



# 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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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**

Icon Procession; Church School; 4:30 pm - Pan-Orthodox Lenten Vespers (see "Around da Burgh" below)

## SERVICES, SAINTS, AND READINGS FOR THE WEEK



**Wednesday, March 11 – 9:30 am** Lenten 3<sup>rd</sup> Hour with reading of the Kathisma (*Book of Psalms*)

\* **6:30 \* pm** – Presanctified Liturgy at the Hampton Inn (2622 Wexford Bayne Road, Sewickley, PA 15143)

**Saturday, March 14 – 9:30 am** All Soul Saturday (*Zadušna Subota*) Liturgy & Panachida <sup>(2nd of 5)</sup>

**11 am – 1 pm** Mystery of Holy Confession offered

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

** Mon	St. Tarasius, archbishop of Constantinople (806)	Isaiah 4:2-6, 5:1-7	Genesis 3:21-4:7	Proverbs 3:34-4:22
** Tue	St. Porphyrius, bishop of Gaza (420)	Isaiah 5:7-16	Genesis 4:8-15	Proverbs 5:1-15
** Wed	Venerable Procopius the Confessor (~750)	Isaiah 5:16-25	Genesis 4:16-26	Proverbs 5:15-6:3
** Thu	Venerable Basil the Confessor (747)	Isaiah 6:1-12	Genesis 5:1-24	Proverbs 6:3-20
** Fri	Venerable John Cassian (435)	Isaiah 7:1-14	Genesis 5:32-6:8	Proverbs 6:20-7:1
** Sat	Martyr Eudocia of Heliopolis (152)		Hebrews 3:12-16	Mark 1:35-44

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

2nd Sunday of Lent

**MARCH 15th**



**ST GREGORY PALAMAS**

Epistle:

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

Tone 6

Liturgical Color: **Purple**

*YOUTH Sunday; Church School; In Ambridge: 2:15 Confessions; 3:00 Vespers*

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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.)

**Fellowship Meal following Presanctified** – After our Liturgy of the Presanctified Gifts at \* **6:30 \* pm** 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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**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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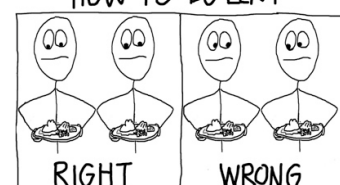
**Having flu-like symptoms? Physically unable to make it to church?** (*Snowed In? well, that didn't happen this year*) – Our diocese is blessed with the opportunity to watch our Cathedral's Divine Liturgy every Sunday at 9am. The best scenario is to attend the Divine Liturgy and receive the Eucharist, but when limitations occur, please take the time Sunday morning to pray with our brothers and sisters via the *live broadcast* on the web at [www.acrod.org/organizations/cathedral/live/](http://www.acrod.org/organizations/cathedral/live/).

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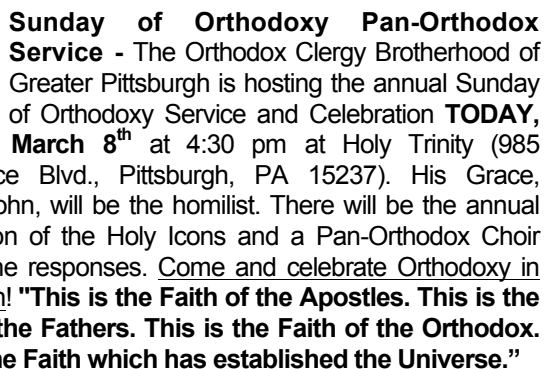
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**HOW TO DO LENT**

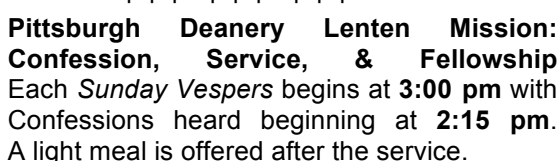


Quality time with our Lord is hard to come by.  
Quality time with your family is hard to come by.  
SPF50 intends to help families have both.





**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).



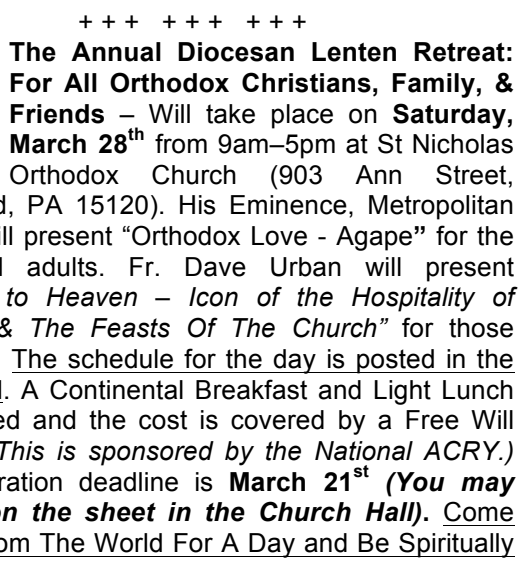
**March 15** – Ambridge; homilist: Seminarian Dan Katz  
(450 Glenwood Drive, Ambridge, PA 15003)

**March 22** – East Pittsburgh; homilist: Fr. Nik Ferencz  
(211 Cable Avenue, East Pittsburgh, PA 15112)

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

**April 5** – Rankin; homilist: Fr. Vincent Dranginis  
(146 Third Avenue, Rankin, PA 15104)

All are encourage to attend our Lenten Missions throughout the Great Fast! **Pray with our Pittsburgh Deanery & see our sister parishes!**



**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](http://www.facebook.com/acroddiocese)

Twitter: [twitter.com/acrodnews](https://twitter.com/acrodnews)

You Tube: [youtube.com/acroddiocese](https://www.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:** Hebrews 11:24-26, 11:32-12:2

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

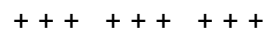
<sup>32</sup> And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—<sup>33</sup> who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions,<sup>34</sup> quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight.<sup>35</sup> Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life.<sup>36</sup> Others suffered mocking and scourging, and even chains and imprisonment.<sup>37</sup> They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—<sup>38</sup> of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth.

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

## The Example of Jesus

**12** Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight,

and sin which clings so closely, and let us run with perseverance the race that is set before us,<sup>2</sup> looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.



**Gospel:** John 1:43-51

## Jesus Calls Philip and Nathanael

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

## LIVES OF THE SAINTS

## First (4th c.) and Second (452) Findings of the Precious Head of St. John the Baptist

Commemorated on (leap year) Mar. 8 / Feb. 24

After the cutting off of the Head of the Prophet, Forerunner and Baptist John (Comm. 29 August), his body was buried by disciples in the Samaritan city of Sebasteia, and the venerable head was hidden by Herodias in an unclean place. Pious Joanna, wife of king Herod's steward Chuza (there is made mention about him by the holy evangelist Luke – Lk 8: 3), secretly took the holy head and placed it into a vessel and buried it on the Mount of Olives – in one of the properties of Herod. After many years this property passed into the possession of the dignitary Innocentius, who began to build a church there. When they dug a trench for the foundation, the vessel with the venerable head of John the Baptist was uncovered. Innocentius recognised the great holiness of it from the signs of grace occurring from it. Thus occurred the First Discovery of the Head. Innocentius preserved it with great piety, but before his own death, fearful so that the holy relic should not be abused by unbelievers, he again hid it in that same place, where it was found...Upon his death the church fell into ruin and was destroyed.

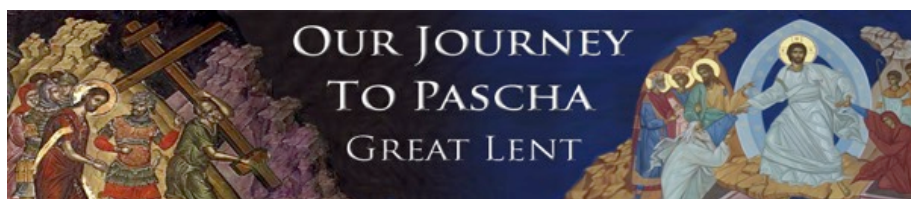
During the days of Equal-to-the-Apostles Constantine the Great (+ 337, Comm. 21 May), when the Christian faith began to flourish, the holy ForeRunner himself appeared twice unto two monks journeying to Jerusalem on

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pilgrimage to the holy places, and he revealed the location of his venerable head. The monks uncovered the holy relic and, placing it into a sack of camel-hair, they proceeded homewards. Along the way they encountered an un-named potter and gave him to carry the precious burden. Not knowing what he was carrying, the potter continued on his way. But the holy ForeRunner himself appeared to him and ordered him to flee from the careless and lazy monks, together with that which was in his hands. The potter concealed himself from the monks and at home he preserved the venerable head with reverence. Before his death he sealed it into a water-carrying vessel and gave it over to his sister. From that time the venerable head was successively preserved by pious christians, until the priest Eustathios infected with the Arian heresy – came into possession of it. He seduced a multitude of the infirm, healed by the holy head, adding abundance to the heresy. When his blasphemy was uncovered, he was compelled to flee. Having buried the holy relic in a cave, near Emessus, the heretic intended to afterwards return and again take possession of it for disseminating falsehood. But God did not permit this. Pious monks settled into the cave, and then at this place arose a monastery. In the year 452 Saint John the Baptist in a vision to the archimandrite of this monastery Marcellus indicated the place of concealment of his head. This became celebrated as the Second Discovery. The holy relic was transferred to Emessus, and later to Constantinople.

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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## EUCHARIST AS A SACRIFICE

The Orthodox Church believes the Eucharist to be a sacrifice. As is heard in the Liturgy, "We offer unto You, Yours of Your own, in behalf of all and for all."

1. At the Eucharist, the sacrifice offered is Christ himself, and it is Christ himself who in the Church performs the act of offering: He is both priest and victim.

2. We offer unto You. The Eucharist is offered to God the Trinity — not just to the Father but also to the Holy Spirit and to Christ Himself. So, what is the sacrifice of the Eucharist? By whom is it offered? and to whom is it offered? In each case the answer is Christ.

3. We offer for all: according to Orthodox theology, the Eucharist is a propitiatory sacrifice, offered on behalf of both the living and the dead.

The Church teaches that the sacrifice is not a mere figure or symbol but a true sacrifice. It is not the bread that is sacrificed, but the very Body of Christ. And, the Lamb of God was sacrificed only once, for all time. The sacrifice at the Eucharist consists, not in the real and bloody immolation of the Lamb, but in the transformation of the bread into the sacrificed Lamb.

All the events of Christ's sacrifice, the Incarnation, Last Supper, Crucifixion, Resurrection, and Ascension are not repeated in the Eucharist, but they are made present.

**REAL, SYMBOLIC, OR MYSTICAL**

The Eucharist is both symbolic and mystical. Also, the Eucharist in the Orthodox Church is understood to be the genuine Body and Blood of Christ, precisely because bread and wine are the mysteries and symbols of God's true and genuine presence and his manifestation to us in Christ.

The mystery of the Holy Eucharist defies analysis and explanation in purely rational and logical terms. For the Eucharist, as Christ himself, is a mystery of the Kingdom of Heaven which, as Jesus has told us, is "not of this world." The Eucharist, because it belongs to God's Kingdom, is truly free from the earth-born "logic" of fallen humanity.

From John of Damascus: "If you enquire how this happens, it is enough for you to learn that it is through the Holy Spirit ... we know nothing more than this, that the word of God is true, active, and omnipotent, but in its manner of operation unsearchable".

from <https://orthodoxwiki.org/Eucharist>

### 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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“What is perfection in love? Love your enemies in such a way that you would desire to make them your brothers and sisters ... For so did He [Jesus Christ] love, Who hanging on the Cross, said 'Father, forgive them, for they know not what they do.'” +St. Augustine of Canterbury

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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.



God-mother, Andrea Babbie (3/10), Allen Dzambo (3/11), Jack Scherer (3/12) ...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 Mnohaya I Blahaya L'ita!

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

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

**Anniversary Prayers for...** ...May God fill them with His grace that they may continue to live in unity with Him!

**For Pregnant Mothers...** Mallory Ann, Caitlinn, Allison, Pañi Ileana, Faith ...through the prayers of St Anna, the mother of the Virgin Mary, & St Irene Chrysovalantou.

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

**For the souls of the newly departed...** ...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!

\* 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.

**For the Health of...** Pañi Connie, Fr. Jonathan Tobias, Misha, Pañi Eleanor, Fr. Michael Rustick, Lexi, Gabriella, Kevin, Daniel, John, Susan, John, Alexandra D., Pañi 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.

**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.

**Patronal Feast Days (Name's Day):** (contact Fr. Dave with your Patron Saint)

**Birthday Prayers for...** Randall Paieski (3/09), Father's nephew, Michael Verbanick (3/9), Father's

DEVOTIONAL PRAYER FOR THE WEEK:

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]

