



# 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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Cheesefare

**MARCH 1st**

FAREWELL TO CHEESE TODAY



**Adam and Eve are cast from Paradise!**

FORGIVENESS SUNDAY

Epistle: Romans 13:11-14:4

Gospel: Matthew 6:14-21

Ask each other for forgiveness each evening this week before bed.

9:15 – Third Hour; 9:30 - Divine Liturgy

Tone 4

Liturgical Color: **Gold → Purple**

Rite of Forgiveness following the Liturgy; Church School

## SERVICES, SAINTS, AND READINGS FOR THE WEEK

**Clean Monday**, March 2 – the start of **Great Lent** – 9:30am Canon of Repentance (I)

**Clean Tuesday**, March 3 – 9:30am Canon of Repentance (II)

**Clean Wednesday**, March 4 – 9:30am Canon of Repentance (III)

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

**Clean Thursday**, March 5 – 9:30am Canon of Repentance (IV)

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



## Mon	Saint Leo the Great, Pope of Rome (461)	Isaiah 1:1-20	Genesis 1:1-13	Proverbs 1:1-20
** Tue	Apostle Philemon of the Seventy (1st c.).	Isaiah 1:19-2:3	Genesis 1:14-23	Prov. 1:20-33
** Wed	Venerable Leo of Sicily (ca. 780)	Isaiah 2:3-11	Gen. 1:24-2:3	Prov. 2:1-22
** Thu	Venerable Timothy of Symbola in Bithynia (795)	Isaiah 2:11-21	Genesis 2:4-19	Prov. 3:1-18
** Fri	Venerable Athanasius the Confessor (826)	Isaiah 3:1-14	Gen. 2:20-3:20	Prov. 3:19-34
** Sat	Hieromartyr Polycarp, bishop of Smyrna (167)	Heb. 1:1-12		Mark 2:23-3:5

**\*\* The Great Fast - Let us imitate Christ & the Saints & fast as they did! ## Especially Strict Fast on Monday**

1st Sunday of Lent

**MARCH 8th**



GREAT LENT BEGINS WITH FORGIVENESS VESPERS

**SUNDAY of ORTHODOXY**

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

Gospel: John 1:43-51

Bring an icon to church for a procession.

9:15 – Third Hour; 9:30 - Divine Liturgy

Tone 5

Liturgical Color: **Gold → Purple**

DAYLIGHT SAVINGS TIME BEGINS; Icon Procession at the end of the Liturgy; Church School

4:30 pm – Pan-Orthodox Lenten Vespers at Holy Trinity in the North Hills (see “Around da Burgh” below)

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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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*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 in the vestibule of the Church or by contacting Fr. Dave. An additional stewardship offering to the Church is requested.



## PARISH BULLETIN BOARD ANNOUNCEMENTS



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

**“Clean Week”** – The 1<sup>st</sup> week of the Great Fast, also known as “clean week”, there will be a service Monday through Thursday in the morning at the church. The Wednesday evening Presanctified Liturgy will be at the Hampton Inn off of the Wexford exit of 79 (2622 Wexford Bayne Road, Sewickley, PA 15143) at an earlier time this year of **6:00 pm** (we will be eating an hour earlier and getting home an hour earlier). I encourage all of the faithful to come to this beautiful Lenten Service, especially parents to bring their kids! (If you need a ride, please let Father know.)

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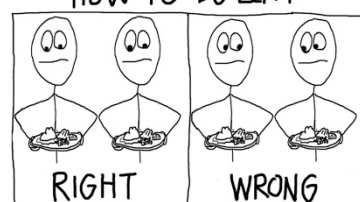


**The Canon of Repentance** – The Great Canon of St Andrew is a wonderful service to start the Great Fast with. The full text of the Canon is divided between the first four days of the week. Each service is about an hour long. I pray that you make an effort to come.

**Fellowship Meal following Presanctified** – After our Liturgy of the Presanctified Gifts at the Hampton Inn, a beautiful 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.

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HOW TO DO LENT



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**Weekly Candle Intentions / Memorials** were offered last week by Viola Peifer; Tim Martin; Shuster Family; Kirish Family; Eleanor Sanger; Mirilovich Family; Michael Puhac; Joanne Nelson; Margaret Rusnak; Theresa Sharpless; 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 Helen Sarraf, In Memory of Parents, George and Mary Huron, and siblings, John Huron, Anna Louise Pavilonis, Michael Huron, and Marie Veronica Huron; and by Cindy Pavilonis, Birthday Remembrance, Aunt Agnes. May Their Memory Be Eternal! Vičnaya Pamyat!

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**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](http://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)

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**Bring an Icon to Church** – Next week on **Orthodoxy Sunday**, you are encouraged to bring an icon from home to use in the procession of icons at the end of the Divine Liturgy.

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**ACRY NEWS**



**Pill Bottle Collection** – Our ACRY continues it's 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.*

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**All-Soul Saturdays (Zadušna Subota)** – The remaining All-Soul Saturday Liturgies with Panachidas for 2020 will be on **March 14<sup>th</sup>, March 21<sup>st</sup>, March 28<sup>th</sup>, April 6<sup>th</sup>, and June 6<sup>th</sup>.** 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.

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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

### Our Stewardship Gifts To God

Stewardship:	\$ 761
Candles/Eternal Lamp:	\$ 366
Envelopes/Stewardship:	\$ 810
Community Outreach:	\$ 220
Parish House Offering:	\$ 200
<b>Total Collections:</b>	<b>\$ 2357</b>
<b>Capital Improvement Fund:</b>	<b>\$ 25</b>
<b>Relocation Fund:</b>	<b>\$ 370</b>

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### Reader of the Third Hour:

March 8: Available to you

March 15: John Kirish

March 22: 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!*

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### Coffee Social Steward Schedule

March 8: **Open / Meatless Potluck**

March 15: **Open / Meatless Potluck**

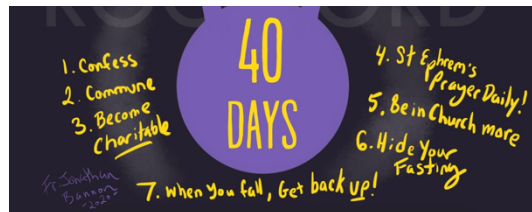
March 22: **Open / Meatless Potluck**

### Home Blessing Update:

23 homes (535 miles) and 6 scheduled

**Due to Fr. Dave's time lost from a couple recent illnesses, he will continue to bless homes during the Great Fast. Please talk with Fr Dave today to schedule yours.** He is interested in visiting with EVERYONE. Please grab Father when he has his calendar (a.k.a. his phone) or email him to schedule.

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### LOOKING AHEAD LOCALLY

- ✱ **Wednesday 3/11** – 9:30 Lenten 3<sup>rd</sup> Hour with reading of the Kathisma (*Book of Psalms*)  
**6 pm** – Presanctified Liturgy at the Hampton Inn
- ✱ **Saturday 3/14** – 9:30 am All Soul Saturday (*Zadušna Subota*) Liturgy & Panachida (*2nd of 5*)  
11a – 1p Mystery of Holy Confession offered
- ✱ **Sunday 3/15** – 3 pm Deanery Lenten Mission
- ✱ **Wednesday 3/18** – 9:30 Akathist Hymn to the Passion of our Lord Jesus Christ  
**6 pm** – Presanctified Liturgy at the Hampton Inn
- ✱ **Thursday 3/19** – 9:30 Paraklis to the Theotokos
- ✱ **Saturday 3/21** – 9:30 am All Soul Saturday (*Zadušna Subota*) Liturgy & Panachida (*3rd of 5*)  
11a – 1p Mystery of Holy Confession offered
- ✱ **Sunday 3/22** – 3 pm Deanery Lenten Mission

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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 8<sup>th</sup>** 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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**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](mailto:YoungAdultRetreats@gmail.com) or see the flyer in the hall. Register at: [tinyurl.com/spring2020youngadults](http://tinyurl.com/spring2020youngadults).

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**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.

**March 15** – Ambridge; homilist: Seminarian Dan Katz

**March 22** – East Pittsburgh; homilist: Fr. Nik Ferencz

**March 29** – North Side; homilist: Fr. Joseph Fester

**April 5** – Rankin; homilist: Fr. Vincent Dranginis

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

– Will take place on **Saturday, March 28<sup>th</sup>** 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 21<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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**Lenten Retreat: "Surprising Saints: Holy Peoples' Struggles and Triumphs Can Inspire Our Lives."** – will be at St. John the Baptist Orthodox Church (601 Boone Ave., Canonsburg, Pa 15317) on **Saturday, April 4<sup>th</sup>** from 10a to 1p. Matushka Valerie Zahirsky's will present the talk about this group of Saints. This event is free and does not require a reservation (though RSVPs are appreciated at 201-704-6217 or [frdavidvernak@verizon.net](mailto:frdavidvernak@verizon.net)). All Are Welcome!

#### 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)

## 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:** Romans 13:11-14:4

#### An Urgent Appeal

<sup>11</sup> Besides this you know what hour it is, how it is full time now for you to wake from sleep. For salvation is nearer to us now than when we first believed; <sup>12</sup> the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; <sup>13</sup> let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. <sup>14</sup> But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

#### Do Not Judge Another

<sup>14</sup> As for the man who is weak in faith, welcome him, but not for disputes over opinions. <sup>2</sup> One believes he may eat anything, while the weak man eats only vegetables. <sup>3</sup> Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. <sup>4</sup> Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.



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**Gospel:** Matthew 6:14-21

<sup>14</sup> For if you forgive men their trespasses, your heavenly Father also will forgive you; <sup>15</sup> but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

#### Concerning Fasting

<sup>16</sup> "And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. <sup>17</sup> But when you fast, anoint your head and wash your face, <sup>18</sup> that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

#### Concerning Treasures

<sup>19</sup> "Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, <sup>20</sup> but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. <sup>21</sup> For where your treasure is, there will your heart be also.

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## ST. JOHN'S MONTHLY COMMUNITY OUTREACH

**ZOE for Life!** – The National Junior ACRY is pleased to announce the 2020 Lenten Mission Project to support *ZOE for Life!* Serving the Southern Tier of New York State. ZOE is a non-profit Christ-centered support organization with three major goals: (1) to help



women who need confidential emotional and spiritual support during crisis pregnancies; (2) to assist Orthodox Christians seeking to adopt; and (3) to provide an education for Pure Living and other resources. *Thank you in advance for your prayers and offerings this month!*

LIVES OF THE SAINTS

The Holy Martyr Theodore of Tyre

Commemorated on March 1 / February 17 and on Saturday of the 1st week of the Great Lent

The Holy Martyr Theodore of Tyre was a soldier in the city of Alasium of the Pontine district (northeast province of Asia Minor, stretching alongside the coast of the Pontus Euxine, i.e. the Black Sea), under the command of a certain Brincus. They commanded him to offer sacrifice to idols. Saint Theodore firmly and in a loud voice confessed his faith in Christ the Saviour. The commander gave him several days to think it over, during which time Saint Theodore prayed intensely. They charged him with setting afire a pagan temple and threw him into prison for death by starvation. The Lord Jesus Christ appeared to him there, comforting and encouraging him. Brought again to the governor, Saint Theodore yet once more boldly and fearlessly confessed his faith, for which he was subjected to new torments and condemned to burning. The martyr Theodore without hesitation climbed onto the bon-fire and with prayer and laudation gave up his holy soul to God.

This occurred in about the year 306 under the Roman emperor Gallorius (305-311). Unharmed by the fire, the body of Saint Theodore was buried in the city of Eukhaitakheia, not far from Amasium. His relics were



afterwards transferred to Tsa'grad, to a church dedicated to his name. His head is situated in Italy, in the city of Gaeto.

Later on, 50 years after the martyr's death of Saint Theodore, the emperor Julian the Apostate (361-363), wanting to commit an outrage upon the christians, commanded the city-commander of Constantinople during the first week of Great Lent to sprinkle all the food provisions in the market-places with the blood of idol-sacrifices. Saint Theodore, having appeared in a dream to archbishop Eudoxios, ordered him to inform all the christians, – that no one should buy anything at the market-places, but rather to eat cooked wheat with honey – kolivo ( kut'ya or sochivo). In memory of this occurrence the Orthodox Church annually makes celebration of the holy GreatMartyr Theodore of Tyre on Saturday of the first week of Great Lent. On the eve of Saturday, on Friday, in the Divine Liturgy of the Pre-Sanctified Gifts after the amvon prayer there is read the molieben-kanon to the holy GreatMartyr Theodore, compiled by the monk John Damascene. After this, kolivo is blessed and distributed to the faithful. The celebration to the GreatMartyr Theodore on Saturday of the first week of Great Lent was set by the Patriarch of Constantinople Nektarios (381-397).

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LIVING ORTHODOXY



To assist the faithful in making the most of this holy season, additional resources have been added to our Diocesan Website at: [www.acrod.org/prayercorner/lentenresources/](http://www.acrod.org/prayercorner/lentenresources/)

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THE LENTEN JOURNEY:

Transformation through the Lenten Journey

The Byzantine Court was filled with sycophants, busying themselves with building alliances that would help them rise in status and influence. During the thousand years of the empire, a few emperors were tricked into believing these sycophants were truly their friends, and could be trusted, when in actuality they were being played, and these flatterers were not their friends. These sycophants were quick to change allegiances should a better opportunity arise, and many an emperor was, in the end, betrayed by those whom they'd thought could be trusted.

These flatterers lacked courage, and in their dishonesty faked loyalty to the Emperor, and in the end, the whole of the Empire would suffer. Had these people been true citizens of the Empire, and not focused on their own advancement, the Emperor would have enjoyed the loyalty of a citizen who put the Empire before self. In the end, the Emperor would be betrayed, and the Empire would have suffered yet another round of intrigue.

As we prepare to enter into the Lenten journey, let us reexamine our own relationships. Are we sycophants, or do we speak from the heart, without thought for self promotion? Are we true friends to those with whom we share our lives, or are we always thinking only of ourselves? Do we really desire to serve those who are over us, or do we think only of our own advancement? Do we really desire to grow in the Faith, or are we only focused on the here and now? Are we like the emperor, only surrounding ourselves with flatterers, people who tell us what we want to hear, or are we

ready to receive the feedback that would actually help us grown spiritually?

Let us in all humility beseech the Lord, during this Great and Holy Fast, seeking the transformation that is ours through His grace, offering ourselves as a living sacrifice, expecting, because of His loving kindness, to be made whole. Finally, let us not be flatters and betrayers of others, but true friends, always putting ourselves last. Let us love God above all else, and let us love others as ourselves. With God's help, this Lenten journey will be the most spiritually profitable of them all.

With love in Christ, Abbot Tryphon

Book Suggestion for the Great Fast:  
The Orthodox Study Bible

Inspired by the new SPF50 ministry of our diocese, I encourage ALL OF US to pick up our Bibles and read it more beginning with Great Lent!

Here are some ways to consider doing this:

- ✧ follow the prescribed weekly readings in SPF50
- ✧ follow the daily readings (on page 1 above)
- ✧ begin a schedule of reading the New Testament in a year... or the Old Testament... or the whole Bible. A schedule can be found at: [www.michaelhyatt.com/myresources/osb-bible-reading-plan.pdf](http://www.michaelhyatt.com/myresources/osb-bible-reading-plan.pdf)

Not all Bibles are the same. (Different translations have different books in them.) We have the complete Orthodox Study Bible (OSB) available in our parish bookstore at a super price! One could also purchase the OSB for Kindle at just \$ 14.99.



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