “Around da Burgh”*)
 - ⌘ **Wednesday**, March 11 – 9:30 Lenten 3rd Hour with reading of the Kathisma (*Book of Psalms*)
6 pm – Presanctified Liturgy at the Hampton Inn
 - ⌘ **Saturday**, March 14 – 9:30 am All Soul Saturday (*Zadušna Subota*) Divine Liturgy & Panachida (^{2nd of 5})
11a – 1p Mystery of Holy Confession offered
 - ⌘ **Sunday**, Mar. 15 – 3 pm Deanery Lenten Mission



"Compel yourselves; say the Prayer; stop idle talk; close your mouths to criticism; place doors and locks against unnecessary words; time passes and does not come back; and woe to us if time goes by without spiritual profit." +Elder Ephraim of Arizona

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ORTHODOXY AROUND DA 'BURGH & OUR DIOCESE



DIOCESE TO BEGIN A NEW FAMILY MINISTRY: "SPF50": Praying together and reading Scripture together are pillars of a Christ-centered Orthodox Christian family. While families may desire to have these activities in their home, they may not be sure how to start. SPF50 intends to help our families bridge that gap.

SPF stands for "Scripture, Prayer, Family" and is designed to equip families to read the scriptures and pray together at home. With the blessing of His Eminence Metropolitan Gregory, the SPF50 team has produced the first installment of this ministry program which will be available beginning **Sunday, February 23**. Each issue will be available both in hard-copy and digital form. A section of the Diocesan website dedicated to SPF50 will also contain supplemental resources to help families get started and maintain participation.

Quality time with our Lord is hard to come by.

Quality time with your family is hard to come by.

SPF50 intends to help families have both.

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Sunday of Orthodoxy Pan-Orthodox Service

- The Orthodox Clergy Brotherhood of Greater Pittsburgh is hosting the annual Sunday of Orthodoxy Service and Celebration on **Sunday, March 8th** at 4:30 pm at Holy Trinity (985 Providence Blvd., Pittsburgh, PA 15237). His Grace, Bishop John, will be the homilist. There will be the annual Procession of the Holy Icons and a Pan-Orthodox Choir singing the responses. Come and celebrate Orthodoxy in Pittsburgh! **"This is the Faith of the Apostles. This is the Faith of the Fathers. This is the Faith of the Orthodox. This is the Faith which has established the Universe."**

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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: 1 Corinthians 8:8-9:2

⁸Food will not commend us to God. We are no worse off if we do not eat, and no better off if we do.⁹ Only take care lest this liberty of yours somehow become a stumbling block to the weak.¹⁰ For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols?¹¹ And so by your knowledge this weak man is destroyed, the brother for whom Christ died.¹² Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ.¹³ Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall.

The Rights of an Apostle

9 Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord?² If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

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Gospel: Matthew 25:31-46

The Judgment of the Nations

³¹ "When the Son of man comes in his glory, and all the angels with him, then he will sit on his glorious throne.³² Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats,³³ and



he will place the sheep at his right hand, but the goats at the left.³⁴ Then the King will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world;³⁵ for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me,³⁶ I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'³⁷ Then the righteous will answer him, 'Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink?'³⁸ And when did we see thee a stranger and welcome thee, or naked and clothe thee?³⁹ And when did we see thee sick or in prison and visit thee?'⁴⁰ And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.'⁴¹ Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels;⁴² for I was hungry and you gave me no food, I was thirsty and you gave me no drink,⁴³ I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.'⁴⁴ Then they also will answer, 'Lord, when did we see thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to thee?'⁴⁵ Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.'⁴⁶ And they will go away into eternal punishment, but the righteous into eternal life.'



Young Adult Spring Retreat - "Engaging the non-religious with the Gospel of Jesus Christ" will be presented by Fr. Sergius Halvorsen (Assistant Professor of Homiletics and Rhetoric at St. Vladimir's Orthodox Theological Seminary) at Camp Nazareth from **March 13-15**. Open to Young Adults 19-35. Fee: \$75 (*Scholarships available*). For more information, email YoungAdultRetreats@gmail.com or see the flyer in the hall. Register at: tinyurl.com/spring2020youngadults.

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The Annual Diocesan Lenten Retreat: For All Orthodox Christians, Family, & Friends – Will take place on **Saturday, March 28th** from 9am-5pm at St Nicholas Orthodox Church (903 Ann Street, Homestead, PA 15120). His Eminence, Metropolitan Gregory will present "Orthodox Love - Agape" for the teens and adults. Fr. Dave Urban will present "Windows to Heaven – Icon of the Hospitality of Abraham & The Feasts Of The Church" for those aged 6-12. The schedule for the day is posted in the church hall. A Continental Breakfast and Light Lunch are included and the cost is covered by a Free Will Offering. (*This is sponsored by the National ACRY.*) The registration deadline is **March 21st** (**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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Visit Our Diocese On-Line

Diocesan Website: www.acrod.org

Camp Nazareth: www.campnazareth.org

FB: www.facebook.com/acroddiocese

Twitter: twitter.com/acroddiocese

You Tube: youtube.com/acroddiocese

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LIVES OF THE SAINTS

The PriestMartyr Charalampios, Bishop of Magnezia, the Martyrs Porphyry and Baptos and the Three Martyresses

Commemorated on February 23/10



The PriestMartyr Charalampios, Bishop of Magnezia, the Martyrs Porphyry and Baptos and the Three Martyresses suffered in the year 202.

Saint Charalampios, bishop of the Thessalonian city of Magnezia (northwest region of Greece), successfully spread faith in Christ the Saviour. News about his preaching reached the governor of the district Lucian and the military-commander Lucius. The saint was arrested and brought to trial, where he firmly confessed his faith in Christ and refused to offer sacrifice to idols. Despite the decrepit age of the bishop (he was already 113 years of age), they subjected him to monstrous tortures: they lacerated his body with iron hooks, while they scourged all his skin from head to foot. During this the saint turned to his tormentors: "I bless you, brethren, ye have restored my spirit!"

Having seen the endurance of the elder and his complete lack of malice, two soldiers – Porphyry and Baptos openly confessed Christ, for which they were immediately beheaded with a sword. Being present at the sufferings of bishop Charalampios were likewise three women who began to glorify Christ and were quickly martyred.

The enraged Lucius himself seized hold of the instruments of torture and began to tear at the priest-martyr, but suddenly his hand was cut off as though by a sword. Also arriving at the place of execution the governor spat in the face of the saint, and immediately he bent backwards. Then Lucius began to beseech the saint for forgiveness, and through his prayer both torturers at once received healing. During this a multitude of witnesses came to believe in Christ. Among them also was Lucius, who fell at the feet of the holy elder, begging forgiveness.

Lucian reported about the occurrence to the emperor

Septimus Severus (193-211), situated at this time at Pisidian Antioch (western part of Asia Minor). The emperor gave orders to bring Saint Charalampios to him, and this was done with a stupid ferocity: they dragged the priest-martyr, having tied a rope to his beard. The emperor then gave orders to torture the bishop more intensely, and they began to burn at him with fire. But the Power of God aided to the saint, and he remained unharmed. Besides this, miracles were done through his prayer: he raised up a dead youth, and healed a demoniac tormented by devils for 35 years, so that the people in a multitude began to believe in Christ the Saviour. Even Galina the daughter of the emperor began to believe in Christ, and twice smashed idols in a pagan temple. By order of the emperor they beat the saint with stones about the mouth, and they wanted to set afire his beard, from which the flames went forth burning the torturer. Full of wickedness, Septimus Severus and his dignitary Crispus hurled blasphemy at the Lord, mockingly summoning Him to come down to the earth, and bragging of their own power and might. In wrath the Lord quaked the earth, great fear fell upon all, both the impious ones were suspended in mid-air held by invisible bounds, and only by the prayer of the saint were they put down. The dazed emperor was shaken in his former impiety, but again quickly fell into error and gave orders to torture the saint. And finally, he sentenced him to beheading with a sword. During the time of his final prayer, the saint was vouchsafed to behold the Saviour Himself and besought Him to grant that place where his remains would repose, in peace, would be fruitful for people, bringing forgiveness of sins and salvation. The Lord promised to fulfill the request and ascended to heaven, bearing with Him the soul of the priestmartyr Charalampios – who through the mercy of God accepted a peaceful death before execution. The daughter of the emperor, blessed Galina, buried the body of the martyr with great honour.

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LIVING ORTHODOXY

SIX ACTION STEPS

For An Intentional And Joyful New Year (Focus on a new beginning)

By Stacey Dorrance from www.filledwithless.com

#1 - Thank God For Our Blessings

#2 - Be Present

#3 - Forgive & Show Mercy

#4 – Simplify & Lighten Up

#5 – Create A Budget

continued from last week...

#6 – FIND BALANCE BETWEEN RELATIONSHIPS AND TASKS

We live in a task-driven society. This can help us lead productive lives, but may leave our friendships and relationships wanting. It can also lead to stress and anxiety. Let's not let tasks dominate our lives.

The same goes with technology. As my nephew says, "Hang up and hang out!"

Social media may give the pretense of connecting us to others, but may also create FOMO (Fear of Missing Out), false comparisons and envy, while eating up vital time from our life. Let's put our close relationships before our 700 Facebook 'friends' and 500 Instagram 'followers.'

IN CLOSING:

Planning our days and implementing these action steps with intentionality, prayerfulness and an eternal perspective will lead to a joyful 2020. And as C.S. Lewis said, "Joy is the serious business of heaven."

"Therefore, if anyone is in Christ, he is a new creation. Old things have passed away; behold, all things have become new." 2 Cor. 5:17

"The Christian engages in this action [prayer], not as a selfish pursuit aimed solely at the benefit of his own person, but because he knows that it is in the genuine ascesis of the heart that authentic Christian mission has its true foundation. Without it [prayer], he scrambles to aid a broken world while broken himself; he tries to offer healing of an ailment of which he suffers most of all."

- Bishop Irenei Steenberg, *The Beginnings of a Life of Prayer* p.51

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THE CHURCH: A Spiritual Hospital, A Clinic, A Hospice, A Therapeutic Center, And A Fitness Center

Our Orthodox Church has always seen herself as a hospital for the soul, the place where her children can seek healing. It is within her walls that we find the medicine we need to make us holy (whole), and where we can find the means for transformation that opens the doors to the Kingdom of God. It is within her walls that we gain access to our true inheritance, and enter into communion with God.

Adolf Harnack, in his book "The Mission and Expansion of Christianity: The First Three Centuries", wrote, "Christianity never lost hold of its innate principle; it was, and it remained, a religion for the sick. Accordingly it assumed that no one, or at least hardly any one, was in normal health, but that men were always in a state of disability."

"We unite ourselves to Him, in so far as this is possible, by participating in the godlike virtues and by entering into communion with Him through prayer and worship." +St. Gregory Palamas

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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(s)*.

Through the prayers of the Theotokos, deliver *him/her/them* from sickness and bitter pain. Heal *him/her/them* so that *he/she/they* may sing to You and always praise You for You alone love us. Amen.

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For the Health of... Fr. Jonathan Tobias, Misha, all children battling illnesses, Patricia, Paňi Eleanor, Fr. Michael Rustick, Lexi, Gabriella, Kevin, Daniel, John, Susan, John, Alexandra D., Paňi Marie, Sonja, Anna Mae, Eleanor D., Viola, Juliana, Fredrick, Kenneth, Michael, Roberta, Lino, June ...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... Metropolitan Gregory, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Andrea, Jason, Tyrone, Sarah, Amee, Joshua, John, Kathryn, Rose, Charles, Justin our seminarians: Thomas, John, Daniel and Dylan and our Church Council, Curators, and Relocation Committee: Matthew, Lawrence, Timothy, Theresa, Rich, Gina, Robert, Jane, Anthony, Mary Jane, Steven, Kenneth, Jillian, John, Wendy, John, Margaret, John, John, 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):
(contact Fr. Dave with your Patron Saint)

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Birthday Prayers for... Fr Stephen Krivonak (2/23),

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Fr William Bennett (2/28), His-All Holiness Patriarch Bartholomew I (2/29/40) ...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, Daniel, Susan ...through the prayers of St. Paul the Apostle, St. Mary Magdalene, and St. John Maximovitch.

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For those preparing for Marriage... Carly & Kyle, Ashley & Derek ...through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.

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For Pregnant Mothers... Mallory Ann, Caitlinn, Alison, Paňi Illeana, Faith ...through the prayers of St Anna, the mother of the Virgin Mary, & 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... +Melanie Kurtz (1/25), +Robert Perevuznik, Sr. (1/21) +Father Michael Shuster (1/21), +George Rocknage (1/19) ...May the Lord God grant them blessed repose where there is no pain sorrow or mourning. May their Memory in God be Eternal! Vičnaya Pamyat!

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* This is to be used for the special intentions of our brothers and sisters in Christ and can be inserted as a prayer itself into our daily prayers. Please let Fr. Dave know if you 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 only Orthodox Christians.



DEVOTIONAL PRAYER FOR THE WEEK:

Sticheron at Matins from the Lenten Triodion

Open to me the doors of repentance, O Life-Giver;
for my spirit hastens early towards Your holy temple, bearing the temple of my body all defiled;
but in Your compassion purify me by Your gracious mercy. Amen.