Saint John the Baptist Orthodox Church

A Parish of the American Carpatho-Russian Orthodox Diocese, Ecumenical Patriarchate of Constantinople ather Dave Urban, Pastor 2688 California Avenue, Pittsburgh, Pa 15212 412-748-0148, Talk or Text

Very Reverend Father John Brancho, Pastor Emeritus Timothy Martin, Reader

Matthew Peifer, Stephen Brancho, & John Radick, Cantors Matthew Peifer, Church Council President

Instagram: SJB Orthodox Pittsburgh www.facebook.com/pg/St-John-the-Baptist-Orthodox-Church-of-Northside-Pittsburgh-169297619784149

May 17, 2020



5th Sunday of Pascha: Sunday of the Samaritan Woman

Divine Liturgy SERVED BY PRIEST & CANTOR ONLY Tone 4

Liturgical Color: White

OrthodoxPittsburgh1932@gmail.com

www.OrthodoxPittsburgh.com

Epistle: Acts 11:19-26, 29-30; Gospel: John 4:5-42 Memory Eternal to God loving Bishop +Methodios Kanchuha (5/16/82) & God loving Bishop +Peter Shymansky (5/17/64)

SERVICES, SAINTS, AND READINGS FOR THE WEEK

Our Cathedral's Online Schedule Of Services (www.acrod.org/organizations/cathedral/live/): Sunday 9 am Divine Liturgy

Saturday 6 pm Great Vespers

on of the Most Holy Theotokos, "Inexhaustible Cup" (1878)	Acts 12:12-17	Jahn 0.40 E1
	100 12.12-11	John 8:42-51
enerable Job, abbot and wonderworker of Pochaev (1651)	Acts 12:25-13:12	John 8:51-59
ommemoration of the Apparition of the Sign of	Acts 13:13-24	John 6:5-14
e Precious Crossover Jerusalem in 351 A.D		
oly Apostle and Evangelist John the Theologian (98-117)	Acts 14:20-27	John 9:39-10:9
rophet Isaiah (8th c. B.C.)	Acts 15:5-34	John 10:17-28
postle Simon the Zealot (1st. c.)	Acts 15:35-41	John 10:27-38
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* Let us Imitate Christ and the Saints and Fast as they did!

No Kneeling in Prayer and Replace "O Heavenly King" with the Paschal Tropar (3 times)

May 24 – 6th Sunday of Pascha: Sunday of the Blind Man

9:20 - Paschal Canon; 9:30 - Divine Liturgy Tone 5 Liturgical Color: White

Epistle: Acts 16: 16- 34; Gospel: John 9: 1- 38 THE CHURCH WILL REOPEN WITH A 25 PARISHIONER LIMIT. MORE INFORMATION BELOW

Cemetery Grave Blessings at about 11:30 (Panachida will be served at the church) +++ +++ +++ +++ +++ +++ +++ +++ +++

A Warm Welcome To Our Visitors!

Christ Is Risen! (responded with: Indeed He Is Risen!) Christos Voskrese! (Voistinu Voskrese!)

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! + + ++ + ++ + + +++ +++ +++ +++ + + ++ + ++ + +

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 contacting Fr. Dave (email, text, or call). An additional stewardship offering to the Church is requested.

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: Acts 11: 19- 26, 29- 30

The Church in Antioch

¹⁹ Now those who were scattered because of the persecution that arose over Stephen traveled as far as Phoeni'cia and Cyprus and Antioch, speaking the word to none except Jews.²⁰ But there were some of them, men of Cyprus and Cyre'ne, who on coming to Antioch spoke to the Greeks also, preaching the Lord Jesus.²¹ And the hand of the Lord was with them, and a great number that believed turned to the Lord. ²² News of this came to the ears of the church in Jerusalem, and they sent Barnabas to Antioch. ²³ When he came and saw the grace of God, he was glad; and he exhorted them all to remain faithful to the Lord with steadfast purpose; ²⁴ for he was a good man, full of the Holy Spirit and of faith. And a large company was added to



the Lord. ²⁵ So Barnabas went to Tarsus to look for Saul; ²⁶ and when he had found him, he brought him to Antioch. For a whole year they met with the church, and taught a large company of people; and in Antioch the disciples were for the first time called Christians.

²⁹ And the disciples determined, every one according to his ability, to send relief to the brethren who lived in Judea; ³⁰ and they did so, sending it to the elders by the hand of Barnabas and Saul.

Paschal Greeting (used instead of 'hello', before 'good morning', etc.) Christ IS risen! (responded with: Indeed He IS risen!)

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Volume V

Gospel: Mark 15:43–16:8

⁵So he came to a city of Samar'ia, called Sy'char, near the field that Jacob gave to his son Joseph. ⁶Jacob's well was there, and so Jesus, wearied as he was with his journey, sat down beside the well. It was about the sixth hour.

⁷There came a woman of Samar'ia to draw water. Jesus said to her, "Give me a drink." ⁸ For his disciples had gone away into the city to buy food. ⁹The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samar'ia?" For Jews have no dealings with Samaritans.¹⁰ Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." ¹¹ The woman said to him, "Sir, you have nothing to draw with, and the well is deep; where do you get that living water? ¹² Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" ¹³ Jesus said to her, "Every one who drinks of this water will thirst again, ¹⁴ but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life." 15 The woman said to him, "Sir, give me this water, that I may not thirst, nor come here to draw."

¹⁶ Jesus said to her, "Go, call your husband, and come here." ¹⁷ The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; ¹⁸ for you have had five husbands, and he whom you now have is not your husband; this you said truly." ¹⁹ The woman said to him, "Sir, I perceive that you are a prophet. ²⁰ Our fathers worshiped on this mountain; and you say that in Jerusalem is the place where men ought to worship." ²¹ Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. ²⁴ God is spirit, and those who worship him must worship in spirit and truth." ²⁵ The woman said to him, "I know that Messiah is coming (he who is called Christ); when he comes, he will show us all things." ²⁶ Jesus said to her, "I who speak to you am he."

²⁷ Just then his disciples came. They marveled that he was talking with a woman, but none said, "What do you wish?" or, "Why are you talking with her?" ²⁸ So the woman left her water jar, and went away into the city, and said to the people, ²⁹ "Come, see a man who told me all that I ever did. Can this be the Christ?" ³⁰ They went out of the city and were coming to him.

³¹ Meanwhile the disciples besought him, saying, "Rabbi, eat." ³² But he said to them, "I have food to eat of which you do not know." ³³ So the disciples said to one another, "Has any one brought him food?" ³⁴ Jesus said to them, "My food is to do the will of him who sent me, and to accomplish his work. ³⁵ Do you not say, 'There are yet four months, then comes the harvest'? I tell you, lift up your eyes, and see how the fields are already white for harvest. ³⁶ He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. ³⁷ For here the saying holds true, 'One sows and another reaps.' ³⁸ I sent you to reap that for which you did not labor; others have labored, and you have entered into their labor."

³⁹ Many Samaritans from that city believed in him because of the woman's testimony, "He told me all that I ever did." ⁴⁰ So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. ⁴¹ And many more believed because of his word. ⁴² They said to the woman, "It is no longer because of your words that we believe, for we have heard for ourselves, and we know that this is indeed the Savior of the world."

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Anonymous Feelings of Gratitude:

[Please share with Fr. Dave something that you are surprised that you became grateful for during our quarantine time. Anonymous inspirations will be shared in the bulletin. (Please see the: Fear Zone → Learning Zone → Growing Zone: "Where am I during COVID-19?" in the Pascha Bulletin.)]

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GUEST SERMON

Let's not be afraid to receive each day's surprise, whether it comes to us as sorrow or as joy. (Henri Nouwen)

Christ is Risen!

I have a wonderful surprise to share with you today. Though, of course, surprises aren't always pleasant... Especially when they reveal something you're not ready for.

In today's Gospel reading, Jesus meets a woman at a well. It's about noon on a hot day, and Jesus is very thirsty. So He asks the woman for a drink. Yet, as they speak, it becomes clear that Jesus isn't merely asking her for water. Instead, He surprises the woman by offering her water.

Living water.

The water that I shall give him will become in him a

spring of water welling up to eternal life. (John 4:14) As they speak, it becomes clear that Jesus knows a lot about the woman. Much more than any regular man would know... And the woman, to her surprise, finally understood who she was talking to:

Come, see a man who told me all that I ever did. Can this be the Christ? (John 4:29)

And she immediately began telling this news to anyone who would listen. This, of course, is surprising in its own way. Because a woman became one of the earliest preachers of the Gospel. And she shared this Good News, not amongst the Jews, but among the Samaritans.

Which is exactly what we see in today's reading from the Book of Acts, as the Church continued to spread to surprising places.

Even now, two thousands years later, these readings can be a challenge for us because there may be ways that we're still putting boundaries around the Gospel today...

May our risen Lord help us spread the Gospel spread anywhere and everywhere.

Peace,

Steve Christoforou, Y2M ministries

Paschal Greeting in Church Slavonic: Christos voskrese! (Voistinu voskrese!) If greeted in a language you are unfamiliar with, translate & respond in English (then learn the response)

"When tested by some trial, you should try to find out **not** why or through whom it came, but only **how** to endure it gracefully, without distress or rancor." +St. Mark the Ascetic

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PARISH BULLETIN BOARD ANNOUNCEMENTS

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

+++ +++ +++ Having flu-like symptoms? PLEASE KEEP FR. DAVE POSTED OF ANY ILLNESSES SO TO BE ADDED TO OUR PRAYER LIST! +++ +++ +++

Church to Reopen NEXT Week, May 24 -Allegheny County is now in the "yellow phase". The parish council will meet Sunday evening to finalize some details that will be shared via email (or a phone call) by the end of the day on Monday. Here are some preliminary thoughts as discussed with Metropolitan Gregory and following the CDC recommendations:

- There will be a 25-person limit. "Reservations" will possibly be made alphabetically through our parishioner list.
- ✓ If You Are Not Comfortable At This Time To Return To Church, We Understand But Please Let Father Know ASAP So That The Parishioner List Can Be Divided Accurately.
- ✓ 6-feet distancing will be in effect (Certain pews will be roped off, markings on the floor, etc...) ✓ More details to come...

Please also continue to pray along with the cathedral services when it is not your week. Through God's strength and guidance we will get through this



together!

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Cemetery Grave Blessings will be NEXT Sunday, May 24th. We will celebrate a Panachida (Memorial Service) at Church and then to the cemetery at 11:30.

+++ +++ +++ COVID-19 Relief Fund - Archbishop Elpidophoros of America has established a COVID-19 Relief Fund to assist individuals who are experiencing financial hardship as a result of the Covid-19 Pandemic. Please go to www.goarch.org/covid19relief to apply. If you would like to donate to the Relief Fund, please visit www.goarch.org/covid19/donate

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Calling All Graduates - Please notify Fr. Dave of your graduation information by May 31.

High School Students: your High School, any academic and/or athletic awards, and where you will attend in the Fall with your intended major in college (or undecided at this time)

Trade School, College, Graduate and Post-Graduate Students: where you went, your field of study, and degree you will earn.



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Instagram (SJB_Orthodox_Pittsburgh) -Our Parish now has an Instagram page! Father will post a picture before (or after) Jeach service at the church.

+++ +++ +++ "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 pray Hail Mary (twice), sing You are truly deserving, or say the Jesus Prayer (5 times).

> Paschal Greeting in Greek: Khristós anésti! (Alithós anésti!)

"Happiness can only be achieved by looking inward and learning to enjoy whatever life has and this requires transforming greed into gratitude." +St. John Chrysostom

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Our Stewardship Gifts To God	k	
Stewardship:	\$	820
Candles/Eternal Lamp:	\$	184
Envelopes/Stewardship:	\$	765
Community Outreach:	\$	60
Total Collections:	\$	1804
Capital Improvement Fund:	\$	100
Relocation Fund:	\$	200

Weekly Candle Intentions / Memorials were offered last week by Joanne Nelson; Tim Martin; Shuster Family; Cindy Pavilonis; Paňi Marie Brancho.

"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 Tim Martin, in Memory of Mother, Anastasia, and Grandmothers, Helen Kailyar and Dorothy Martin; by Cindy Pavilonis, in Memory of Mother, Anne Louise, and Grandmothers, Mary Huron and Barbara Pavilonis. May Their Memory Be Eternal! Vičnaya Pamjat! +++ +++ +++



Candles in Church - During this time of COVID-19, if you wish for Father to light your weekly candles, please text, email, or call him with your intentions (for the living, departed, or other specific) by Saturday evening. Your candle donation should be mailed to Tim Martin.

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Weekly Offerings to God - During this time, 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. +++ +++ +++

Praying with online services from your domesticchurch - 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.'

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Cathedral Live-Broadcast - 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. www.acrod.org/organizations/cathedral/live/ +++ +++ +++

Many More Details To Come On The Following: +++ +++ +++ VIRTUAL Retreat 🗢 LOOKING AHEAD LOCALLY < Altar Boy will be June 28 – July 1 ✤ Please Continue to Pray (and wash your hands) VIRTUAL Young Women's Encounter will be June ✤ Thur., May 28 – Feast of the Ascension of our Lord 28 – July 1 ★ Wed. June 3 – 7pm – Mystery of Holy Unction + + + + + + + + + 75 Days Till VIRTUAL Camp! - Our Deanery Camping week is July 14-20. VIRTUAL Science & Nature Week will be Aug. 9-15 +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ ORTHODOXY AROUND DA **'BURGH & OUR DIOCESE** +++ +++ +++ Assembly of Bishops USA Announces Pysanky in June! Ss. Peter and Paul Ukrainian COVID-19 Resource Center for Orthodox Orthodox Church in Carnegie has rescheduled their Christians - The Assembly of Canonical Orthodox 53rd Annual Ukrainian Easter Egg Sale to Saturday, Bishops of the USA announces a resource center for June 6 from 11am to 4pm. Pysanky, folk arts, food, clergy and faithful during the COVID-19 pandemic. basket raffles, food, door prizes and, of course, more

The Resource Center includes updated news from the various jurisdictions as well as practical guidelines and resources for families, ministry leaders, parish leadership, and everyone. The Center can be accessed at www.assemblyofbishops.org/covid19 and will be updated regularly with new materials and expanded selections.

> Paschal Greeting in Romanian: Hristos a înviat! (Adevărat a înviat!)

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food! It is not too early to put this on your calendar!

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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"As fire is not extinguished by fire, so anger is not conquered by anger, but is made even more inflamed. But meekness often subdues even the most beastly enemies, softens them and pacifies them." +St. Tikhon of Zadonsk

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LIVES OF THE SAINTS

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Source: www.orthodoxpittsburgh.com/parish-calendar/orthodox-calendar © 1996-2001 by translator Fr. S. Janos The Holy Virgin Pelagia Commemorated on May 17/4

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The Holy Virgin Pelagia lived during the III Century in the city of Tarsis in the Cilician district of Asia Minor. She was the daughter of illustrious pagans and when she heard preaching from her Christian acquaintances about Jesus Christ the Son of God, she believed in Him and desired to preserve her

chastity, dedicating her whole life to the Lord. The heir of emperor Diocletian (a youth adopted by him), having seen the maiden Pelagia, was captivated by her beauty and wanted to take her to be his wife. But the holy virgin told the youth, that she was betrothed to the Immortal Bridegroom, - the Son of God, and therefore she had renounced earthly marriage. This answer of Pelagia caused

great anger in the imperial youth, but he decided to leave her in peace for awhile, hoping, that she would change her frame of mind. This same while Pelagia convinced her mother to send her off to her nurse who had raised her in childhood - secretly hoping to locate the bishop of Tarsis Klinon, who had fled to a mountain during a time of persecution against Christians, and to accept Holy Baptism from him. In a dream vision there appeared the form of the bishop -Klinon, profoundly impressing itself upon her memory. Saint Pelagia set off to her nurse in a chariot, in rich clothes and accompanied by a whole retinue of servants, as her mother had desired her to. Along the way Saint Pelagia, through some particular ordering of by God, met bishop Klinon. Pelagia events immediately recognised the bishop, whose image had appeared to her in the dream. She fell at his feet, requesting baptism. At the prayer of the bishop there flowed from the ground a spring of water. Bishop Klinon made the sign of the cross over Saint Pelagia, and during the time of the mystery (sacrament) Angels

appeared and covered the chosen one of God with a bright mantle. Having communed the pious virgin with the Holy Mysteries, bishop Klinon raised himself up in prayer of thanksgiving to the Lord together with her, and then sent her off to continue her journey. Having returned to the servants awaiting her, Saint Pelagia preached to them about Christ, and many of them were converted and believed. She tried to convert her

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own mother to faith in Christ, but the obdurate woman sent a message to the imperial youth, that Pelagia was a Christian and did not wish to be his spouse. The youth comprehended that Pelagia was lost for him, and not wishing to give her over to torture, he fell upon his sword. Pelagia's mother thereupon became fearful of the wrath of the emperor, tied her daughter and led her to the court of Diocletian

as being a Christian and also the probable cause of the death of the heir to the throne. The emperor was captivated by the unusual beauty of the maiden and tried to sway her from her faith in Christ, promising her every earthly blessing and to make her his own wife. But the holy maiden refused the offer of the emperor with contempt and said: "Thou art insane, emperor, telling me such a speech. Know, that I wilt not do thine bidding, and I loathe thy vile marriage, since I have a Bridegroom - Christ, the King of Heaven. I desire not thy imperial, worldly, short-durationed crowns, since my Lord in the Heavenly Kingdom has prepared for me three imperishable crowns. The first for faith since I have believed with all my heart in the True God; the second for purity - because I have entrusted to Him my virginity; the third for martyrdom - since I want to accept for Him every suffering and to offer up my soul because of my love for Him". Diocletian thereupon sentenced Pelagia to be burnt in a glowing red-hot copper oven. Not permitting the executioners to touch her body, the holy martyress herself - signing



herself with the sign of the cross, went with a prayer into the red-hot oven - in which her flesh melted like myrh, filling all the city with fragrance; the bones of Saint Pelagia remained unharmed and were removed by the pagans to outside the city. Four lions then came from out of the wilderness and sat around the bones - letting get at them neither bird nor wild beast. The lions protected the remains of the saint until such time as bishop Klinon came to that place. He gathered

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United Together: The pandemic lockdown can not separate us from one another

As we struggle during this pandemic, it is good to remember that we are all united as one. We find our place of silence, sequestered in our homes and apartments, but in our aloneness, we encounter God. Even in our separation from one another.

Even in our isolation from one another, as we suffer separation from the communal services in our churches, kept apart due to the Covid-19 pandemic stay at home lockdown, we are together. Even as we are unable to physically participate in the Divine Liturgy, we are united together in the Heavenly Banquet.

Each celebration of the Eucharist unites us with each other and the whole of the Church. Together we who are members of the Church Militant, are united with the Church Triumphant in heaven. Nothing can separate us from Christ, and from each other. In our suffering and loneliness, we are one with the martyrs who have gone on before us, and with the saints whose heavenly intercession we so depend.

Praying in the Difficult Times

written May 11, 2020 by Fr. Stephen Powley https://upwordglance.com/2018/10/09/praying-in-thedifficult-times/

Have you ever gone through (or presently going through) a really difficult time in your life? It could be injuries from an accident or the diagnosis of a horrible disease or a precious relationship suddenly gone from your life or... there are so many possible things that we would call "difficult!" In fact, is there anyone who has not experienced some difficult times in life?

This being true, then the question arises as to how do we spiritually handle such adversity in our lives? Obviously, on the physical side, we should seek medical assistance for injuries or diseases. This article concerns the spiritual side of things. One reaction is to shake an angry fist at God saying: "Why me God?" Another is to plead with God over and over again to take away the pain and bring healing.

The great Saint Paul had many such adversities in his life (check out 2 Corinthians 11:23-32 for a list). Yet, for Saint Paul there was one issue that stood out more than the others. He called it his "thorn in the flesh" (2 Corinthians 12:7). Here was a great man of God, whose prayers were continually answered, pleading with God to take this from him. After three times of begging God to remove it, he received this response: "My grace is sufficient for you; for my strength is made perfect in weakness." (2 Corinthians 12:8-9). Ouch...that would not be the response that I would be looking for from God!

Often my own prayers can be very self-centered when I am going through a bad injury or sickness until I am reminded that His Grace is sufficient for me. I am currently in the middle of a difficult time in my own life as I heal up from the fractures suffered in an accident. My doctors did a great job in getting me back home, but I am still in a battle with pain. In my down time, I

them up and buried them with honour. During the reign of emperor Constantine (306-337), when the persecutions against Christians had stopped, there was built a church at the place of burial of Saint Pelagia.

> Paschal Greeting in Italian: Cristo è risorto! (È veramente risorto!)

LIVING ORTHODOXY

Even as we are barred from our parish's celebration of the Divine Liturgy, forbidden, as we are, to congregate in our temples, we are together, united together in the Mystical Supper. Like the spokes of a wheel, gathered around the center, we are one with each other, through the unity of the Church, and made one flesh in Jesus Christ.

So, take heart my dear ones. We Christians have endured pandemics before, and like our forberrers, we will survive this one. Remembering that nothing is allowed by God that is without salvific benefits, we will find ourselves, once again, standing next to our friends, relatives, and fellow believers, celebrating the Divine Liturgy, perhaps even experiencing it as never before. The City of God is on a high hill, standing brightly before us, and we have reason to rejoice.

With love in the Risen Lord,

Abbot Tryphon

Paschal Greeting in Spanish: ¡Cristo ha resucitado! (¡En verdad ha resucitado!)

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am rereading the book; Elder Paisios of Mount Athos by Hieromonk Isaac (published by the Holy Monastery "Saint Arsenios the Cappadocian", 2012). Elder Paisios is now recognized as Saint Paisios. His life and teachings leave no doubt about this man of God being recognized as a Saint of our Faith.

There were two quotes that leaped off the pages and caused me to change my whole approach to my own difficult time. Saint Paisios was suffering from a hernia. Here is the statement he made at that time:

"I have a hernia but I don't want an operation. Let me have something wrong with me. It's a great thing to be sick, to suffer; and not pray about it, but to pray for others. God really listens when someone who's suffering prays for other people to get better." (Page 274) Note that he is not saying it is a great thing to be sick or suffer, rather that it is a great thing to pray for others and not ourselves when these things happen. Later on the hernia worsened and he did get the needed surgery, but at first he wanted to focus on praying for others.

Wow, that got my attention and that very night my wife and I prayed the Akathist Hymn "Glory to God for All Things" and then offered prayers for everyone we knew who was suffering (most of them from much more than a few fractured bones). The joy that filled my heart as we finished our prayers was simply amazing. My focus was off me and on to the needs of others. Since then my joy is in praying for others without praying for myself.

The second quote I ran into was also so very impactful:

"Elder Paisios was able to ignore his pain. 'You do your job, and I'll do mine,' he would say to his sicknesses, and continue praying, doing manual labor, or seeing people. Though he was suffering himself, he comforted others who were suffering." (Page 310)

"Ignore my own pain and comfort others" is a huge step for most folks, yet the rewards are great!! It may be the only way that we can truly come to understand the Lord's words: "My grace is sufficient for you; for my strength is made perfect in weakness."

Here is the challenge for each of us in this week ahead; whether we are in good health or terrible health; whether we are suffering in some way or in a place of absolutely no suffering:

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like to try it, then over the next 7 days do not pray for yourself. Pray only for others. If you forget and begin praying for yourself, just stop and immediately focus on praying for others. Also, find someone who is suffering to comfort either in person or by phone, email, or letter. May it be blessed for you and may you be a blessing for others!

> +++ +++ +++ Paschal Greeting in Arabic: El Messieh kahm! (Hakken kahm!)

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"[During illness] make the sign of the cross on yourself and kiss the icons of the Savior, the Mother

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PRAYER CORNER

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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 <u>name(s)</u>. 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... Julia, Theresa, Lynn, Fr. Michael Ellis, Candice, Fr. Michael Rustick, Ella, Lexi, John, Susan, John, Alexandra D., Paňi 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. ++++++++

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. +++ ++++

Patronal Feast Days (Name's Day):

Renee Mirilovich - Great-martyr Irene (5/18) Christopher Bowser - Martyr Christopher (5/22) Christopher Kubis - Martyr Christopher (5/22) (contact Fr. Dave with your Patron Saint) + + + + + + + + +

Birthday Prayers for... Patrick Wertz (5/19), Linda Gavulich (5/20), Kenneth Parks (5/22) ... 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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DEVOTIONAL PRAYER FOR THE WEEK:

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A PRAYER FOR HEALING

Merciful Lord, visit us in our time of need and affliction; and as you healed Jairus' daughter and raised her from her bed of infirmity, visit your servant, Master, and deliver him/her from sickness and pain. For you alone have born the sickness and affliction of our world and with you nothing is impossible. For you are all-merciful and to you we ascribe glory and adoration unto ages of ages. Amen



For our Catechumens & Inquirers... Dustin, Stephen, Daniel, Susan ...through the prayers of St. Paul the Apostle, St. Mary Magadalene, and St. John Maximovitch. +++ +++ +++ For those preparing for Marriage... Lauren & Corey, Ashley & Derek ...through the prayers of Sts. Adrian &

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..through the prayers of Sts. Adrian & Natalia and all Holy Martyrs. ++++++++++

Anniversary Prayers for... Father's sister, Melissa & Christopher Ditmore (5/17), Fr Dave's Ordination to the Priesthood (5/17/15), Ernest & Claudia (Herbert) Pido (5/19/90) ...May God fill them with His grace that they may continue to live in unity with Him!

+++ +++ +++ **For Pregnant Mothers**... Faith (June), Mallory Ann (July) ...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. Dzadovsky, Devin Meegan, and Trevor Meegan ...through the prayers of St George, the Great-Martyr & Wonderworker. ++++++++

For the souls of the newly departed... Paňi +Patsy Joseph (5/14), +George Hutnyan, the Priest (5/12), +Darline Labas (4/13), +Philip Fall (4/9), and those who have passed from the coronavirus ...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. <u>Please let Fr. Dave</u> know if you wish to make additions or subtractions *(in the* <u>case of answered prayers)</u> 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. <u>This prayer list</u> *is* **NOT** *limited to only Orthodox Christians*.

Paschal Greeting in Swahili: Kristo amefufukka! (Kweli amefufukka!)

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