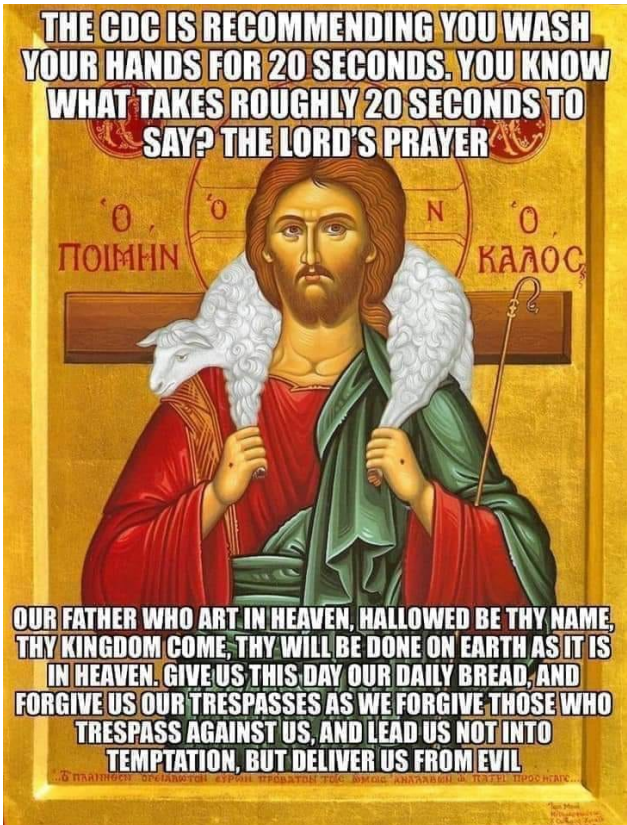




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Weekly Candle Intentions / Memorials were offered last week by Tim Martin; Patty Watson; Cindy Pavilonis.
"I am the light of the world; he who follows Me will not walk in darkness, but will have the light of life." - John 8:12

The **Eternal Lamp** was offered last week by John Gaydos, Jr., in Memory of Mother, Catherine. May Her Memory Be Eternal! Vičnaya Pamjat!



Additional prayer options when washing hands include *O Heavenly King, Hail Mary*, sing *You are truly deserving...*, or say the *Jesus Prayer* multiple times.

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**Coffee Social is
SUSPENDED UNTIL FURTHER NOTICE**

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Church School is SUSPENDED Until Further Notice
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Morning Services are SUSPENDED Until Further Notice
(until the daycare reopens)
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Wednesday Night Presanctified Liturgies are CANCELLED for the remainder of the Great Fast
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Home Blessings are SUSPENDED Until Further Notice
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The previous few measures are being taken to limit close contact with one another, or "social distancing". These are temporary and we will get through this together! Be mindful of cleanliness, please continue to wash your hands, and by all means, keep your faith and trust in God!



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All-Soul Saturdays (Zadušna Subota) – The remaining All-Soul Saturday Liturgies with Panachidas for 2020 will be on **March 28th** (WITH PRIEST AND CANTOR PRESENT ONLY) and **June 6th**. On these days, we especially pray for the departed loved ones of our families. Please inform Fr Dave if there are any additions to be made to the Commemoration Diptychs (*Hramoty*) from last year.

"Live in constant glorification of and thanksgiving towards God, for the greatest sin is ingratitude and the worst sinner is the ungrateful person." - Saint Paisios the Athonite

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Our Stewardship Gifts To God

Stewardship:	\$ 195
Candles/Eternal Lamp:	\$ 54
Envelopes/Stewardship:	\$ 225
Wednesday Presanctified:	\$ 260
Total Collections:	\$ 734
Relocation Fund:	\$ 100

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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Weekly Offerings to God – During this interesting time that we are in, we request that all weekly donations be mailed to:

Tim Martin
2225 McAleer Road
Sewickley, PA 15143

For our parish to continue it's ministries, outreach, and general bill paying, we need your generosity to continue.

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Paschal Commemorations – We offer you the opportunity to sponsor items to be used during Holy Week and Pascha as commemorations: *anonymously, for the health of loved ones, OR in memory of departed loves ones*. If you are interested in making any of these commemorations, PLEASE EMAIL FR. DAVE by **Palm Sunday (April 12)** and give an *additional free-will stewardship offering* to the Church. These items are still available:

- ✕ Processional Candles
- ✕ Incense for Censer
- ✕ Charcoal for Censer
- ✕ Priest's Triple Paschal Candle
- ✕ Vespertal Loaves
- ✕ Sacramental Wine
- ✕ Eucharist Bread
- ✕ Pascha Bulletin
- ✕ 2 Decorated Candles on Altar
- ✕ 2 Candles on Preparation Table
- ✕ 4 Candles in front of Iconostasis
- ✕ 2 Decorated Candles on Tetrapod
- ✕ Festive Oil

Thank you in advance for your prayers and support of our parish!

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31 Books of March^{XL} Sale – The Ancient Faith Store is offering different books for 50% off each day of the month of March! Visit the site daily or sign up for their emails and keep an eye out for a book that will help you along your Spiritual Journey!
Visit: www.store.ancientfaith.com



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LOOKING AHEAD LOCALLY

✕ **Saturday April 11 – 9:30 am Divine Liturgy**

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Spring Cleaning is CANCELED – The previously scheduled Spring Cleaning on Saturday, April 4 is CANCELLED.

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LIVES OF THE SAINTS

Source: www.orthodoxpittsburgh.com/parish-calendar/orthodox-calendar © 1996-2001 by translator Fr. S. Janos

The Holy 40 Martyrs martyred at Sebasteia Lake Commemorated on March 22/9

In the year 313 Saint Constantine the Great issued an edict, from which the Christians were permitted freedom of belief and made equal with pagans under the law. But his co-ruler Licinius was prevailed upon by pagans, and in his part of the empire he decided to eradicate Christianity, which had become considerably widespread there. Licinius prepared his soldiery to fight against Constantine and, fearing mutiny, he decided to rid Christians from his army.

One of the military-commanders of that time in the Armenian city of Sebasteia was Agricolaus, a zealous proponent of paganism. Under his command was a company of forty Cappadocians – brave soldiers – who emerged victorious from many a battle. All of them were Christians. When these soldiers refused to offer sacrifice to the pagan gods, Agricolaus locked them up in prison. The soldiers immersed themselves in diligent prayer, and at one point during the night they heard a voice: "Persevere until the end, then shalt ye be saved".

On the following morning the soldiers were again taken to Agricolaus. This time the pagan tried the method of flattery. He began to praise their valour, their youthfulness and strength; and again he urged them to renounce Christ and thereby win themselves the respect and favour of their emperor. And again hearing their refusal, Agricolaus gave orders to shackle the soldiers. But the eldest of them, Kyrion, said: "The emperor has not given thee the right to put shackles upon us". Agricolaus became embarrassed and gave an order to take the soldiers back to prison without shackles.

Seven days later, the reknown judge Licius arrived at Sebasteia and held trial over the soldiers. The saints steadfastly answered: "Take not only our military insignia, but also our lives, since nothing is more precious to us than Christ God". Licius thereupon ordered the holy martyrs to be beaten with stones. But the stones flew past them entirely; and the stone thrown by Licius, hit Agricolaus in the face. The torturers realised that the saints were guarded by some invisible force. In prison, the soldiers spent the night at prayer and again they heard the voice of the Lord comforting them: "Believing in Me, if anyone shalt die he shalt live. Be brave and fear not, since ye shall obtain crowns imperishable".

On the following day also the judge repeated the



interrogation in front of the torturer, but the soldiers remained unyielding.

It was winter, and there was a strong frost. They lined up the holy soldiers, led them to a lake located not far from the city, and placed them under guard on the ice all night. In order to break the will of the martyrs, a warm bath-house was set up not far away on the shore. During the first hour of the night, when the cold had become unbearable, one of the soldiers could not hold out and made a dash for the bath-house, but barely had he stepped over the threshold, that he fell down dead. During the third hour of the night the Lord sent consolation to the martyrs: suddenly there was light, the ice melted away, and the water in the lake became warm. All the guards were asleep, except for one who kept watch by the name of Aglaios. Looking at the lake he saw, that over the head of each martyr there had appeared a radiant crown. Aglaios counted thirty-nine crowns and realised, that the soldier who fled had lost his crown. Aglaios thereupon woke up the other guards, discarded his uniform and said to them: "I too – am a Christian" – and he joined the martyrs. Standing in the water he prayed: "Lord God, I believe in Thee, in Whom these soldiers do believe. To them add me also, and esteem me worthy to suffer with Thy servants".

In the morning the torturers beheld with surprise that the martyrs were alive, and their guard Aglaios was glorifying Christ together with them. They then led the soldiers out of the water and broke their legs. At the time of this horrible execution the mother of the youngest of the soldiers, Meliton, pleaded with her son not to endure and suffer everything all the way to death. They put the bodies of the martyrs on a cart and committed them to fire. Young Meliton was still breathing, and they left him to lay on the ground. His mother then pulled up her son, and on her own shoulders she carried him behind the cart. When Meliton gasped out his last breath, his mother put him on the cart amidst the bodies of his fellow sufferers. The bodies of the saints were committed to fire, and they then threw the charred bones into the water, so that Christians would not gather them up.

Three days later the martyrs appeared in a dream to Blessed Peter, bishop of Sebasteia, and commanded him to give their remains over to burial. The bishop together with several clergy gathered up the remains of the glorious martyrs by night and buried them with honour.

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A Song of Trust in God Alone: Psalm 62:5-8

Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

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ORTHODOXY AROUND DA 'BURGH & OUR DIOCESE



DIOCESE 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. HOW ARE YOU DOING WITH THIS?

PLEASE EMAIL FATHER DAVE. IF YOU DID NOT PICK UP THE INITIAL MATERIALS, PLEASE LET FATHER DAVE KNOW ASAP. 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.*

Continuous Moleben to the Cross this Thursday - An exciting project will be taking place this Thursday. The Diocese is sponsoring the live streaming of the Moleben to the Holy Cross every half hour for at least twelve hours starting with St. John the Baptist Church in Perth Amboy, NJ at 8am on Thursday. This will stream from a different parish every half hour. (North Side will be at 5:30pm) You can follow the services from the Diocesan Facebook page at www.facebook.com/acroddiocese/ It will be a good chance for you to see other priests in our Diocese serve - what an awesome opportunity! Join in when you can and as often as you can to pray with the rest of our diocese.

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CANCELLED: 2020 Pittsburgh Deanery Lenten Mission each Sunday of Great Lent
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CANCELLED: The Annual Diocesan Lenten Retreat scheduled for Saturday, March 28th
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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/acrodnews
You Tube: youtube.com/acroddiocese

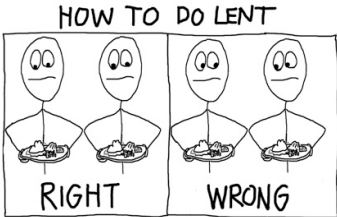
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SUNDAY’S SCRIPTURE READINGS

“Of all the afflictions that burden the human race, there is not one, whether spiritual or bodily, that cannot be healed by the Holy Scriptures.” +Saint John Chrysostom

Epistle: Hebrews 4:14-5:6
Jesus the Great High Priest
¹⁴Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. ¹⁵For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. ¹⁶Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.
5 For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. ²He can deal gently with the ignorant and wayward, since he himself is beset with weakness. ³Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. ⁴And one does not take the honor upon himself, but he is called by God, just as Aaron was.
⁵So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, “Thou art my Son, today I have begotten thee”;
⁶as he says also in another place,
“Thou art a priest for ever, after the order of Melchiz’edek.”

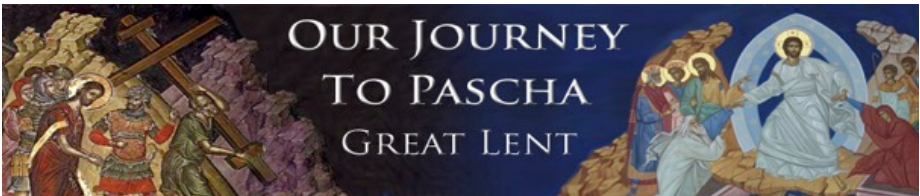


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Gospel: Mark 8:34-9:1
³⁴And he called to him the multitude with his disciples, and said to them, “If any man would come after me, let him deny himself and take up his cross and follow me. ³⁵For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel’s will save it. ³⁶For what does it profit a man, to gain the whole world and forfeit his life? ³⁷For what can a man give in return for his life? ³⁸For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” ⁹ ¹And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power.”



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The Divine Shepherd: Psalm 23:1-4
The Lord is my shepherd, I shall not want. He makes me lie down in green pastures. He leads me beside still waters, He restores my soul. He leads me in paths of righteousness for His name’s sake. Even though I walk through the valley of the shadow of death, I fear no evil; for You are with me; Your rod and Your staff, they

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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/

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THE PANDEMIC UPON US: Let this plague serve as a call to reorient our gaze
The State of Washington has greatly reduced the number of people who can be gathered in public places, including our churches. Given the lack of faith demonstrated by so many, blaming bishops and priests for the closure of churches, can we imagine how these same people would react should it become

known that one of their fellow parishioners got the Coronavirus while attending the Liturgy?
We clergy need to protect our people, even though many of us must now suffer attacks from the very people we love and serve, while being accused of being fearful and unfaithful, as we close down our parishes to public services, trying as best we can to be obedient to the rules put down by our federal government. One bishop I know has suffered greatly

by having had to endure such attacks on his own faithfulness, as he "closed down the hospital".

This pandemic should be a reminder to all of us that we should be in prayer, seeking an end to the epidemic. This whole time of church closures must not be seen as based on fear, or a sign that the Church is betraying her people, but rather, a time for all of us to go deep within ourselves, worshiping before the Holy Trinity, pleading to God not only dispel the pandemic, but to heal the souls of people who have turned our sights to earthly pleasures, while distancing ourselves from the things of God.

Let this plague that has come down upon us, serve as a call to reorient our gaze, as we turn away from things of a secular nature, and look towards the things of God. Our focus must not be toward the material world, but toward heavenly things, the things of God. We can even see this pandemic as a blessing, really, since we are now asked by our Federal Government to refrain from gatherings of more than ten people, and sequester ourselves in our homes. What better way to continue our Lenten journey towards the celebration of Pascha, the Resurrection of Jesus Christ from the dead!

With the closure of public gatherings across the country, including the closure of many churches, we now have been given the opportunity to turn from all secular temptations, such as concerts, sporting events, bars and restaurants, movie houses, and all other kinds of secular distractions, and focus on our inner life. We now have the opportunity of rekindling our personal prayer lives, joining other family members in using our prayer books, lighting lampada and candles before our family icons, and building up the "domestic church".

This is not the time to simply spend hours playing Monopoly, or watching television, but a God allowed time to turn our collective gaze upon the Holy Scriptures, and building up our personal prayer life, something that has long been sidelined by earthly distractions.

Finally, let us see these trying times as allowed by God, for humanity's sake. Let us see this pandemic as an opportunity to return our collective gaze upon the things that really matter, those things of an eternal nature. Let us repent, as a people who have long ceased to make faith central to our lives, and actively live as committed Christians.

Let us not place blame on those who lead us, but rather pray with earnest, "Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders (Prayer in Time of Epidemic)." And let us remember that "the Lord seeks out the heart, not the appearance (Saint Paisius of Sihla)".

Even if we are unable to attend services in our churches, we must remember that the grace imparted from the Bloodless Sacrifice is still efficacious, even if we are barred from the temple while the Divine Liturgy is being celebrated, just as we are blessed by the Holy Mysteries during those times when we are in attendance, but not receiving Holy Communion. Every time the Divine Liturgy is celebrated, grace pours out upon the people of God. Every time the Divine Liturgy is celebrated, the Church Militant here on earth, is united to the Church Triumphant in heaven. Every time the Divine Liturgy is served, we are united to Christ, and to each other.

Let us not give in to the lies of the Evil One, for God is with us, just as God was with His people during the Soviet persecution of the Church, when the services were forbidden, and churches were razed to the ground.

With love in Christ,
Abbot Tryphon

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**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

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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“Prayer is the place of refuge for every worry...” +St. John Chrysostom

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PRAYER CORNER

Our Parish Prayer List for Special Intentions & 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... Pañi Connie, Fr. Jonathan Tobias, Misha, Pañi Eleanor, Fr. Michael Rustick, Ella, 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.*

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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 Outreaches ...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... Daniel Gavulich (3/23), Annie Jesko (3/24) ...*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!

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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... Lauren & Corey, Ashley & Derek ...*through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

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For Pregnant Mothers... Mallory Ann, Allison, Pañi Ileana, 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,

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and Trevor Meegan ...*through the prayers of St George, the Great-Martyr & Wonderworker.*

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For the souls of the newly departed... +Ron ...*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 PRAYERS FOR THE WEEK:



Prayers to add to your personal prayers during the Coronavirus Pandemic

Furthermore, we pray to You, O Lord, that You come to our aid now during the global spread of the Coronavirus, and be with the families of those who are sick and who have died. May the sick regain their strength and health, and as they worry and grieve, defend them from further illness and despair. Heal us from our fear, which prevents nations from working together and neighbors from helping one another. Give wisdom and strength to our President, our federal government, our state governments, together with the leaders of all nations, and give them foresight to act with charity and true concern for the well-being of the people they serve. Give them the added wisdom to invest in long-term solutions that will help prepare for and prevent future outbreaks. Let us all say: O Lord, hear us and have mercy.

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Furthermore, we pray to You, O Lord, that You be with the doctors, nurses, researchers and all medical professionals who seek to heal those affected and who put themselves at risk in the process. Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders. We pray that You stay by our side in this time of uncertainty and sorrow. Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, we pray that You stay with us as we endure and mourn, prepare and persist. Let us all say: O Lord, hear us and have mercy.

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A Prayer in Time of Epidemic

Lord our God, You who are rich in mercy, and who, with careful wisdom, direct our lives, listen to our prayer, receive our repentance for our sins, bring an end to this new infectious disease, this new epidemic, just as you averted the punishment of your people in the time of David the King. You, who are the Doctor of our souls and bodies, grant restored health to those who have been seized by this illness, raising them from their bed of suffering, so that they might glorify You, Merciful Savior, and to those who are healthy keep them from every sickness. By your grace, Lord, bless, strengthen, and preserve, all those who out of love and sacrifice care for the sick, either in their homes or in the hospitals. Remove all sickness and suffering from your people, and teach us to value life and health as gifts from You. Give us Your peace, O God, and fill our hearts with unflinching faith in Your protection, hope in Your help, and love for You and our neighbor. For Yours it is to have mercy on us and save us, O our God, and to You we give glory: Father, Son, and Holy Spirit, now and forever, to the ages of ages. Amen.

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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]