



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:

If you wish to sponsor a bulletin In Honor of (anniversary, birthday, etc.) or In Memory of someone, please do so by signing up on the sheet in the church hall or by contacting Fr. Dave (email, text, or call). An additional stewardship offering to the Church is requested.

2nd Sunday of Lent

MARCH 28th



ST GREGORY PALAMAS

Epistle: Hebrews 1:10-2:3
 Gospel: Mark 2:1-12

Bring a prayer rope to be blessed today!

Use it and pray the Jesus Prayer each day this week.

SERVICES FOR THE WEEK

SUNDAY, MARCH 28 #THE GREAT FAST
 Synaxis of all Venerable Fathers of the Kiev Caves
 9:30 – Divine Liturgy
 Panachida: +John Cochran; +Jack Scherer (1-yr)
WEDNESDAY, MARCH 31 #THE GREAT FAST
6:00 pm Liturgy of the Pre-Sanctified Gifts
THURSDAY, APRIL 1 #THE GREAT FAST
 9:30am Akathist Hymn to the Theotokos
FRIDAY, APRIL 2 #THE GREAT FAST
 9:30am Liturgy of the Pre-Sanctified Gifts
SATURDAY, APRIL 3 #THE GREAT FAST
 9:30am All Soul Liturgy and Panachida
 11 am – 1 pm Mystery of Holy Confession
 12-noon – Diocesan Online Lenten Retreat
SUNDAY, APRIL 4 #THE GREAT FAST
 Hieromartyr Basil of Ancyra (362).
 9:30 – Divine Liturgy
 Panachida: +Philip Fall (1-year); +Darline Labas (1-year)
 Tone 2; Liturgical Color: **Red**

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“We unite ourselves to Him, in so far as this is possible, by participating in the godlike virtues and by entering into communion with Him through prayer and praise.”
 +St. Gregory Palamas

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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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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Palms & Pussywillows – We are collecting in the Church Hall our Palms and Pussywillows from prior years. These will not be simply thrown away, but they will respectfully be taken care of. *Please bring yours in so that your home will be ready for the new ones in a few weeks!*

3rd Sunday of Lent

APRIL 4th



VENERATION OF THE HOLY CROSS

HALF WAY TO PASCHA!

Epistle: Hebrews 4:14-5:6
 Gospel: Mark 8:34-9:1

Wear your cross to church and kiss the cross each morning with a bow!

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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 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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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/

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All-Soul Saturday (Zadušna Subota) – the remaining Liturgies with Panachidas for 2021 will be on **April 3rd**, **10th**, and **June 19th**. On these days, we especially pray for the departed loved ones of our families. If you are not working on a Saturday, come to church and pray with us, light two candles (*one for the living and one for the departed*), and remember your departed loved ones. **Please inform Fr Dave if there are any additions to be made to your Commemoration Diptychs (Hramoty) from last year.** Offering Envelopes and cards are available in the vestibule and curator table in the hall.

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Book Suggestion for the Great Fast:

FASTING FOR THE FEASTS: A STARTER BOOK

by Paňi 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

OUR STEWARDSHIP GIFTS TO GOD

Stewardship:	\$ 695
Candles/Eternal Lamp Offerings:	\$ 193
Envelope Stewardship:	\$ 754
Parish House Offering:	\$ 200
Community Outreach:	\$ 15

Total Collections: **\$ 1857**

Capital Improvement Fund: **\$ 45**

Relocation: **\$ 50**

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

Weekly Candle Intentions / Memorials were offered last week by Nelson Family; Shuster Family; Tim Martin; Lawrence Martin; Mary Jane Hudak; Carol Lorenzi; 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

The Eternal Lamp was offered last week by the Mainolfi Family, in Memory +Olga Tongel. May Her Memory Be Eternal! Vičnaya Pamyat!

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Paschal Commemorations – We offer you the opportunity to sponsor items to be used during Holy Week and Pascha as commemorations: *anonymously, for the health of loved ones, OR in memory of departed loved ones.* If you are interested in making any commemorations, please sign up on the sheet in the Vestibule **by Palm Sunday (April 25)** and give an *additional free-will stewardship offering* to the Church.

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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

- ✧ **Tues. 4/6** 9:30am Moleben to the Holy Cross
- ✧ **Wednesday 4/7** 6:00pm Vespers Divine Liturgy on the Feast of the Annunciation
- ✧ **Friday 4/9** 9:30am Presanctified Liturgy
- ✧ **Saturday 4/10** 9:30am All Soul Liturgy (4 of 5)
11:00 – 1:00 Confessions offered
- ✧ **Tuesday 4/13** 9:30am Canon of Repentance
- ✧ **Wednesday 4/14** 6:00pm Presanctified Liturgy
- ✧ **Friday 4/16** 9:30am Presanctified Liturgy
- ✧ **Saturday 4/17** 9:30am Parish Spring Cleaning
11:00 – 1:00 Confessions offered

ORTHODOXY AROUND THE 'BURGH AND OUR DIOCESE

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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 **TODAY, 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

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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

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

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Icon of Christ's Extreme Humility

SUNDAY'S SCRIPTURE READINGS

Epistle: Hebrews 1:10-2:3

¹⁰ And, "Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; ¹¹ they will perish, but you remain; they will all grow old like a garment, ¹² like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." ¹³ But to what angel has he ever said, "Sit at my right hand till I make thy enemies a stool for thy feet"? ¹⁴ Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Warning to Pay Attention

2 Therefore we must pay the closer attention to what we have heard, lest we drift away from it. ² For if the message declared by angels was valid and every transgression or disobedience received a just retribution, ³ how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him,

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Gospel: Mark 2:1-12

Jesus Heals a Paralytic

2 And when he returned to Caper'na-um after some days, it was reported that he was at home. ² And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. ³ And they came, bringing to him a paralytic carried by four men. ⁴ And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. ⁵ And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." ⁶ Now some of the scribes were sitting there, questioning in their hearts, ⁷ "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" ⁸ And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? ⁹ Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? ¹⁰ But that you may know that the Son of man has authority on earth to forgive sins"—he said to the paralytic—¹¹ "I say to you, rise, take up your pallet and go home." ¹² And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

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"The grace of the Spirit takes possession of the quiet soul, and gives it a taste of the unspeakable good things to come, which no passionate and negligent eye has seen, nor ear heard, neither have entered into the heart of such a man (cf. I Cor. 2:9). This taste is the earnest of these good things, and the heart which accepts these pledges becomes spiritual and receives assurance of its salvation"

+St. Gregory Palamas

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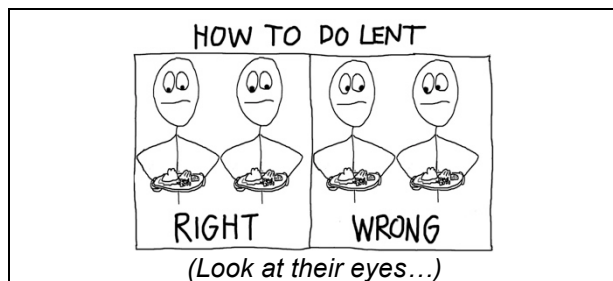
LIVES OF THE SAINTS

The Holy Martyrs Agapios, Puplios, Timolaus, Romilos, Alexander, Alexander, Dionysios and Dionysios

Commemorated on March 28/15

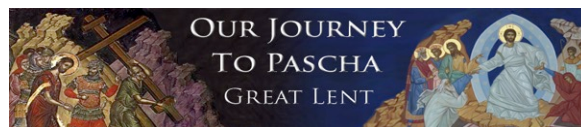
The Holy Martyrs Agapios, Puplios, Timolaus, Romilos, Alexander, Alexander, Dionysios and Dionysios suffered under the emperor Diocletian (284-305) in the city of Palestinian Caesarea. At the time of one of the pagan feasts they began to torture and execute Christians who refused to offer sacrifice to idols. At this time the Martyr Timotheos (Comm. 19 August) was sentenced to burning, and the Martyrs Agapios and Thekla (Comm. 19 August) were sentenced to tearing apart by wild beasts. The group of young Christians – Puplios, Timolaus, Alexander, another Alexander, Dionysios, and the subdeacon of the Diaspolis church Romilos – decided publicly to confess their faith and suffer for Christ. As a sign of their voluntary deed they tied themselves together by the feet and appeared before the governor Urban. Seeing their youthfulness, the governor tried to persuade them to refrain from their decision, but in vain. He then threw them in prison, where there were already two Christians – Agapios, undergoing tortures for faith in Christ, and his servant Dionysios. All these saints were subjected to terrible tortures and beheaded.

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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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SUNDAY OF ST GREGORY PALAMAS

This week's reflection is written by Danielle Xanthos, MA, MDiv

Prayerful Stillness of the Heart

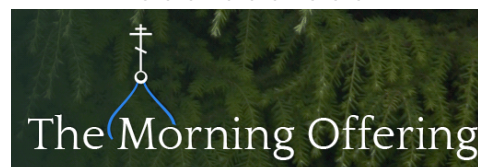
"We must pay closer attention to what we have heard, lest we drift away from it." (Hebrews 2:1) On the second Sunday of Great Lent, we commemorate St. Gregory Palamas. Fittingly, in the day's Epistle, St. Paul reverberates prayerful words of the Psalms, reminding us to pay closer attention.

How do we pay closer attention to what we have heard? Typically, we seek quietude. At times, however, perhaps more often than not, it is difficult to find a time or place to be quietly still in this world. Stillness, as long as it is dependent upon the conditions outside of us, seems impossible. Thankfully, we have the example of the saints to better understand a stillness beyond the noise around us. Truly a guiding light of Orthodoxy and a messenger of grace, St. Gregory, as a teacher and defender of hesychasm, reminds us how to pay closer attention by drawing upon words spoken long before his lifetime: "Be still," as God told Cain. Through prayerful stillness of the heart, we become attentive to what we have heard.

What have we heard is the Word of God. Certainly, we hear the Word through Scripture. Beyond that, however, the Word is God. Through prayerful stillness of the heart, we cultivate a living relationship with God—growing more

perfectly united with God, and by virtue of this union, we unite with each other. Through prayerful stillness of the heart, our service to others becomes informed by Christ Himself. Regardless of the chaos around us, a soul that is prayerfully still will keep anchored to God, lest we drift away from Him.

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THE HEART: An ignored heart is a lost heart.

It is important that we direct all our thoughts, all our actions, and all our desires towards a burning love for God. Our heart must become inflamed with the love of God, and all our intellectual and emotional striving must be directed towards the development of the heart, for the Kingdom of God is within. When we seek the Lord with all humility, and keep His commandments, love takes the heart by storm, and joy resides in us. If we ignore the spiritual life, and make no effort to join our heart to God, our heart will be lost, for an ignored heart is a lost heart.

With love in Christ,
Abbot Tryphon

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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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“Patient endurance is the fruit of love, for 'love patiently endures all things' (1 Cor. 13:7), and teaches us to achieve such endurance by forcing ourselves so that through patience we may attain love.”

+St. Gregory Palamas

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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.

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“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

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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... Robert, Michael, Sandra, Frank, Michael, Jerrod, Maria, Pamela, Barbara, John, Julius, Mary Jane M., Anthony, Dale, Matthew, Alexandra, Joseph, Brian, Kristina, Fr. George L., 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, Eleanor, 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... Marianne Kubis (3/29); Kenneth Watson (3/29); Ben Anton (3/30); Sonia Kretchek (4/1); Louis Deluca (4/3)...*May God allow them to grow in peace and love all the days of their lives and may He grant them many and blessed years!*

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For our Catechumens & Inquirers...

Dustin, Stephen, Susan, Marilynn, 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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For Pregnant Mothers... Marilynn (*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...

+ John Cochran (3/25), 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 THE WEEK

The following prayers have been formatted to be cut out and used as a bookmark in Bible, prayer book, or any book that you are reading. They could also be folded and kept in your wallet or pocket to be used throughout the day. A blessed journey through the Great Fast to all!

“Let not one think, my fellow Christian, that only priests and monks need to pray without ceasing and not laymen No, no; every Christian without exception ought to dwell always in prayer”

+St. Gregory Palamas

THE JESUS PRAYER

O Lord, Jesus Christ, Son of God,
have mercy upon me, a sinner!

A PRAYER OF ST. SYMEON THE NEW THEOLOGIAN BEFORE CONFESSION

O God and Lord of all! Who has the
power over every breath and soul, the
only One able to heal me, hearken unto
the prayer of me, the wretched one, and,
having put him to death, destroy the
serpent nestling within me by the decent
of the All-Holy and Life-Creating Spirit.

And vouchsafe me, poor and naked of
all virtue, to fall with tears at the feet of
my spiritual father, and call his holy soul
to mercy, to have mercy on me.

And grant, O Lord, unto my heart
humility and good thoughts, becoming a
sinner, who has consented to repent
unto You, and do not abandon unto the
end the one soul, which has united itself
unto You and has confessed Thee, and
instead of all the world has chosen You
and has preferred Thee.

For You know, O Lord, that I want to
save myself, and that my evil habit is an
obstacle. But all things are possible unto
Thee, O Master, which are impossible
for man.

Amen.

A PRAYER OF ST. JOHN OF DAMASCUS BEFORE RECEIVING COMMUNION

O Master and Lord, Jesus Christ our
God, You alone have authority to forgive
my sins, whether committed knowingly
or in ignorance, and make me worthy to
receive without condemnation Your
divine, glorious, pure and life-giving
Mysteries, not for my punishment, but for
my purification and sanctification, now
and in Your future Kingdom.

For You, Christ our God are
compassionate and love mankind and to
You we give glory with the Father and
the Holy Spirit now and forever and ever.
Amen.

A PRAYER OF ST. BASIL THE GREAT AFTER RECEIVING COMMUNION

O Master Christ God, King of the ages
and Creator of all things, I thank You for
all the good gifts You have given me,
and especially for the communion of
Your pure and life-giving Mysteries.
I therefore pray to You good Lord Who
loves mankind: keep me under the
protection and in the shadow of Your
wings; grant that even to my last breath I
may with a pure conscience partake
worthily of Your Holy Gifts for the
remission of sins and for eternal life.
For You are the Bread of life, the Source
of holiness, the Giver of good things,
and to You we send up glory, together
with the Father and the Holy Spirit, now
and ever and to ages of ages. Amen.



A PRAYER OF SAINT EPHRAIM (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 1 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.