



+++ +++ +++

**Gospel: Matthew 6:22-33**

### The Sound Eye

<sup>22</sup>“The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; <sup>23</sup>but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

### Serving Two Masters

<sup>24</sup>“No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon.

### Do Not Worry

<sup>25</sup>“Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life

more than food, and the body more than clothing? <sup>26</sup>Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup>And which of you by being anxious can add one cubit to his span of life? <sup>28</sup>And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; <sup>29</sup>yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup>But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? <sup>31</sup>Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup>For the Gentiles seek all these things; and your heavenly Father knows that you need them all. <sup>33</sup>But seek first his kingdom and his righteousness, and all these things shall be yours as well.

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++



## 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!**

+++ +++ +++

**Reminders for attending St. John's** – Following His Eminence, Metropolitan Gregory's guidelines along with our Parish Council and Pittsburgh going green:

- ✓ Sunday Divine Liturgy Services **ARE OPEN** With A **HIGHER** Limit. **OUR LIMIT IS TECHNICALLY OVER 100, BUT WE WANT TO MAKE SURE ALL ARE COMFORTABLE so for now...**
- ✓ **“Reservations” Are Still Requested And Can Be Made By Contacting Father Between Monday And Friday At NOON Via A Phone Call Or Text Message To 412-748-0148. (Do not email for this.)** Father will send out a confirmation email **on Friday.**
- ✓ If You Are Not Comfortable At This Time To Return To Church, We Understand But Please Let Father Know.
- ✓ A Facemask must be worn in the church.
- ✓ Candles should be lit with a lighter that you bring from home. (It is a pious Orthodox tradition to say your prayer (intention) when lighting your candle for the living and your candle for the departed.)

Our approach is fluid in that we are flexible to adjusting things as they are needed. Please continue to pray along with the cathedral services when you are not able to attend. Through God's strength and guidance we will get through this together!

+++ +++ +++

**Summer Parish Picnic Canceled** – As events are currently being adjusted, the Executive Parish Council has decided to cancel this year's parish picnic. We were not penalized for canceling but given a credit for a rental next summer. *Glory to God!*

+++ +++ +++



**Garden Blessing** – Did you have any time to get a garden in during the quarantine time? It's time to get it blessed! (The format of the blessing is similar to our annual home blessing.) Please contact Fr. Dave if you are interested.

+++ +++ +++

**Home Blessings Resume** – Speaking of home blessings... For those who did not have their home blessed prior to the Great Fast, please contact Fr. Dave to arrange a time.

“He who is peaceful with himself, is peaceful with his neighbor, and is also peaceful with God. Such a man is full of sanctification because God himself dwells in him.” +Saint Nektarios

### Our Stewardship Gifts To God

Stewardship:	\$ 1025
Candles/Eternal Lamp:	\$ 216
Envelopes/Stewardship:	\$ 747
Community Outreach:	\$ 100
Parish House Donation:	\$ 250
<b>Total Collections:</b>	<b>\$ 2228</b>
<b>Capital Improvement Fund:</b>	<b>\$ 25</b>
<b>Relocation Fund:</b>	<b>\$ 40</b>

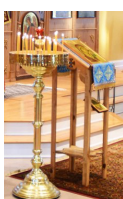
**Weekly Candle Intentions / Memorials** were offered last week by Joanne Nelson; Shuster Family; Tim Martin; Viola Peifer; Lawrence Martin; Olga Radick; Eleanor Sanger; Patty Watson (in Memory of Father, Howard); Cindy Pavilonis; David and Andrea Urban

***“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 Father, Lawrence H. Martin, and Grandfathers, John Kailiar and Hugh Martin; and by John Gaydos, Jr., in Memory of Mother, Catherine. 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. Please mail your candle donation along with your weekly offering to Tim Martin.

+++ +++ +++

**Weekly Offerings to God** – During this time, if you are not coming to the church, we request that all weekly donations be mailed to:

Tim Martin (2225 McAleer Rd., Sewickley, PA 15143) For our parish to continue it's ministries, outreach, and general bill paying, we need your generosity to continue.

+++ +++ +++



**Relocation Update** – Last month our Relocation Fund went above \$50,000! **THANK YOU** for your generosity to this account as we look to our future and growing Orthodoxy in the Pittsburgh region! Please be aware that these monies came unsolicited (without a capital campaign) and spontaneously from people's hearts. Thank you for your vision in making offerings to this account on a weekly or periodic basis. If you have not contributed to this account and would like to, please designate an additional offering for the “relocation fund” in your envelope (brought to the church or mailed to Tim) or tell the curator when you get to the church and give your weekly offering. Again, thank you for your generosity and vision!!!

**Cathedral Live-Broadcast** - Our diocese is blessed with the opportunity to watch our Cathedral's Divine Liturgy every Sunday at 9am (as well as other services). The best scenario is to attend the Divine Liturgy and receive the Eucharist, but in the current scenario, please take the time Sunday morning and throughout the week to pray with our brothers and

sisters via the *live broadcast* on the web.  
[www.acrod.org/organizations/cathedral/live/](http://www.acrod.org/organizations/cathedral/live/)

+++ +++ +++  
📖 **LOOKING AHEAD LOCALLY** 📖  
✠ July 7 – Feast of St. John the Forerunner  
✠ July 12 – Feast of Sts. Peter and Paul

“A fish that is alive swims against the flow of water.  
One that is dead floats down with the water.  
A strong Christian goes against the current of sinful age.  
A weak one is swept away by its swiftness.”  
+St. Philaret

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++  
**ORTHODOXY AROUND DA ‘BURGH & OUR DIOCESE**

+++ +++ +++  
**3 DAYS LEFT - FINAL CALL:** Camp Nazareth registration for virtual summer camp experience 2020 closes on **Wednesday, July 1<sup>st</sup>**. Cost for the week is \$25 per camper. Pittsburgh Deanery week will be **July 26-July 31**. Register today at: [www.campnazareth.org/summercamp/register-for-camp/](http://www.campnazareth.org/summercamp/register-for-camp/)

**Visit Our Diocese On-Line**  
Diocesan Website: [www.acrod.org](http://www.acrod.org)  
Camp Nazareth: [www.campnazareth.org](http://www.campnazareth.org)  
FB: [www.facebook.com/acroddiocese](https://www.facebook.com/acroddiocese)  
Twitter: [twitter.com/acrodnews](https://twitter.com/acrodnews)  
You Tube: [youtube.com/acroddiocese](https://youtube.com/acroddiocese)

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++  
**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

**Sainted Jona, Metropolitan of Moscow and Wonderworker of All Russia**  
*Commemorated on June 15, March 31, October 5*

Sainted Jona, Metropolitan of Moscow and WonderWorker of All Russia, was born in the city of Galich into a pious Christian family. The father of the future saint was named Feodor. At twelve years of age the youth took monastic vows in one of the Galich monasteries, from which he transferred to the Moscow Simonov monastery, where for many years he fulfilled various obediences. One time Sainted Photii, Metropolitan of Moscow (Comm. 27 May and 2 July), visited at the Simonov monastery and after the molieben, having blessed the archimandrite and brethren, wanted also to bless the monks fulfilling obedience at the monastery tasks. When he came to the bakery, he saw then the monk Jona asleep from much work, and the right hand of the fatigued monk was bent in a gesture of blessing. Sainted Photii asked not to wake him; he blessed the sleeping monk and prophetically predicted to those present, that this monk would be a great hierarch of the Russian Church and would guide many on the way to salvation.

The prediction of the Saint was fulfilled. After several years Saint Jona was made bishop of Ryazan and Murom.

In 1431 Saint Photii died. Five years after his death, Saint Jona was chosen Metropolitan of All Russia for his virtuous and holy life. When the newly chosen metropolitan journeyed to Patriarch Joseph II (1416-1439) in Constantinople, in order to accept confirmation as metropolitan, it turned out then, that shortly before this the nefarious Isidor, a Bulgarian by descent, was already established as Russian metropolitan. Spending a short while at Kiev and Moscow, Isidor journeyed to the Council of Florence (1438), – where he accepted Uniatism. A Sobor / Council of Russian hierarchs and clergy deposed metropolitan Isidor, and he was compelled to flee secretly to Rome (where he died in 1462). Saint Jona was unanimously chosen Metropolitan of All Russia. His consecration by the blessing of the Constantinople Patriarch Gregory III (1445-1450) – was the first time that it was done by Russian hierarchs in Moscow. On



15 December 1448 Saint Jona became Metropolitan and with arch-pastoral zeal he began to assert piety among the flock, encouraging the Orthodox faith in the land by word and by deed. And beneath his exalted dignity he continued as before with his personal monastic efforts.

In 1451 the Tatars unexpectedly advanced on Moscow; they burned the surroundings and prepared for an assault on the city. Metropolitan Jona with clergy made procession along the walls of the city, with tears beseeching God for the salvation of city and people. Beholding the dying monk Antonii of the Chudov monastery, – who was noted for his virtuous life, Saint Jona said: "My son and brother Antonii! Pray to the Merciful God and the All-Pure Mother of God for the deliverance of the city and all Orthodox Christians". The humble Antonii replied: "Great hierarch! We give thanks to God and His All-Pure Mother, – She hath heard thy prayer and hath besought Her Son, – the city and all Orthodox Christians wilt be saved through thine prayers. The enemy will soon take flight. Only I alone am destined by the Lord to be killed by the enemies". Just as the elder said this, an enemy arrow struck him.

The prediction of Starets Antonii occurred: on 2 July, on the feast of the Placing of the Robe of the MostHoly Mother of God, confusion broke out in the ranks of the Tatars, and in unexplained fear and terror they turned to flight. Saint Jona built in his courtyard a temple in honour of the Placing of the Robe of the MostHoly Mother of God , – in memory of the deliverance of Moscow from the enemies.

The blessed end of Saint Jona followed in the year 1461. By the grave of the Saint began to occur numerous healings.

In 1472 the relics of holy Metropolitan Jona were opened undecayed and placed in the Uspensky Sobor / Cathedral of the Kremlin (the feast of Transfer of the holy Relics is celebrated 27 May). A Sobor of the Russian Church in 1547 established the individual day of memory to Sainted Jona, Metropolitan of Moscow. In 1596 Patriarch Job established the celebration to Sainted Jona in the Sobor / Assemblage of other Moscow Hierarchs, on 5 October.

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++



+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

LIVING ORTHODOXY

THE IMAGE OF CHRIST:  
And The Modern Iconoclastic Movement  
That Would Destroy It

Growing up in Northern Idaho, I clearly remember the Lutheran church in my hometown having a painting above their altar depicting Christ in the Garden of Gethsemane, with obvious Norwegian features, while the Catholic church in the same town had Christ represented above their altar with clearly Italian features. That the Lord Jesus Christ has been portrayed as looking like a number of races throughout Christian history, is a clear reflection of the impact Christ has had on human history.

My Ethiopian friends have images of Christ in their temples, reflecting their own race, whereas a Japanese friend has a painting of the Holy Virgin holding the Christ Child, both with distinctive Japanese features. I have in my study a crucifix hand carved by an African artist, depicting Christ as a black African. That European artists have depicted Christ with European features is not surprising, given the fact that each generation of every nation has encountered Jesus Christ, Who transforms hearts and heals people, and even whole nations, with His saving grace.

That a leading BLM activist is demanding all "statues, murals, and stained glass windows of white Jesus, and his European mother" be torn down, since they represent "gross white supremacy", should be no surprise. This radical movement adrift in our nation has now turned to a form of modern iconoclasm, given the anti-Christian basis of their collective mindset. This

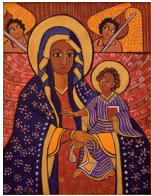
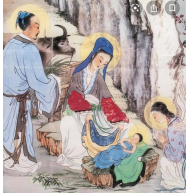
modern iconoclasm that would rid depictions of "white Jesus", totally ignores the fact that countless Black Americans have written beautiful hymns in praise of this very Jesus, and have contributed to the foundation of Christianity in this country, in a most beautiful way.

We who have encountered Christ, and who have experienced the transformational joy of this encounter, look on with sadness at our brothers and sisters who have surrendered to a worldview devoid of hope, embracing, as they have, a materialism blinded to the Eternal Truths found in Jesus Christ. These individuals are unaware of the huge impact black people have had on world Christianity, and the important role black Christians have played throughout Africa.

They are unaware of the power, influence, and size of the Orthodox Church in Africa, and in their ignorance look upon black people as somehow needing to be rescued from the very Christianity they themselves have so positively impacted. Instead, these well meaning white people (by and large) have been lured by a political system that has already demonstrated its ability to suppress human rights, and its utter failure at bringing about economic well-being for the people of Eastern Europe, even after seventy years of being in control.

With love in Christ,  
Abbot Tryphon

"Conquer the devouring hatred of the world by the contemplation of the Holy Trinity." +St. Sergius of Radonezh



+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

SPIRITUAL CONSIDERATIONS

*Father can meet M-F 9:30a-4p or by appointment.*  
**Online Community:** Please email Fr. Dave to receive the weekly bulletin via email.  
**Phone Tree** – Please call Fr. Dave to be added.  
**Emergency Sick Calls** – Please notify Fr Dave when you or a family member are going into the hospital or having a procedure so he can pray with you and you may receive the Anointing to be fully prepared.  
**Mystery of Confession** – Opportunities are available after every service, most Saturdays during fasting periods from 11am to 1pm, OR by appointment.  
**Holy Communion/Eucharist** – The reception of the Holy Eucharist is encouraged for all Orthodox Christians who have properly prepared themselves, with fasting from midnight on, regular Confession, and forgiveness for all people. Those who are not Orthodox may receive a *blessing* from the chalice.  
**Lapsed Members** – You are always welcome home and we want you back! Generally speaking, sincere participation in the Mysteries of Confession, Communion, and regular attendance at the divine services are all that is required to begin parish life anew! See Fr. Dave for specific details.  
**Baptisms** – Two God-parents are required, at least one of whom must be Orthodox by faith (and the other

a practicing Christian). In the case of infants, the newly-baptized must have one name that is Christian in origin. Parents/grandparents/guardians must also promise to bring the child up in an Orthodox Christian way of life. Please consult Father for more details.

**Adult Chrismation** – New parishioners are always welcome! In the case of adults seeking entrance into the Church, a period of prescribed catechism will be established with Fr. Dave before administration of the Mysteries. An Orthodox Christian sponsor is also required.

**Marriages** – are only solemnized on Saturdays or Sundays. They are not performed during fasting periods and certain Feast Days. Please consult Father ASAP for more details (*before* arrangements are made for the hall).

**Church Funerals** – are provided for practicing Orthodox Christians who are current in their spiritual and financial obligations; otherwise burial is from the funeral home. The Church does not permit cremation.

+++ +++ +++

*"The cremation of bodies is not a Christian act. It is a custom of modern times. The body of a Christian has been sanctified with the Grace of the Holy Spirit, and as such may not be burned. God did not create our bodies for burning."* - Elder Thaddeus of Vitovnica



+++ +++ +++ +++ +++ +++ +++ +++ +++ +++

## 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.

+++ +++ +++

**For the Health of...** Michael, Kenneth, Wendy, Thomas, Anthony, Julia, Theresa, Lynn, Fr. Michael Rustick, Ella, Lexi, John, Susan, John, Alexandra D., Pañi Marie, Sonja, Anna Mae, 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, Susan, 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.*

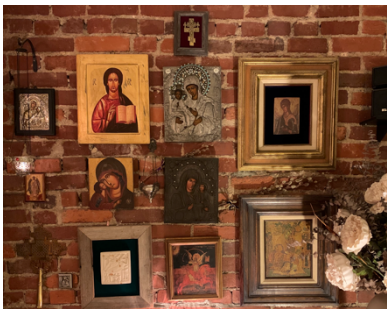
+++ +++ +++

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

+++ +++ +++

**Birthday Prayers for...** Ryan Dzadony (6/28), Father's niece, Aislinn Verbanick (6/28), Fr. Paul Abernathy (6/29), John Radick (6/29), Elizabeth Radomsky (6/29), Fr Miles Zdinak (6/29), Joanna Delaney (7/2) ...*May God allow them to grow in peace*

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++



*and love all the days of their lives and may He grant them many and blessed years! Na Mnohaya I Blahaya L'ita!*

+++ +++ +++

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

+++ +++ +++

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

+++ +++ +++

**Anniversary Prayers for...**

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

+++ +++ +++

**For Pregnant Mothers...** Mallory Ann (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...** +Sister Nymphodora (Eleanor Dussling) (6/17), +Michael Psenechnuk, the priest (6/6), +Carol (5/27), +Kimberly Young (5/17), 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!*

+++ +++ +++

\* 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 PRAYER FOR THE WEEK:

**A prayer for our Neighborhoods by Archbishop Demetrios of America**

I pray to you, God, for the families of my neighborhood. Visit them. Throw their troubles out of them and bring hope. Make the daily cares that devour the heart disappear. Present solutions to life's problems. Settle the disturbed relationships among members of different families whom I know or do not know. O Lord, remind the people of our area that You exist, that You are a strong and loving Protector. Keep away, Lord, anything that causes the disappearance of peace from souls, and the escape of sleep from our eyes. Stay a little while more tonight in our neighborhood. Spread peace along with the night. Let the harshness of the day and its struggles not spread over the night. Amen.

+++ +++ +++

### A PRAYER TO THE MOTHER OF GOD DURING THIS TIME OF THE CORONAVIRUS

*With the Blessing of Metropolitan Gregory (ACROD) – 3-31-2020*

O Most-Holy Ever-Virgin Mary, Theotokos: receive this heartfelt supplication from us, your unworthy servants. We run to you tearfully, O Sovereign Lady, as this dreadful illness spreads through the whole world. Listen to the much-afflicted sighs of your ailing people and grant healing of soul and body. As a loving Mother, cover your suffering children everywhere with your protecting veil. In times of despair, console the faint-hearted, strengthen the weak, and enlighten those with embittered hearts. Guide the minds and hands of our doctors and nurses, that they may serve as instruments of the all-powerful Physician, Christ our Savior.

You are the strong intercessor for our city, our country, and the whole world, O Queen of All. Present our prayers before the throne of the King of Glory, your Son and our God, that He may be merciful towards us and grant His grace to those who honor you and bow before your holy icon with faith and love.

O joy of the sorrowful and consolation of the afflicted, stretch out your hands which are full of health and cures, so that having quickly received your wondrous help, we may glorify the Life-giving and Undivided Trinity: the Father and the Son and the Holy Spirit, now and ever and unto ages of ages. Amen.