



ST. 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*
 Subdeacon Ryan Ferko
 Matthew Peifer, Stephen Brancho, & John Radick, *Cantors*
 Lawrence Martin, *Parish Council President*
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A WARM WELCOME TO OUR VISITORS!

Glory be to Jesus Christ!

(responded with: *Glorify be forever!*)

Slava Isusu Christu! (Slava na viki!)

We are happy that you have joined us today! 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 again soon! If you have any questions in regards to our worship or Orthodoxy, please see Fr. Dave.

BULLETIN IS OFFERED:

In Memory of
 +Joseph Pavilonis
 (birthday remembrance)

May his memory
 be eternal!

Cheesefare

MARCH 14th

FAREWELL TO CHEESE TODAY



Adam and Eve are cast from Paradise!

FORGIVENESS SUNDAY

Epistle: Romans 13:11-14:4
 Gospel: Matthew 6:14-21

Ask each other for
 forgiveness each evening this
 week before bed.

SERVICES FOR THE WEEK

SUNDAY, MARCH 14

Sunday of Forgiveness (Cheese-fare)
 Martyr Eudocia of Heliopolis (152)
 9:30 – Divine Liturgy
 Panachida: +Metropolitan Nicholas (10-year)
 Rite of Forgiveness following Liturgy

CLEAN MONDAY, MARCH 15

A Day of Strict Fasting
6:00 pm Great Canon of Repentance

CLEAN TUESDAY, MARCH 16

9:30am Great Canon of Repentance

CLEAN WEDNESDAY, MARCH 17

6:00 pm Liturgy of the Pre-Sanctified Gifts

CLEAN THURSDAY, MARCH 18

9:30am Great Canon of Repentance

CLEAN FRIDAY, MARCH 19

9:30am Liturgy of the Pre-Sanctified Gifts

CLEAN SATURDAY, MARCH 20

9:30am (*rescheduled*) All Souls Divine Liturgy
 and blessing of Koliva
 11-1 Confessions offered

SUNDAY, MARCH 21

Sunday of Orthodoxy
 Venerable Theophylactus (845)
 9:30 – Divine Liturgy
 Tone 8; Liturgical Color: **Gold**
 Procession of Icons (*Bring an icon to church*)

BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wed.)

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Great Lent 2021:

We Are In This Journey Together!

Our Journey To Pascha has begun. Great Lent prepares us for Holy Week, which prepares us for Pascha, the Feast of Feasts. Please reach out to Fr. Dave if you have questions about this important fasting period that is upon us.

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The Canon of Repentance – The Great Canon of St Andrew is a wonderful service to start the Great Fast with. The full text of the Canon is divided between the first four days of the week. (Each service is about an hour long.) More about this service is below in "Living Orthodoxy"

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Bring an Icon to Church – Next week, on **Orthodoxy Sunday, March 21st**, you are encouraged to bring an icon from home for you to use in our procession of icons.

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Upcoming Weekly Services – Each week during the Great Fast we will have multiple services. A Para-Liturgical Service on most Tuesday mornings (*one week it will be a Thursday*), Wednesday evening Presanctified Liturgy at **6:00pm** (*April 7 will be a Vesperal*

1st Sunday of Lent

MARCH 21st



GREAT LENT BEGINS WITH FORGIVENESS VESPERS

SUNDAY of ORTHODOXY

Epistle: Hebrews 11:24-26, 32-12:2
 Gospel: John 1:43-51

Bring an icon to church
 for a procession.

Liturgy), Friday morning Presanctified Liturgy at 9:30am, and All Soul Saturday Liturgies with Panachidas on March **20th** (RESCHEDULED), April 3rd and 10th. The Calendar on our website (www.OrthodoxPittsburgh.com/parish-calendar) has been updated with the additional services throughout the Great Fast. If you would like a printed copy, please let Fr. Dave know.

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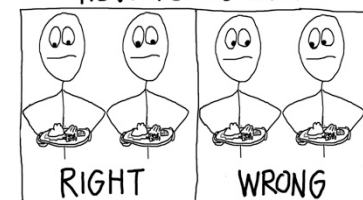
Live-Broadcast – If you are unable to make it to church on Sunday morning, please pray along with our Diocesan Cathedral's services online at 9:00 am.

www.acrod.org/organizations/cathedral/live/

The best scenario is to attend the Divine Liturgy and receive the Eucharist, but in the current scenario, please take the time Sunday morning to pray via the *live broadcast* on the web. Their bulletin has the schedule of weekday services to be broadcast.

www.acrod.org/organizations/cathedral/bulletins/

HOW TO DO LENT



(Look at their eyes...)

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Lenten Coin Boxes – "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." (Mt 28:19) Coin boxes are available in the Church Hall to collect your spare change throughout the Great Fast for our Community Outreach next month (OCMC). More information is available at www.ocmc.org. "Let them do good, that they may be rich in good works, ready to give, willing to share" (1 Tim 6:18)

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31 Books of March Sale ^{XL} – 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! (Contact Fr Dave with any questions.) Visit: store.ancientfaith.com/31-books-of-march/

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"Let us set out with joy upon
 the season of the Great Fast,
 and prepare ourselves
 for spiritual combat."

- from the *Vespers of*
Forgiveness Sunday

OUR STEWARDSHIP GIFTS TO GOD

Stewardship:	\$ 550
Candles/Eternal Lamp Offerings:	\$ 143
Envelope Stewardship:	\$ 1099
Community Outreach:	\$ 30

Total Collections:	\$ 1822
Capital Improvement Fund:	\$ 40
Relocation:	\$ 150

We must give in trust that God will use it to produce fruit: "He who supplies seed to the sower and bread for food will supply and multiply your sowing (resources) and increase the harvest of your righteousness (benevolence)." - 2 Cor. 9:10

February Financial Report:

General Stewardship = \$ 3428.47

(includes \$ 25 from online stewardship)

***Expenses = \$ 8838.98**

Net Deficit = \$ 5410.51

**details listed on the church hall bulletin board*

Average at Sunday Divine Liturgies: 15

Weekly Candle Intentions / Memorials were offered last week by Nelson Family; Shuster Family; Tim Martin; Lawrence Martin; Mary Jane Hudak; Eleanor Sanger; Mirilovich Family; 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**

Book Suggestion for the Great Fast:

FASTING FOR THE FEASTS: A STARTER BOOK

by Pañi Marianna Bannon

Fasting for the Feasts is intended for those who may have never fasted before. In addition to over 40 recipes, the book includes a brief introduction as to the "why" behind fasting. The Table of Contents includes (but not limited to): Fasting Cycles in the Church; Stocking a Fasting-Friendly Pantry; Nutritional Information; and Preparing a Church Potluck.

Lulu Publishing ISBN # 978-1304800817

Coil Bound: \$ 15.00

Paperback Binding: \$ 10.00

Kindle Version: \$ 4.99

Weekly Offerings to God – During this time, if you are not yet coming to the church, we request that weekly donations be mailed to Tim Martin (2225 McAleer Rd., Sewickley, PA 15143)



On-Line Giving is now available from our parish website! The best option is to come to church and give your offering to God in His Temple (2nd best is to mail it in). Now you can also donate from your home and set up a recurring donation to the:

- ✧ General Stewardship Fund,
- ✧ Capital Improvement Fund, or
- ✧ Relocation Fund.

If you miss coming to church for a week, this allows you another option to "catch up" on your weekly stewardship. For our parish to continue it's ministries, outreach, and general bill paying, we need your generosity to continue.

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LOOKING AHEAD LOCALLY

- ✧ **Tuesday 3/23** 9:30am Lenten Third Hour
- ✧ **Wednesday 3/24** 6:00pm Presanctified Liturgy
- ✧ **Friday 3/26** 9:30am Presanctified Liturgy
- ✧ **Wednesday 3/31** 6:00pm Presanctified Liturgy
- ✧ **Thursday 4/1** 9:30am Akathist Hymn to the Theotokos
- ✧ **Friday 4/2** 9:30am Presanctified Liturgy
- ✧ **Saturday 4/3** 9:30am All Souls Liturgy
11:00 – 1:00 Confessions offered

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COMMUNITY OUTREACH



ZOE for Life! – There is now a local chapter of *ZOE for Life!* Looking to serve the Greater Pittsburgh area. ZOE is a non-profit Christ-centered support organization with three major goals: (1) to help women who need confidential emotional and spiritual support during crisis pregnancies; (2) to assist Orthodox Christians seeking to adopt; and (3) to provide an education for Pure Living and other resources. *Thank you in advance for your prayers and offerings this month!*

"You are the Good Shepherd; seek me, Your lamb, and neglect me not who have gone astray."
Ode 3.6 from the Great Canon of Repentance of St. Andrew of Crete

ORTHODOXY AROUND THE 'BURGH AND OUR DIOCESE

Sunday of Orthodoxy Pan-Orthodox Service (TENTATIVELY SCHEDULED) The Orthodox Clergy Brotherhood of Greater Pittsburgh is hosting the annual Sunday of Orthodoxy Service and Celebration virtually on **Sunday, March 21st** at 4:30 pm live-streamed from Holy Cross at: www.holycrosspgh.org/church-live-stream

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Young Adult Spring Retreat - will be on **Saturday, March 27th** online via zoom from 10:30am to 4:30pm. Keynote speakers will be Fr. John Cox and Fr. John Touloumes.

God asked Adam in the Garden, "Adam, where are you?" Was this a game of Hide-and-Seek between God and man? No! God knew exactly where they were, but Adam and Eve themselves didn't know where they were after eating the apple, after disobeying God's commandment. They couldn't understand what had happened to them. But God knows "where" we are even though we ourselves may not, and He knows what has "happened" to us, and He IS seeking us. If you want to be "found" by God, but are afraid of being "found out", you're exactly where Adam and Eve were in the Garden.

Come and actually ENJOY being "found", and put to rest your worry over being "found out". Register at: tinyurl.com/YASpring2021

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53rd Annual Ukrainian Easter Egg Sale at Saints Peter & Paul Ukrainian Orthodox Church (220 Mansfield Blvd., Carnegie, PA 15106) will be **Sunday, March 28th** from 11 AM to 4 PM. Pysanky displays, Ostrich eggs, wooden, eggs and more! Ukrainian Foods, Folk Arts and Crafts, Basket Raffles, Door Prizes, and more. For more info, contact the parish at 412-527-5359, or visit: www.orthodoxcarnegie.org

Icon of Christ's Extreme Humility



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"Where shall I begin to lament...
I am the one who by my thoughts
fell among robbers..."
Ode 1.1 and 1.4 from the Great Canon of Repentance of St. Andrew of Crete

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Diocesan Lenten Retreat: An Online Spiritual Gathering for Adults and Teenagers presented by Fr. Jonathan Bannon titled: Nepsis-Watchfulness: Being Attentive in a Distracted Age. – This virtual retreat will occur from **Noon to 1:30pm on Saturday, April 3rd** via "Zoom". This free retreat is sponsored by the National Sr. ACRY and open to all. Register now at: www.acrod.org/retreat

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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
YouTube: youtube.com/acroddiocese

“Christ became man and called to repentance robbers and harlots. Repent, O my soul! The door to the Kingdom is already open, and the transformed Pharisees, publicans, and adulterers are entering it ahead of you!”
Ode 9.5 from the Great Canon of Repentance of St. Andrew of Crete

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SUNDAY'S SCRIPTURE READINGS

Epistle: Romans 13:11-14:4

An Urgent Appeal

¹¹ Besides this you know what hour it is, how it is full time now for you to wake from sleep. For salvation is nearer to us now than when we first believed; ¹² the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; ¹³ let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. ¹⁴ But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Do Not Judge Another

¹⁴ As for the man who is weak in faith, welcome him, but not for disputes over opinions. ² One believes he may eat anything, while the weak man eats only vegetables. ³ Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. ⁴ Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

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Gospel: Matthew 6:14-21

¹⁴ For if you forgive men their trespasses, your heavenly Father also will forgive you; ¹⁵ but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Concerning Fasting

¹⁶ “And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that

their fasting may be seen by men. Truly, I say to you, they have received their reward. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

Concerning Treasures

¹⁹ “Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. ²¹ For where your treasure is, there will your heart be also.

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“I have fallen under the burden of the passions and corruption of matter, and from then until now I am oppressed by the enemy.”

Ode 2.16 from the Great Canon of Repentance of St. Andrew of Crete

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LIVES OF THE SAINTS

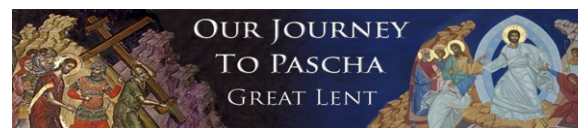
The Holy Martyrs Nestor and Tribimios

Commemorated on March 1

The Holy Martyrs Nestor and Tribimios were native to the Asia Minor district of Pamphylia. During a time of persecution by the impious emperor Decius (249-251) they fearlessly preached about Christ. When the saints were brought before the pagan court, the governor gave orders to lay out afront them all sorts of instruments of torture, to frighten them and impel them to renounce the Christian faith. The saints answered to all the threats, that no one could separate them from Christ. The angered judge gave orders to torture them with the instruments of torture. They scourged the holy martyrs with dried ox thongs, suspended them from a tree and flayed at their bodies, but Saints Nestor and Tribimios did not cease to glorify the Lord and, when they were beheaded, they inherited the Heavenly Kingdom.

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LIVING ORTHODOXY



Great Lent 2021:

We Are In This Journey Together!

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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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FORGIVENESS SUNDAY

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The Godbearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

“Fasting is wonderful because it tramples our sins like a dirty weed, while it cultivates and raises truth like a flower” +St. Basil the Great

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SUGGESTED GUIDELINES FOR THE GREAT FAST (GREAT LENT):

We are called to increase our *Prayer, Fasting, and Almsgiving* during this time...

PRAYER:

- ✘ Attend as many of the services as possible and be strengthened in community prayer.
- ✘ Come to the Mystery of Confession (*offered after every service and on most Saturdays during Great Lent*).
- ✘ Approach the Chalice to receive the Holy Eucharist as often as possible.
- ✘ Also, add additional prayers to your personal *Prayer Rule* at home.

FASTING:

- ✘ The Great Fast begins tomorrow, March 15. This is a day of strict fasting (no meat or dairy products). Likewise, strict fast on Great & Holy Friday (4/30) and Great & Holy Saturday (5/1)
- ✘ The tradition of the Orthodox Church is a strict fast (*no meat or dairy products eaten*) by all of the faithful for the entire 40 days of the Great Fast and for all of Holy Week.
- ✘ If you cannot physically do this, adopt a fasting rule and stick to it for the duration of the Great Fast (*see Father for some guidance*). Here are a few examples:
 - a) strict fast on certain days of the week while keeping a meat fast on the others;
 - b) fast only from meat;
 - c) fast from meat for certain weeks (*Clean Week, Cross Week, and Holy Week*); or
 - d) fast from meat on Wednesdays, Fridays, and all of Holy Week (*April 12-18*).
- ✘ The more effort you put forth in your fasting, the more spiritually uplifting your Lenten Season will be!
- ✘ A minimum three (3) hour fast from all food and drink for those receiving Communion at the evening Pre-sanctified Liturgy (*the regular “midnight Fast” is called for the Liturgies of St. John Chrysostom & St. Basil the Great*)
- ✘ The sick and infirm are not bound by the fast at any time.

- ✘ Those requiring medications or certain prescribed diets are to follow their physician's instructions.
- ✘ Lastly, the Great Fast is not a "40 day diet program" or simply a "dietary adjustment" (or "label Lent").

ALMSGIVING:

- ✘ Find a way to give more of your time, talent, and treasures.

A general guideline is this:
try do to more than last year.

Let's talk about different ideas that you have.

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**A NOTE ABOUT THE MYSTERY OF
CONFESSION**

Confessions will be heard in the first pew in front of the Icon of Christ. Confessions will be heard *following every* service, from **11am – 1pm** on most Saturdays during Great Lent (*the side door will be open*), and at other times by appointment: please contact Fr. Dave to arrange this. If you have a regular Spiritual Father, or wish to go to another Orthodox priest to have your confession heard, please let Fr. Dave know. Do not wait to plan for your confession! Confessions will only be heard *through Holy Wednesday*.

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**THE GREAT CANON OF REPENTANCE OF
ST ANDREW OF CRETE**

The Great Canon of St Andrew is the longest canon in all of our services, and is associated with Great Lent, since the only times it is appointed to be read in church are the first four nights of Great Lent (Clean Monday through Clean Thursday, at Great Compline, when it is serialized) and at Matins for Thursday of the fifth week of Great Lent, when it is read in its entirety (in this latter service, the entire life of St Mary of Egypt is also read).

There is no other sacred hymn which compares with this monumental work, which St Andrew wrote for his personal meditations. Nothing else has its extensive typology and mystical explanations of the scripture, from both the Old and New Testaments. One can almost consider this hymn to be a "survey of the Old and New

Testament". Its other distinguishing features are a spirit of mournful humility, hope in God, and complex and beautiful Trinitarian Doxologies and hymns to the Theotokos in each Ode.

The canon is a *dialog between St. Andrew and his soul*. The ongoing theme is an urgent exhortation to change one's life. St Andrew always mentions his own sinfulness placed in juxtaposition to God's mercy, and uses literally hundreds of references to good and bad examples from the Old Testament (OT) and New Testament (NT) to "convince himself" to repent. A canon is an ancient liturgical hymn, with a very strict format. It consists of a variable number of parts, each called an "ode". Most common canons have eight Odes, numbered from one to nine, with Ode 2 being omitted. The most penitential canons have all nine odes. Some canons have only three Odes, such as many of the canons in the "Triodion" (*which means "Three Odes"*).

In any case, all Odes have the same basic format. An "**Irmos**" begins each Ode. This is generally sung, and each Irmos has a reference to one of the **nine biblical canticles**, which are selections from the Old and New Testament, which can be found in an appendix in any complete liturgical Psalter (*the book of Psalms, arranged for reading in the services*). A variable number of "**troparia**" follow, which are short hymns about the subject of the canon. These are usually chanted, and not sung. After each troparion a "**refrain**" is chanted. At the end of each Ode, another hymn, called the "**Katavasia**", either the Irmos previously sung, or one like it, is sung.

The troparia of the Great Canon in all its twelve Odes are usually chanted by the priest in the center of the church, with the choir singing the Irmos and Katavasia. There are varying traditions about bows and prostrations. Some prostrate and some make the sign of the cross and bow three times after the Irmos and each troparion.

**GENERAL THEMES OF THE GREAT CANON
How we should think about ourselves**

Where shall I begin to lament the deeds of my wretched life? What first-fruit shall I offer, O Christ, for my present lamentation? But in Thy compassion grant me release from my falls (Monday:1.1).

Desire to change—dialogue with the soul

Come, wretched soul, with your flesh, confess to the Creator of all. In the future refrain from you former brutishness, and offer to God tears of repentance (Monday:1.2).

Recognizing Reality

The end is drawing near, my soul, is drawing near! But you neither care nor prepare. The time is growing short. Rise! The Judge is at the very doors. Like a dream, like a flower, the time of this life passes. Why do we bustle about in vain? (Monday:4.2)

How to pray - Laments and supplications to God

Thou art the Good Shepherd; seek me, Thy lamb, and neglect no me who have gone astray. (Monday:3.5).

OT and NT examples of righteousness and unrighteousness, for the purpose of emulation or avoidance.

Do not be a pillar of salt, my soul, by turning back; but let the example of the Sodomites frighten you, and take refuge up in Zoar.(Genesis 19:26) (Thursday: Ode 3:5)

I have reviewed all the people of the Old Testament as examples for you, my soul. Imitate the God-loving deeds of the righteous and shun the sins of the wicked (Tuesday: Ode 8)

**THE MOST IMPORTANT THING TO KNOW
ABOUT THE GREAT CANON**

The Great Canon was written by a holy man to teach himself the right way to live. **We cannot benefit from it unless we make it a priority to stand in prayer, in the church, and listen to it, with a great desire and expectation for God's grace to teach us and heal us.** Our theology is first and foremost—experienced and prayed, and not only "studied".

Source: www.orthodox.net/greatlent/great-canon-of-andrew-of-crete-explanation.html

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ORTHODOX WORD OF THE WEEK

PROSTRATION - Full prostration, also simply called prostration, in the church is an act of distributing one's weight on the knees, feet, and hands, touching the forehead to the floor, staying in the position as long as desired or necessary, then standing up. One usually makes the Sign of the Cross *before or after* the movement.

Interestingly, the use of the word prostration in this way is different than common English usage, where prostration means to pronate oneself or lay completely flat. The full prostration is sometimes called kneeling. Again, this word usage is different than the English usage of kneel, which means to distribute one's weight on the knees and feet only.

Prostration is known by other various names: Full reverence, great reverence, earthly reverence, "reverence down to the ground" (Slavonic: zemnoy poklon); Great metania Prostration is associated with penance, submission, and obeisance. According to custom and tradition, prostration is assumed (or not assumed) at different times in the services and church calendar. The twentieth canon of the First Ecumenical Council forbids kneeling on every Sunday and the fifty days between Pascha and Pentecost.

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PRAYER CORNER

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

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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... Mary Jane M., Anthony, Dale, Matthew, Alexandra, Joseph, Brian, Kristina, Fr. George L., Brian, Douglas, Sean, Julia, Susan, John, 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, Georgia, Eleanora, Mark, Michaleana, Dorell, Elizabeth, Donald, Susan, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Andrea, Jason, Tyrone, Sarah, Amee, Joshua, John, Kathryn, Rose, Charles, Justin *our seminarians*: Daniel, Dylan, Thomas, and Nicholas *and our Church Council, Curators, and Relocation Committee*: Lawrence, Matthew, 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... Noella Gaydos (3/14), Fr David Cochran (3/18), Amee Francken (3/18) ...*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!*

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

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

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

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

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For Pregnant Mothers... Marilyn (due in April) Pañi Katie (June), Carley (July), Lindsay (July) ...*through the prayers of St. Anna, the mother of the Virgin Mary, and St. Irene Chrysovalantou.*

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For the souls of the newly departed...
+Vlatka Zgonc (2/10), 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*

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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.*

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DEVOTIONAL PRAYERS OF GREAT LENT

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]*

A Prayer Of Repentance (Psalm 50/51)

Have mercy upon me, O God, according to Your great mercy; And according to the multitude of Your compassions, blot out my transgressions. Wash me thoroughly from my iniquity, And cleanse me from my sin. For I acknowledge my iniquity, And my sin is continually before me. Against You only have I sinned, And done this evil before You. That You might be justified in Your words, And prevail when You judge. For behold, I was conceived in iniquities, And in sins did my mother bear me.

For behold, You have loved truth; The hidden and secret things of Your wisdom You have made clear to me. You shall sprinkle me with hyssop, and I shall be made clean; You shall wash me and I shall be made whiter than snow. You shall make me to hear joy and gladness, The bones which have been humbled shall rejoice. Turn Your face away from my sins, And blot out all my iniquities.

Create a clean heart in me, O God, And renew a right spirit within me. Cast me not away from Your presence, And take not Your Holy Spirit from me. Restore to me the joy of Your salvation, And with Your governing Spirit establish me. I shall teach transgressors Your ways, And the ungodly shall turn back to You. Deliver me from blood-guiltiness, O God, who are the God of my salvation, My tongue shall rejoice in Your righteousness. O Lord, You shall open my lips, And my mouth shall declare Your praise.

For if You had desired sacrifice, I would have given it; With whole burnt offerings You shall not be pleased. A sacrifice to God is a broken spirit, A heart that is broken and humbled God will not despise. Do good, O Lord, in Your good pleasure to Zion; And let the walls of Jerusalem be built Then shall You be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings; Then shall they offer bullocks upon Your altar.