



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

2688 California Avenue, Pittsburgh, Pa 15212
 412-748-0148, *Talk or Text*
OrthodoxPittsburgh1932@gmail.com
www.OrthodoxPittsburgh.com
Instagram: SJB_Orthodox_Pittsburgh
*NEW *** Twitter: @SJB_OrthodoxPGH*



5th Sunday of Lent

APRIL 18th



ST MARY of EGYPT

Epistle: Hebrews 9:11-14
 Gospel: Mark 10:32-45

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

SERVICES FOR THE WEEK

SUNDAY, APRIL 18 #THE GREAT FAST
 Martyrs Theodulus, Reader, and Deacon
 Agathopodes of Thessalonica (303)
 9:30 – Divine Liturgy of St. Basil
 Panachida: +Katherine Silon (33-year)
 +Alexander Zerby (2-year)

TUESDAY, APRIL 20 #THE GREAT FAST
 9:30am Paraklis to the Theotokos

WEDNESDAY, APRIL 21 #THE GREAT FAST
6:00 pm Liturgy of the Pre-Sanctified Gifts

THURSDAY, APRIL 22 #THE GREAT FAST
 9 to 11 am Church open for personal prayer
(enter from the side door)

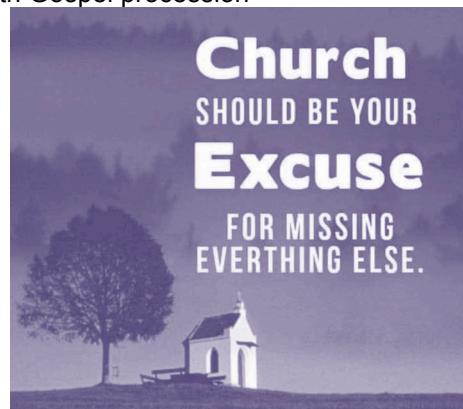
FRIDAY, APRIL 23 #THE GREAT FAST
 9:30am Liturgy of the Pre-Sanctified Gifts

LAZARUS SATURDAY, APRIL 24 #THE GREAT FAST
 Reception of Dustin Brozell and Stephen Zerby
 into the Orthodox Faith
 9:30am Divine Liturgy of St. John
 Palm Cross making following Liturgy
 11 am – 1 pm Mystery of Holy Confession

PALM SUNDAY, APRIL 25 ## HOLY WEEK BEGINS
 Hieromartyr Zeno, bishop of Verona (~260)
 9:30 – Divine Liturgy of St. Basil
 Blessing of branches
 Additional offering for our Community Outreach
 Tone 5; Liturgical Color: **Gold**

LOOKING AHEAD LOCALLY TO HOLY WEEK

- ✠ **Holy Monday 4/26** 6:00pm Bridegroom Matins
- ✠ **Holy Tuesday 4/27** 6:00pm Bridegroom Matins
- ✠ **Holy Wednesday 4/28** 6:00pm Mystery of Holy Unction (and Anointing) *** *(Final opportunity for Confession until after Pascha)*
- ✠ **Holy Thursday 4/29** 9:30am Vespertal Liturgy 6:00pm Matins with the 12 Passion Gospels
- ✠ **Holy & Good Friday 4/30** 9:30am Royal Hours 6:00pm Vespers & Procession of the Holy Shroud
- ✠ **Holy Saturday 5/1** 9:30am Vespertal Liturgy
- ✠ **Pascha – the Feast of Feasts 5/2**
 9:00 am Resurrection Matins
 ~9:30 am Paschal Divine Liturgy
 Blessing of Baskets
- ✠ **Bright Monday 5/3** 9:30am Paschal Liturgy with Gospel procession



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 Kathy
 Schrmack's mother,
 +Katherine Silon,
 on the 33rd anniversary
 of her passing.
 May her memory be eternal!

FLOWERY (PALM) SUNDAY!

APRIL 25th

GREAT WEEK BEGINS



GREAT AND HOLY WEEK

ENTRY OF OUR LORD INTO JERUSALEM

Epistle: Philippians 4:4-9
 Gospel: John 12:1-18

Place your palm branches
 and pussywillows behind
 an icon at home
 and in your car!

BULLETIN BOARD ANNOUNCEMENTS

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

+++ +++ +++

Great Lent 2021:

We Are In This Journey Together!

We are in the stretch run with Holy Week around the corner. Try to fast and pray more than last year at this time (or simply last week). Please reach out to Fr. Dave if you have questions about this important fasting period.

+++ +++ +++

THANK YOU to everyone who came yesterday for our **Spring Parish Maintenance Day!** Your stewardship to the church cannot be thanked enough! May God grant you many years!

+++ +++ +++

Congratulations! to Marilyn and John Monaco and their families on the birth of **Sarah Anne Monaco** born on March 24th. Welcome to our Parish Family!

"Preserve her and this child which she has borne. Cover her with the shelter of thy wings from this day until her final end, through the prayers of the most Holy Theotokos and of all the saints. Amen" – from *Prayers for a Woman on the First Day after Childbirth*

+++ +++ +++



Palm Crosses – THIS Saturday, April 21st, following the Divine Liturgy, we will be making crosses out of the palms. This activity is geared towards the youth, but all are welcome to come!

Monday's Spiritual Vitamin:
 "Our life depends on the kind of
 thoughts we nurture."
 +Elder Thaddeus of Vitovnica

+++ +++ +++

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 through Holy Wednesday, 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. Confessions will only be heard *through Holy Wednesday*.

Do not wait to plan your confession!

OUR STEWARDSHIP GIFTS TO GOD

Stewardship:	\$ 215
Candles/Eternal Lamp Offerings:	\$ 66
Envelope Stewardship:	\$ 651
Parish House Offering:	\$ 300

Total Collections:	\$ 1232
Capital Improvement Fund:	\$ 61
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; 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

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.

Panachida Offerings – Reminder: Panachidas (Memorial Services for the Departed) CANNOT be served on the Major Feast Days of our Lord including Palm Sunday (4/25), Holy Pascha (5/2), as well as on St. Thomas Sunday (5/9).

+++ +++ +++

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 or by emailing Fr. Dave (fr.sleepless@gmail.com) **by Palm Sunday (4/25)** and give an *additional free-will stewardship offering* to the Church.

These items are still available:

- ✧ Processional Candles
- ✧ Charcoal for Censer
- ✧ Vespertal Loaves
- ✧ Eucharist Bread (*Prospora*)
- ✧ 4 Candles in front of Iconostasis
- ✧ Bouquet of flowers on Tetrapod

Thank you in advance for your prayers and support of our parish!

+++ +++ +++

Live-Broadcast – If you are unable to make it to church on Sunday morning, please pray at along with our 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/

+++ +++ +++

Tuesday's Spiritual Vitamin:

"It is not possible to represent and to think of the cross without love.

Where the cross is, there is love.

In church you see crosses everywhere and on everything, in order that everything should remind you that you are in the temple of the God of love, the temple of love crucified for us."

+ St. John of Kronstadt

+++ +++ +++

ORTHODOXY AROUND THE 'BURGH AND OUR DIOCESE

2021 Lenten Retreat – Did you plan to log in to the online Lenten Retreat 2 weeks ago but missed it? Please take the opportunity to watch a video of the retreat posted here:

<https://youtu.be/xputwDAC9Ao>

+++ +++ +++

2021 at Camp Nazareth – Pre-registration has begun for this summer's camping session (and ends at the end of April)! The Pittsburgh week will run **Sunday to Friday, August 1-6**. If you have not received an email from Fr. Dave with registration links and information, please contact him ASAP.

+++ +++ +++

SPF50 (Scripture, Prayer, Family): A Diocese Family Ministry - The 6th Edition of SPF50 is available! The NEW reading program highlights many **ESSENTIAL Biblical Stories** like Creation, Noah and the Ark, the Exodus, the call of the Prophet Samuel, and many others throughout the Old and New Testaments. (*If you are already participating, please contact Fr. Dave.*) If you did not start with us last year, consider joining now! Make a commitment to reading Scripture and Praying together with your family. (*Please contact Fr Dave to fill out the Commitment Card.*) Visit the Diocesan SPF50 web page at www.acrod.org/ministries/acrod-family/spf50 to find out more about SPF50 and how to help your family read Scripture and Pray together at home.

+++ +++ +++

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

+++ +++ +++

How one can miss the point of fasting:



+++ +++ +++

SUNDAY'S SCRIPTURE READINGS

Epistle: Hebrews 9:11-14

¹¹ But when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) ¹² he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. ¹³ For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, ¹⁴ how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

+++ +++ +++

Wednesday's Spiritual Vitamin:

"Our starting point is always wrong. Instead of beginning with ourselves, we always want to change others first and ourselves last. If everyone would begin first with themselves, then there would be peace all around!"

+Elder Thaddeus of Vitovnica

+++ +++ +++

Gospel: Mark 10:32-45

A Third Time Jesus Foretells His Death and Resurrection

³²And they were on the road, going up to Jerusalem, and Jesus was walking ahead of them; and they were amazed, and those who followed were afraid. And taking the twelve again, he began to tell them what was to happen to him, ³³saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; ³⁴and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise."

The Request of James and John

³⁵And James and John, the sons of Zeb'edee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." ³⁶And he said to them, "What do you want me to do for you?" ³⁷And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." ³⁸But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" ³⁹And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; ⁴⁰but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." ⁴¹And when the ten heard it, they began to be indignant at James and John. ⁴²And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. ⁴³But it shall not be so among you; but whoever would be great among you must be your servant, ⁴⁴and whoever would be first among you must be slave of all. ⁴⁵For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

LIVING ORTHODOXY



Great Lent 2021:

We Are In This Journey Together!

+++ +++ +++

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/

+++ +++ +++

St. Mary of Egypt is one of the most precious and revered saints of the Orthodox Church. Her example of repentance and the willingness to surrender completely to God's will inspires us on this 5th Sunday of the Great Fast. In a sublime example of repentance, brought about by her realization of her carelessness & severe sinfulness, she retreated to the desert as others had done in order to allow God to purge her of her passions. Remaining in the world exactly as she had done before would have made an already difficult task impossible. She was found by St. Zosimas before she gave her soul to the Lord.

Thursday's Spiritual Vitamin:

"With all eagerness and love you [*St. Mary of Egypt*] did run to Christ, abandoning your former way of sin. And being nourished in the untrodden wilderness, you did chastely fulfill His divine commandments." *from the*

Great Canon of St. Andrew of Crete

7 Facts from the Life of St. Mary of Egypt:

1. her life was recorded by St. Sophronios of Jerusalem
2. Her conversion occurred on the Feast of the Exaltation of the Holy Cross
3. Before going into the desert she received Holy Communion at St. John the Baptist Monastery
4. She lived for 47 years in the Jordan desert
5. She fought the passions for 17 years

6. She told her life story to Fr. Zosimas whom she encountered in the desert
7. He saw her rising above the ground during prayer.

The full life of St Mary can be read at:

www.stmaryofegypt.org/files/library/life.htm

+++ +++ +++

HOW DO WE PURSUE GOD?

This week's reflection is written by V. Rev.

Fr. Miles Zdinak, of Sts. Peter & Paul

Orthodox Church in Windber, PA

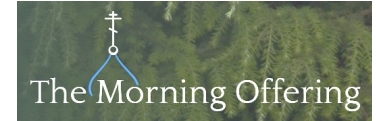
Our Desert of Purification

"But I have heard that God Who was born of you became man on purpose to call sinners to repentance." —The words of ST. MARY OF EGYPT while standing outside the Church of the Holy Cross before the icon of the Theotokos, unable to enter because of her impure way of life. Our impure ways of life albeit by our words, our deeds, or our thoughts will always hinder us from approaching the all-loving and merciful God in one way or another. However, our Lord and Savior can lead us out of the impurity into all righteousness no matter what degree of impurity we have allowed into our life.

The Great Fast is our desert of purification, which can lead us out of sin into holiness. Just as the time St. Mary spent in the desert led her out of her sinful way of life to a life purified by God's indwelling in her, so too can our time spent in the Great Fast bring us to a purified life.

The first step for us toward purification is the same as that of St. Mary: that is to confess we are sinners and are in need of repentance. We will never be able to be admitted into the Kingdom of God without admitting we need repentance.

The desert of the Great Fast offers us so many opportunities to repent and move closer to God: from the Great Canon to the weekly Presanctified Liturgies; from daily reflections and good works to our increased almsgiving; and from the sacred mysteries of Holy Confession and the Holy Eucharist. God has come into the world for the purpose of calling sinners to repentance. Let us answer that call and join the journey that leads to a purified life. May you have a blessed Pascha!



Weakness: We must confront our own weaknesses

As we continue our Lenten journey, this is a time when the Church puts much emphasis on the role of repentance. We strive to go to confession more frequently during Great Lent, just as we've increased our level of fasting, and frequency of attending the services. Holy Week is almost upon us, and as we celebrated the Feast of the Annunciation, when the Angel Gabriel announced to the Holy Virgin that she was to bear the Son of God, let us examine how we are living our lives.

There are certain sins that have become habitual, and behavior that we would like to change, but seem to repeat, even against our will. Saint Isaac the Syrian suggested that we confront these struggles head on. **"If you bear your weakness constantly in mind, you will not overstep the bounds of caution."** Part of the problem is that we allow our guard to be down, and we find ourselves repeating the same sins over and over. If we take Saint Isaac's suggestion, we will keep vigil, watching out for those situations that bring us into moments of temptation, where we find ourselves falling into the same sins, over and over again.

When we keep ourselves vigilant, we are able to avoid those very situations that cause us to stumble, and, with Christ's help, triumph over our sins. God's grace is sufficient to bring about the transformation of our heart, but we must cooperate. Just as a soldier enters into combat prepared, so too must we be vigilant, keeping watch for the enemy. Then, just as the Holy Virgin received the Son of God into her womb, becoming a living tabernacle of the Most High, so too will we receive Christ into our hearts.

On the Feast of the Annunciation of the Theotokos, let us remember that this Feast reflects the fullness of Christian teaching, and touches on the mystery of God within us. The Feast is a reminder that we must also give birth to God within ourselves, by cleansing and

restoring our ailing human condition through the Medicine of Immortality, wherein we take Christ into our imperfect bodies. In doing so, we allow Christ to purify us from within, as He purified His Mother, when She gave birth with the whole of Her body and being. For this pure and virgin vessel, the Prototype of our salvation, brought forth in mystery God Himself as the Archetype of Perfected Man, Who guides us by Scripture, Holy Tradition, and the example of His Pure Mother, to the fullness of life. Most Holy Theotokos, save us!
With love in Christ, Abbot Tryphon

Friday's Spiritual Vitamin:

"We see the water of a river flowing uninterruptedly and passing away, and all that floats on its surface, rubbish or beams of trees, all pass by. Christian! So does our life... I was an infant, and that time has gone. I was an adolescent, and that too has passed. I was a young man, and that too is far behind me. The strong and mature man that I was is no more. My hair turns white, I succumb to age, but that too passes; I approach the end and will go the way of all flesh. I was born in order to die. I die that I may live. Remember me, O Lord, in Thy Kingdom!" + St. Tikhon of Voronezh

+++ + + + + +

Assembling A Traditional Easter Basket

One begins with a straw basket filling with foods each holding symbolic significance:

1. Easter Bread (Pascha)

A sweet yeast bread rich in eggs and butter, symbolic of Christ “the Living Bread”. Usually a round loaf with a golden crust and decorated with a braid and cross. Pascha comes from the word Pasch, meaning Passover. In English we use it to refer to the Easter season. In Slavonic the word paska is used to refer to Christ “the new lamb”.

2. Cheese (Rusyn: Hrudka or Sirec)

A special cheese made from egg and milk shaped into a ball having a rather bland but sweet taste indicative of the moderation that Christians should have in all things. It is often decorated with cloves in the form of a cross.

3. Ham (Šunka)

The meat popular with the Slavs as the main dish because of its richness and symbolism of the great joy and abundance of Easter. Some may prefer lamb or veal.

4. Sausage (Kolbasi)

A spicy pork product flavored with garlic, indicative of God's favor and generosity.

5. Butter (Maslo)

This favorite dairy product is often shaped into a lamb or small cross. Symbolic of Christ the lamb who was offered upon the altar of the Cross for the life of the world.

6. Bacon (Slanina)

Uncooked bacon cured with spices. Symbolic of the overabundance of God's mercy to us.

7. Salt (Sol)

Symbolizes the Truth of the message of Christ. Just as salt preserves food, so the teaching of Christ preserves our eternal life.

8. Horseradish (Chrin)

Horseradish mixed with grated red beets. Symbolic of the Passion of Christ still in our minds but sweetened with some sugar because of the Resurrection. A bittersweet red colored mixture reminds us of the sufferings of Christ.

9. Decorated Eggs (Pysankŷ)

Hard boiled eggs brightly decorated with symbols and markings made with beeswax. Eggs were always considered as symbols of the resurrection, the emergence of new life.

*** *We are not limited to only having these items in our basket (nor do we have to have all of them). We fast for 40 days and a tradition is to bring what you have fasted from to the church to bless it before having some again (i.e. chocolate, or gum, or pop, or beer, etc.)*



LIVES OF THE SAINTS

The Holy Martyrs Agathopodos the Deacon and Theodoulos the Reader

Commemorated on April 18/5

The Holy Martyrs Agathopodos the Deacon and Theodoulos the Reader lived in Thessalonika during the reign of the emperor Diocletian (284-305) and Maximian (284-305) and were among the church clergy: the holy Deacon Agathopodos was very old, and Saint Theodoulos very young.

Both distinguished themselves by righteous life and piety. One time Saint Theodoulos saw in his sleep a vision, in which an unknown person in radiant garb placed in his hand some object. When he awoke, he then saw in his hand a beautiful ring with the image of the Cross and he realised, that this was a sign of his future martyrdom. By the power of the Cross imaged on the ring the saint healed many of the sick and turned pagans to faith in Christ the Saviour.

When the emperor Diocletian issued an edict (303) of a persecution against Christians, many attempted to hide themselves from pursuit, but Saints Agathopodos and Theodoulos undauntedly continued to proclaim the Gospel preaching.

The Thessalonika governor Faustinus, having learned of this, gave orders to bring them to him for trial. Seeing the youth and excellence of Saint Theodoulos, Faustinus attempted by flattery to persuade him to renounce Christianity and return to the decreed offering of sacrifice. To this the Martyr Theodoulos answered, that he long since had renounced the error and that he pitied Faustinus, who by his offer of paganism was condemned himself to eternal death. The governor offered the martyr a choice: the fortune of life or immediate death. The saint answered, that certainly he would choose life, but as life eternal, and that temporal death he feared not.

When Faustinus lost hope to persuade the Martyr Theodoulos, he began to talk with Saint Agathopodos. The governor attempted to deceive him and said, that Saint Theodoulos had already agreed to offer sacrifice to the gods. But

the Martyr Agathopodos did not believe this. He was convinced, that Saint Theodoulos was prepared to offer his life for his True God, the Lord Jesus Christ.

Not having any success, Faustinus commanded to remove the martyrs to prison. The holy martyrs prayed fervently and boldly preached the Word of God to the imprisoned, such that many were converted to Christianity. The head of the prison Eutinios reported about this to the governor.

Faustinus again summoned them to trial and again he urged them to renounce Christ. Before the eyes of Saint Theodoulos they brought forth to offer sacrifice those, who earlier were Christians, but betrayed the faith. "Ye have conquered the weak, but strong warriors of Christ ye in no way wilt see to conquer, even if ye do invent yet greater torments!" – exclaimed Saint Theodoulos. The governor commanded the martyr to produce the Christian books. "Here, my body is given for torture, – answered the martyr, – do with it what thou wish; torture me in a very fierce manner, but nonetheless I shalt not hand over the Holy Books for mockery by the impious!"

Faustinus gave orders to bring Saint Theodoulos to the place of execution, where an executioner readied a sword in order to cut off his head. The martyr bravely and with joy cried out: "Glory to Thee, O God, Father of my Lord Jesus Christ, Who deigned to suffer for us. Here by His grace I go unto Thee, and with joy I do die for Thee!" Then Faustinus halted the execution and again locked up the martyrs in prison. There the holy martyrs prayed fervently and both saw the same dream. They were sailing in a ship, which during the time of storm was suffering shipwreck. The waves cast them up upon shore, arrayed in white radiant raiment. The saints told each other about the vision, and they gave thanks to God for their impending martyr's end.

In the morning, when the martyrs were again brought to Faustinus, they declared to him: "We – are Christians and for the Name of Christ we are prepared to undergo whatever the suffering". Faustinus gave orders to cast them into the sea.

The waves carried Saint Agathodoros to the rocks, and he loudly exclaimed: "This shalt be for us a second Baptism, which will wash away our sins, and we shalt come unto Christ with purity". After him Saint Theodoulos was also cast into the sea (+ 303).

The sea cast on shore the bodies of the saints in radiant garb, without the ropes and weight-stones. Christians took their holy bodies and gave them reverent burial.

+++ +++ +

Saturday's Spiritual Vitamin:

"He who fasts, but does not pray, gathers no spiritual light in his soul, thus practicing a simple biological and psychological exercise, motivated by hygiene or aesthetics."

- Patriarch Daniel

+++ +++ +

PRAYER CORNER

Our Parish Prayer List for
Special Intentions and 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... Viola, Gary, Sandra, Joanne, Michael, Jerrod, Pamela, Barbara, John, Julius, Mary Jane M., Dale, Brian, Kristina, Fr. George L., Douglas, Sean, Julia, Susan, John, 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, 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.*

+++ +++ +

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

+++ +++ +

Birthday Prayers for... John Kirish (4/18), Father's Brother-In-Law Christopher Ditmore (4/19), Susan Waugh (4/19), Dr. Lawrence Martin (4/20), Max Anton (4/22), Donald James Gavulich (4/23/19), Fred Anton (4/24), Fr Peter Paproski (4/24), Donna Tongel (04/24) ...*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!*

+++ +++ +

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

+++ +++ +

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.*

+++ +++ +

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

+++ +++ +

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

+++ +++ +

For the souls of the newly departed...

+Levar Green (4/15), +Joseph Dzadony (4/6), +Anthony Dranginis (3/31), +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*

+++ +++ +

* 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 OF THE WEEK



+++ +++ +

THE JESUS PRAYER

(*Inhale*) O Lord, Jesus Christ, Son of God,

(*Exhale*) have mercy on me, a sinner!

(*Repeat until your heart is calm...*)

+++ +++ +

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]**