



# 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)



2688 California Avenue

Pittsburgh, Pa 15212

412-748-0148, Talk or Text

[OrthodoxPittsburgh1932@gmail.com](mailto:OrthodoxPittsburgh1932@gmail.com)

[www.OrthodoxPittsburgh.com](http://www.OrthodoxPittsburgh.com)

4th Sunday of Lent

**MARCH 29th**



## ST JOHN of the LADDER

Epistle:

Hebrews 6:13-20

Gospel:

Mark 9:17-31

Every time you climb stairs this week  
ask St. John to help you reach  
Paradise with the sign of the cross!

ONLINE: Liturgy of St. Basil

Tone 8

Liturgical Color: **Purple**

**SERVED BY PRIEST & CANTOR ONLY** with Additional Prayers for COVID-19, Coronavirus



## SERVICES, SAINTS, AND READINGS FOR THE WEEK

Please try and watch as many online services as you can this week (see address in the bulletin board)  
Thursday, April 2 – 8am to 8pm Moleben to the Theotokos every ½ hour from around our Diocese



** Mon	Venerable Alexis the Man of God (411)	Isaiah 37:33-38:6	Genesis 13:12-18	Proverbs 14:27-15:4
** Tue	Saint Cyril, Archbishop of Jerusalem (386)	Isaiah 40:18-31	Genesis 15:1-15	Proverbs 15:7-19
** Wed	St. Matrona (1938)	Isaiah 41:4-14	Genesis 17:1-9	Proverbs 15:20-16:9
** Thu	Martyr Photina the Samaritan Woman (66)	Isaiah 42:5-16	Genesis 18:20-33	Proverbs 16:17-17:17
** Fri	St. Cyril, bishop of Catania (2nd c.)	Isaiah 45:11-17	Genesis 22:1-18	Proverbs 17:17-18:5
** Sat	Martyr Callinica of Rome (2nd c.)		Hebrews 9:24-28	Mark 8:27-31

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

5th Sunday of Lent

**APRIL 5th**



## ST MARY of EGYPT

Epistle:

Hebrews 9:11-14

Gospel:

Mark 10:32-45

Ask the Theotokos to offer you  
and the world pure thoughts  
and ideas this week.

ONLINE Liturgy of St. Basil

Tone 1

Liturgical Color: **Purple**

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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:

In memory of

+Lawrence H. Martin

(3/25/98)

on the anniversary

of his passing.

May his memory

be eternal!



## PARISH BULLETIN BOARD ANNOUNCEMENTS



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

**Solitude** – “Self-quarentining” and “social distancing” are terms I had never heard of before. The

Coronavirus is forcing us into solitude. *St. John of the Ladder, who we remember today, spent 40-years of ascetic labors in solitude!* In this state of seclusion, find the blessings in our scenario during Great Lent.

For many, having more time at home can allow for more personal **prayer** and praying along with online services. Increase your **fasting** with smaller food portions (as we are making less trips to the grocery store). For **almsgiving**, continue to support St. John's and your other charitable organizations.

I miss praying with you and our fellowship, but this is temporary! Eternity is forever and this is our opportunity to prepare ourselves to have Liturgy with the Saints. – Fr. Dave

[Please keep up with “The 48 Days to the ‘Great Day’”. (If you did not get one – please let me know ASAP.) and continue to drink your Holy Water everyday!]

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**Praying with online services from your domestic-church** - Sunday Liturgies at St. John's will be celebrated **BUT WITH ONLY THE PRIEST AND CANTOR IN ATTENDANCE**. This comes from the Protocol from our Metropolitan. We will pray for our parish and the world. PLEASE watch services online! Here are the words of Fr. Matthew Dutko

concerning watching services online:

*“Wake up at the normal time that you always do on a Sunday. If you have kids, wake them up. Shower, get dressed in your Sunday finest and gather together in front of a computer screen.*

*Light a candle and burn some incense [if you do not have any, contact Fr. Dave who can recommend online sites to order from]. When the Liturgy begins, pray and sing as you always do.*

*Even though you will be in your home-church, don't let the distractions of being in your own home get in the way. For that hour or so, you will be with your parish family in prayer. I know it's not the same, but we will still be praying to our Lord, all together, all at the same time; just like we always do.”*

Our diocese is blessed with the opportunity to watch our Cathedral's Divine Liturgy every Sunday at 9am (and other services). The best scenario is to attend the Divine Liturgy and receive the Eucharist, but with these current limitations, please take the time Sunday morning, Wednesday evening, and throughout the week 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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**Having flu-like symptoms? PLEASE KEEP FR. DAVE POSTED ON ANY ILLNESSES SO TO BE ADDED TO OUR PRAYER LIST!**



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**Weekly Candle Intentions / Memorials** were offered last week by ...  
*"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 ...

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**Candles in Church** – If you wish for Father to light your weekly candles, please email or call him with your intentions and mail your candle donation to Tim Martin.  
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**LIVE-STREAMING Services for Lent, Holy Week, and Pascha from 5 Parishes** - Ancient Faith Radio is happy to offer a selection of live, video-streaming services during Great Lent, Holy Week, and Pascha, representing a variety of jurisdictions. Services can be viewed at: [www.ancientfaith.com/live-services](http://www.ancientfaith.com/live-services)  
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**Easter Candy** – Delivery date for the candy orders is **April 1<sup>st</sup>** (I kid you not!). Delivery will be to Father's house. He will be in touch with those who have orders.  
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**"20 seconds" of Prayer** – Following the CDC recommendations, as you wash your hands, instead of singing your ABCs, pray! It takes roughly 20-seconds to pray *The Lord's Prayer*, sing *O Heavenly King*, pray *Hail Mary (twice)*, sing *You are truly deserving*, or say the *Jesus Prayer* (5 times).  
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**Church School is SUSPENDED Until Further Notice** – Please consider online Church School opportunities that are out there! Please contact Fr. Dave if you are interested in some websites...  
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**31 Books of March<sup>XL</sup> 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](http://www.store.ancientfaith.com)  
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**Newspaper Bags** – Do you receive the newspaper at home? Father would greatly appreciate if you could save the bags that they come in for his family. Thank you in advance!  
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**Now On Instagram** (stjohnthebaptistnspgh) – Our Parish now has an Instagram page! Father will need some time to figure this out, but more details coming soon...  
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Our Stewardship Gifts To God	
Stewardship:	\$ 320
Candles/Eternal Lamp:	\$ 0
Envelopes/Stewardship:	\$ 20
Community Outreach:	\$ 5
<b>Total Collections:</b>	<b>\$ 345</b>
<b>Relocation Fund:</b>	<b>\$ 0</b>
Give Generously: <i>"For they gave according to their means... and beyond their means, of their own free will."</i> 2 Cor 8:3	



**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
- ✕ Vespereal 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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📖 **LOOKING AHEAD LOCALLY** 📖

- ✕ **Tuesday**, April 7 – Feast of the Annunciation
- ✕ **Saturday**, April 11 – Lazarus Saturday

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

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"The forgetting of wrongs is a sign of true repentance. But he who dwells on them and thinks that he is repenting is like a man who thinks he is running while he is really asleep." +St. John of the Ladder

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**LIVES OF THE SAINTS**

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

**The Holy Martyr Sabinus**  
Commemorated on March 29/16

The Holy Martyr Sabinus was governor of the Egyptian city of Hermopolis. During the time of persecution against christians under the emperor Diocletian (284-305), Saint Sabinus hid himself away



with like-minded companions in a remote village. But his dwelling-place was revealed for two gold coins given to a certain ungrateful beggar, whom the saint had constantly fed and helped with money. Together with six other christians, Sabinus was seized, and after torture they were all drowned in the Nile (+287).

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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.*

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**Continuous Moleben to the Theotokos Thursday -** The Diocese is sponsoring the live streaming of the **Moleben to the Theotokos** every half hour for at least twelve hours on Thursday starting at 8am. This will stream from a different parish every half hour. You can follow the services from the Diocesan FB page at [www.facebook.com/acroddiocese/](http://www.facebook.com/acroddiocese/) (and hopefully from the website as well). 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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**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](http://twitter.com/acrodnews)  
You Tube: [youtube.com/acroddiocese](http://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 6:13-20**

**The Certainty of God's Promise**

<sup>13</sup>For when God made a promise to Abraham, since he had no one greater by whom to swear, he swore by himself, <sup>14</sup>saying, "Surely I will bless you and multiply you." <sup>15</sup>And thus Abraham, having patiently endured, obtained the promise. <sup>16</sup>Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. <sup>17</sup>So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, <sup>18</sup>so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. <sup>19</sup>We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, <sup>20</sup>where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchiz'edek.

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**Gospel: Mark 9:17-31**

<sup>17</sup>And one of the crowd answered him, "Teacher, I brought my son to you, for he has a dumb spirit; <sup>18</sup>and wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." <sup>19</sup>And he answered them, "O faithless generation, how long am I to be with you? How long am



I to bear with you? Bring him to me." <sup>20</sup>And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. <sup>21</sup>And Jesus asked his father, "How long has he had this?" And he said, "From childhood." <sup>22</sup>And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." <sup>23</sup>And Jesus said to him, "If you can! All things are possible to him who believes." <sup>24</sup>Immediately the father of the child cried out and said, "I believe; help my unbelief!" <sup>25</sup>And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." <sup>26</sup>And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." <sup>27</sup>But Jesus took him by the hand and lifted him up, and he arose. <sup>28</sup>And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" <sup>29</sup>And he said to them, "This kind cannot be driven out by anything but prayer."

**Jesus Again Foretells His Death and Resurrection**

<sup>30</sup>They went on from there and passed through Galilee. And he would not have any one know it; <sup>31</sup>for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

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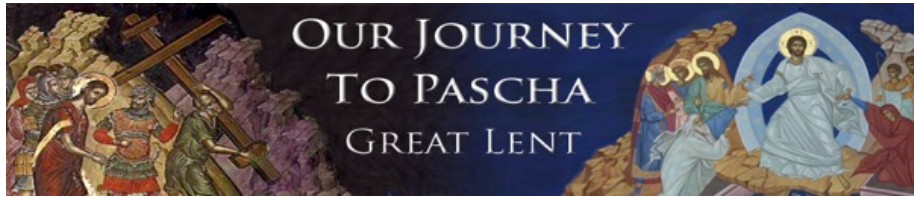
**The Divine Shepherd: Psalm 23:1-4**

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 comfort me.

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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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### SEQUESTERED: Our Lenten journey sequestered into the heart of the desert

This period of the Great Lenten Fast, especially during a time when most Americans are confined to their homes because of the pandemic, is the perfect time to confront our sinful habits and weaknesses, such as the spirits of impatience, depression, and so on, for we've been gifted with an increased period of time where we can give ourselves over to private prayer.

Rather than concentrate on the pandemic that is upon us, let us turn our hearts towards the things of God. Through spiritual reading, along with building up the Church's tradition of the Domestic Church, we can turn this into a contemplative time that most of us never have a chance to experience, but that the soul longs for.

As tragic as this period of the pandemic is for our nation, and our world, there can be a silver lining, if we only let our hearts be open to the possibilities. Many priests have shared with me that this has been the most grace-filled Lenten journey they've ever experienced.

As for me, being in that particularly dangerous age group, (I'm seventy-four, and have a heart condition), it is a time to look deep within my soul, and seek out the Lord like I've never done before. Sequestered in my monastery, with the gate closed to all pilgrims, I have been gifted with the opportunity to focus on

repentance, and my interior life. This may be the worst of times, but it has the potential to be the best of times.

In Psalm 39:12-13, we read, "Hear my prayer, O Lord, And give ear to my cry; Do not be silent at my tears; For I am a stranger with You, A sojourner, as all my fathers were. Remove Your gaze from me, that I may regain strength, Before I go away and am no more."

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.)

Try to use the complete *Orthodox Study Bible (OSB)*. Available for purchase online or just \$14.99 for Kindle.

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

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## PRAYER CORNER

*Our Parish Prayer List for Special Intentions & Other Needs*

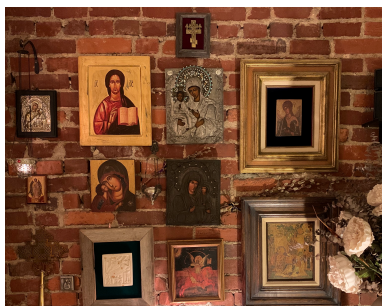
**A Prayer For The Sick:** O Christ, You alone are prompt to defend us; quickly visit Your suffering servant **name(s)**. Through the prayers of the Theotokos, deliver **him/her/them** from sickness and bitter pain. Heal **him/her/them** so that **he/she/they** may sing to You and always praise You for You alone love us. Amen.

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**For the Health of...** Fr. Michael Ellis, Gregory, Nicholas, 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, for all those battling viruses ...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...** Marianne Kubis (3/29), Kenneth Watson (3/29), Ben Anton (3/30), Louis Deluca (4/3) ...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, and Trevor Meegan ...*through the prayers of St George, the Great-Martyr & Wonderworker.*

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

+Phylliss Stienstra (3/28), mother of Fr. Dcn. Stienstra, +Harry (3/23), +Ron (3/19) ...*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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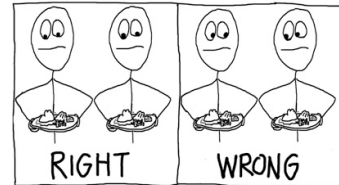
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\* This is to be used for the special intentions of our brothers and sisters in Christ and can be inserted as a prayer itself into our daily prayers. Please let Fr. Dave know if you wish to make additions or subtractions (*in the case of answered prayers*) 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.

HOW TO DO LENT



## 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]**



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