



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*



**CHRIST IS RISEN FROM THE DEAD,
 TRAMPLING DOWN DEATH BY DEATH
 AND UPON THOSE IN THE TOMBS
 BESTOWING LIFE!**

SERVICES FOR THE WEEK

ST. THOMAS SUNDAY, MAY 9

2nd Sunday of Pascha
 9:30 am Divine Liturgy
 Epistle: Acts 5:12-20
 Gospel: John 20:19-31
 Breaking of the Artos Bread

THURSDAY, MAY 13

9:30am Morning Moleben

SUNDAY, MAY 16

3rd Sunday of Pascha; Sunday of the Myrrhbearing
 Women; Joseph of Arimathea, & Nicodemus
 9:30 am Divine Liturgy
 Epistle: Acts 6:1–7
 Gospel: Mark 15:43–16:8
 Tone 2; Liturgical Color: **White**
 Panachida prior to blessing of graves and for
 +Joseph Dzacony (40-day); +Anthony
 Dranginis (40-day)

+++ +++ +++

PASCHAL GREETING:

*(use instead of 'hello',
 before 'good morning', etc.)*

Christ is risen!

*(responded with: **Indeed He is risen!**)*

+++ +++ +++

BULLETIN BOARD ANNOUNCEMENTS

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

+++ +++ +++

Paschal Notes - For 40 days until Ascension, we **greet each other** by saying, "Christ is risen!" (responding with "Indeed, He is risen!"). We can also adjust our before and after meal prayers (see the last page).

The prayer to the Holy Spirit, "O Heavenly King", **is not said** at home or in church during this season until the Feast of the Decent of the Holy Spirit: Pentecost (June 20). Instead we say or sing the Paschal Tropar, "Christ is risen from the dead, trampling down death by death..." (*three times*) until the Feast of Ascension (June 10).

During the 50 days from Pascha to Pentecost, we **do not kneel or make prostrations** in church in keeping with the joyful, festal character of the season. We begin to kneel and do prostrations again with the Kneeling Prayers of Pentecost that evening.

+++ +++ +++



Cemetery Grave Blessings

– We will begin blessing graves **NEXT WEEK** on **Sunday, May 16th**. We will celebrate a Panachida at Church and then head to the cemeteries. *** *If your loved ones are not at one of the two nearby cemeteries, please schedule a time with Fr. Dave to meet before the Feast of Ascension.*

+++ +++ +++

A WARM WELCOME TO OUR VISITORS!

Christ Is Risen!

*(responded with: **Indeed, He Is Risen!**)*

Christos Voskrese! (Voistinu Voskrese!)

We are happy that you have joined us today! 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
+Michael Hudak
(33-year Anniversary)

May His Memory Be Eternal!

+++ +++ +++

Paschal Greeting in Church Slavonic:

Christos voskrese! (Voistinu voskrese!)

*If greeted in a language you are unfamiliar with,
 translate & respond in English
 (then learn the response)*

+++ +++ +++

Coffee Social – A mini-coffee social was attempted last week on Pascha. It was very short notice, but it was nice. God-willing, we will return to having a coffee social soon.

+++ +++ +++

Ambridge Update – Official as of today, Fr. Marc Wisnosky and Pañi Alison Archer will be at our sister parish of St John the Baptist in Ambridge. Let's welcome them to the Pittsburgh Deanery! Many Years!

+++ +++ +++

Tuesday's Spiritual Vitamin:

"O Death, where is your sting? O Hell, where is your victory? Christ is risen, and you are overthrown. Christ is risen, and the demons are fallen. Christ is risen, and the angels rejoice. Christ is risen, and life reigns. Christ is risen, and not one dead remains in the grave. For Christ, being risen from the dead, is become the first fruits of those who have fallen asleep. To Him be glory and dominion unto ages of ages. Amen."
 +St. John Chrysostom ("The Golden Tongue"),
 from his *Paschal Homily*

+++ +++ +++

Monday's Spiritual Vitamin:

"We celebrate the death of death, the destruction of hell, the beginning of eternal life. And leaping for joy, we celebrate the Cause, the only blessed and most glorious God of our fathers."

- Paschal Canon, Ode VII

+++ +++ +++

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

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

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

+++ +++ +++

5th All-Soul Saturday – The last All-Soul Saturday Liturgy and Panachida has been reschedule to **June 5th**. Something has popped up and Father is not available the Saturday before Pentecost.

+++ +++ +++

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/

+++ +++ +++

OUR STEWARDSHIP GIFTS TO GOD

Stewardship:	\$ 2687
Candles/Eternal Lamp Offerings:	\$ 221
Envelope Stewardship:	\$ 3970
Community Outreach:	\$ 40

Total Collections: \$ 6918
Relocation: \$ 425
(\$375 offered in memory of +Viola Peifer)

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

April Financial Report:

General Stewardship = \$ 4532.47

(includes \$ 157.08 from online stewardship)

***Expenses = \$ 6437.19**

Net Deficit = \$ 1904.72

**details listed on the church hall bulletin board*

Average at Sunday Divine Liturgies: 26

Weekly Candle Intentions / Memorials were offered last week by Nelson Family; Shuster Family; Tim Martin; Lawrence Martin; Pañi Brancho; John Radick; Carol Lorenzi; Mary Jane Hudak; Eleanor Sanger; Cindy Pavilonis; Patty Watson; Melanie Paieski

+ + +

"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 Mathew Peifer, In Memory of Mother, +Viola Peifer. May Her Memory Be Eternal!

+ + + + + + +

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.

+ + + + + + +

LOOKING AHEAD LOCALLY

- ✧ **Tuesday, 5/18** 7:00 pm Akathist to the Inexhaustible Cup
- ✧ **Thursday 5/20** 9:30am Morning Moleben
- ✧ **Monday 5/24** 9:30 am Divine Liturgy on the Feast of Sts Cyril and Methodius
- ✧ **Wednesday 5/26** 9:30 am Divine Liturgy on the Midfeast of Pentecost

+ + + + + + +

ORTHODOXY AROUND THE 'BURGH AND OUR DIOCESE

+ + + + + + +

May is **Mental Health Awareness Month**. The Assembly of Canonical Orthodox Bishops of the USA needs your input! Please take the **Orthodox Mental Health Needs Assessment Survey**, designed by experts on the Mental Health Task Force, takes only 15 minutes and consists of approximately 30 questions. All information you provide is completely anonymous, and the aggregate data will help the Task Force better understand the mental health needs and experiences of the faithful in order to develop resources and programs for enhanced ministry in our communities. Please take the survey and encourage others in your community to take it as well. Scan the QR code or visit:



<https://www.assemblyofbishops.org/ministries/mental-health-task-force/mental-health-needs-assessment-survey>

+ + + + + + +

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

+ + + + + + +

Paschal Greeting in Greek:

Khristós anésti! (Alithós anésti!)

+ + + + + + +

SUNDAY'S SCRIPTURE READINGS

Epistle: Acts 5:12–20

The Apostles Heal Many

¹²Now many signs and wonders were done among the people by the hands of the apostles. And they were all together in Solomon's Portico. ¹³None of the rest dared join them, but the people held them in high honor. ¹⁴And more than ever believers were added to the Lord, multitudes both of men and women, ¹⁵so that they even carried out the sick into the streets, and laid them on beds and pallets, that as Peter came by at least his shadow might fall on some of them. ¹⁶The people also gathered from the towns around Jerusalem, bringing the sick and those afflicted with unclean spirits, and they were all healed.

The Apostles Are Persecuted

¹⁷But the high priest rose up and all who were with him, that is, the party of the Sad'ducees, and filled with jealousy ¹⁸they arrested the apostles and put them in the common prison. ¹⁹But at night an angel of the Lord opened the prison doors and brought them out and said, ²⁰"Go and stand in the temple and speak to the people all the words of this Life."

+ + + + + + +

Gospel: John 20:19–31

Jesus Appears to the Disciples

¹⁹On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and

stood among them and said to them, "Peace be with you." ²⁰When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. ²¹Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." ²²And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. ²³If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained."

Jesus and Thomas

²⁴Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. ²⁵So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe."

²⁶Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be with you." ²⁷Then he said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing." ²⁸Thomas answered him, "My Lord and my God!" ²⁹Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet believe."

The Purpose of This Book

³⁰Now Jesus did many other signs in the presence of the disciples, which are not written in this book; ³¹but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name.

+ + + + + + +

Paschal Greeting in Romanian:

Hristos a înviat! (Adevărat a înviat!)

+ + + + + + +

Wednesday's Spiritual Vitamin:

"It is not he who begins well who is perfect.
It is he who ends well who is approved
in God's sight."

+St. Basil the Great

LIVING ORTHODOXY

5 Questions You May Have About Artos

1) What is Artos?

The word artos is translated from Greek as “leavened bread” – the common bread blessed for the all members of the Church, in other words the communion bread.

During the whole Bright Week, artos is placed on the most prominent place in the church near the icon of the Resurrection, and when the Paschal celebrations are over, it is handed out among the believers.

2) What is the origin of the tradition of artos consumption?

Artos consumption began with Christianity itself. On the 40th day after the Resurrection, Lord Jesus Christ ascended to Heaven. The disciples and followers of Christ found solace in prayerful commemoration of the Lord, they recalled His every word, every step and every action. When they gathered for a common prayer, they recalled the last Suppers and partook of Holy Communion. Preparing a usual meal, they left the first place at the table for the Lord who sat there invisibly and put a bread on this place.

3) What does it symbolize?

Emulating the apostles, the first shepherds of the Church began to put bread in the church as a visible expression of the idea that the Savior, who has suffered for us, became the true bread of life. On an artos we can see a cross with the crown of thorn, but there is no the Crucified One, which is the symbol of Christ’s victory over death or His Resurrection.

There is another ancient church story connected with artos. It states that the apostles always left a piece of bread – the part of the Mother of God – in a reminder of the constant communion with Her. After the meal, they shared that piece of bread between themselves. In monasteries, this tradition is called the rite of Panagia, i.e. the commemoration of the Most Holy Mother of God. In parish churches this bread of the Mother of God is recalled once a year, when artos is shared.

4) How is artos consecrated?

Artos is consecrated with a special prayer, by sprinkling with holy water and censing it at the Liturgy on the first day of Holy Pascha and after the prayer behind the ambo. An artos is placed in front of the Royal Gates on a table or analogion. It is kept before the iconostasis for the whole of Bright Week.

Every day during the Bright Week, cross processions with artos take place after the liturgy. On Saturday of the Bright week, a prayer for fragmentation of artos is read. The artos is divided into pieces and given to people during the kissing of the cross after the Liturgy.

5) How should we keep and consume artos?

Faithful people keep the particles of artos they got in the church as a spiritual remedy from weaknesses and diseases. Artos is taken in special cases, for example, in case of sickness and always with the words “Christ is risen!”.

Source: <http://www.pravmir.ru/zachem-razdayut-artos-5-voprosov/>

+ + + + +

Thursday’s Spiritual Vitamin:

“If a man loves someone, he naturally makes every effort to be of service to that person. If, then, a man loves God, he naturally strives to conform to His will. But if he loves the flesh, he panders to the flesh.”

+Saint Maximus in *400 Chapters on Love*

+ + + + +

Paschal Greeting in Spanish:

¡Cristo ha resucitado!
(¡En verdad ha resucitado!)

+ + + + +

LIVES OF THE SAINTS

The PriestMartyr Basil, Bishop of Amasea Commemorated on April 26

The PriestMartyr Basil, Bishop of Amasea, lived at the beginning of the IV Century in the Pontine city of Amasea. He encouraged and comforted the Christians, suffering persecution

by the pagans. During this time the Eastern part of the Roman empire was ruled by Licinius (312-324), a relative by marriage to the holy Equal-to-the-Apostles emperor Constantine the Great (306-337, Comm. 21 May). Licinius deceitfully undersigned Constantine’s “Edict of Religious Toleration” (313), which permitted the freely open confession of Christianity, but at heart he hated Christians and continued to persecute them to return to paganism.

Licinius burned with passion for a maid-servant of his wife Constancia, – the Righteous Virgin Galphyra. The holy maid reported about this to the empress and sought her intercession. Having dressed her in men’s attire and provided her with money, the empress Constancia sent her away from the city in the company of a devoted servant. They told the emperor, that the maid-servant had gone mad and lay near death. Righteous Galphyra on the road to Armenia remained in the city of Amasea, where the local bishop, Saint Basil, gave her shelter.

At this time the saint was building a church in the city. Righteous Galphyra for its construction gave over all the money that she had received from Constancia, and in a letter to the empress she besought her to send additional funds to complete the church. The empress fulfilled her request. But the letter of Righteous Galphyra fell into the hands of the emperor. The enraged Licinius demanded the governor of Amasea to send him the sainted-hierarchy and the maid-servant. Righteous Galphyra died (+ 322) before the edict arrived in Amasea. They dispatched Saint Basil to the emperor. Two deacons, Parthenias and Thestimos, followed after him and lodged near the prison where they locked up the saint.

The pious Christian Elpidyphoros bribed the jailer and each night together with Parthenias and Thestimos he visited the saint. On the eve of the trial day of the saint he sang psalms and the words “if I be at the very depths of the sea, even there wilt Thy hand guide me and Thine right hand hold me” (Ps. 138 [139]: 9-10) – and thrice he broke down into tears. The deacons were

apprehensive that the saint would be in distress over the coming torments, but he calmed them.

At the trial Saint Basil resolutely refused the suggestion of the emperor to become a pagan high-priest, and therefore he was sentenced to death. Elpidyphoros got to the soldiers with money, and they allowed the saint to pray and to speak with his friends before the execution. After this, the saint said to the executioner: “Friend, do what thou art ordered to”, – and calmly he bent beneath the blow of the sword.

When the martyr had been beheaded, Elpidyphoros tried to ransom his remains from the soldiers. But the soldiers were afraid of the emperor and they threw the body and head of the saint into the sea. After this, three times in a dream an Angel of God appeared before Elpidyphoros with the words: “Bishop Basil is in Sinope and doth await you”. Heeding this call, Elpidyphoros and the deacons sailed to Sinope and there they hired fishermen to lower their nets. When they lowered the net “on the suggestion” of the deacons Thestimos and Parthenias, they came up with nothing. Thereupon Elpidyphoros declared, that he would ask them to lower the net in the Name of the God, Whom he did worship. This time the net brought up the body of Saint Basil. The head had come back together with it, and only the gash on the neck indicated the strike of the sword. The relics of Saint Basil were conveyed to Amasea and buried in the church built by him.

+ + + + +

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

+ + + + +

Friday’s Spiritual Vitamin:

“After the resurrection our bodies will be spiritual, and not earthly ones, everything earthly will remain upon earth. Remembering what our future abode will be, Christians, let us, then, gradually detach ourselves from everything earthly.”
+ St. John of Kronstadt, *My Life in Christ*

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

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... Linda, Isaiah, Thomas, Gary, Sandra, Joanne, Michael, Jerrod, Pamela, Barbara, John, 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... Ella Kovats (5/9), Dr Phillip Labas (5/10), Jillian Gaydos (5/14)
...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...
Susan, Marilynn, 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. Dzadoovsky 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.*

+++ +++ +++

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

+++ +++ +++

For Pregnant Mothers... Carley (*due in 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...
+Viola Peifer (4/20), +Levar Green (4/15), +Joseph Dzadony (4/6), +Anthony Dranginis (3/31), 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.*

+++ +++ +++

Saturday's Spiritual Vitamin:
“If we become aware of how God cares for us like an all-loving Father, and even more gently, like an adoring mother, then our hearts will be filled to overflowing with ardent and reverent love for Him.”
- Archbishop Averky (Taushev)

+++ +++ +++

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

+++ +++ +++

DEVOTIONAL PRAYER OF THE WEEK

+++ +++ +++

A Mother's Beatitudes
Blessed is the mother who understands her child, for she shall inherit a kingdom of memories.
Blessed is the mother who knows how to comfort, for she shall possess a child's devotion.
Blessed is the mother who guides by the path of righteousness, for she shall be proud of her children.
Blessed is the mother who is never shocked, for the she shall receive and know confidence and security.
Blessed is the mother who teaches respect, for she shall be respected.
Blessed is the mother who emphasizes the good and minimizes the bad, for her children shall follow her example.
Blessed is the mother who answers questions honestly, for she shall always be trusted.
Blessed is the mother who treats her children as she would like to be treated, for her home shall always be filled with happiness.

Mealtime Prayers during the Paschal Season

Before Meals:
Christ is risen from the dead, trampling down death by death, and to those in the tombs, bestowing life!
Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.
Lord, have mercy! (*3 times*)
O Lord Bless! (*bow*)
O Christ God, bless the food and drink of Your servants, for You are holy, always now and ever, and unto ages of ages. Amen.

+ + +

After Meals:
O shine, O shine, O new Jerusalem; for the Glory of the Lord is risen upon you.
O Zion, sing with joy and rejoice. And you, pure Mother of God, rejoice in the Resurrection of your Son.
Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.
Lord, have mercy! (*3 times*)
O Lord Bless! (*bow*)
God is with us, through His Grace and love for mankind, always now and ever, and unto ages of ages. Amen.

+++ +++ +++

An Orthodox Prayer for Mental Health

O Master, Lord my God, in Whose hands is my destiny: Help me according to Your mercy, and leave me not to perish in my transgressions, nor allow me to follow them who place desires of the flesh over those of the spirit. I am Your creation; disdain not the work of Your hands. Turn not away; be compassionate and humiliate me not, neither scorn me, O Lord, as I am weak. I have fled unto You as my Protector and God. Heal my soul, for I have sinned against You. Save me for Your mercy's sake, for I have cleaved unto You from my youth; let me who seeks You not be put to shame by being rejected by You for my unclean actions, unseemly thoughts, and unprofitable remembrances. Drive away from me every filthy thing and excess of evil. For You alone are holy, alone mighty, and alone immortal, in all things having unexcelled might, which, through You, is given to all that strive against the devil and the might of his armies. For unto You is due all glory, honor and worship: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.