



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

SERVICES FOR THE WEEK

SUNDAY, MAY 23

4th Sunday of Pascha; Sunday of the Paralytic
 9:30 am Divine Liturgy
 Epistle: 9:32-42; Gospel: John 5:1-15

TUESDAY, MAY 25

7:00 pm Feast Day Vespers

WEDNESDAY, MAY 26

9:30 am Divine Liturgy on the Feast of
 Mid-Pentecost

SUNDAY, MAY 30

5th Sun. of Pascha; Sun. of the Samaritan Woman
 9:30 am Divine Liturgy
 Epistle: Acts 11:19-26, 29-30
 Gospel: John 4:5-42
 An additional offering for our Community
 Outreach is requested
 Panachida for +Viola Peifer (40-day)
 Tone 4; Liturgical Color: **White**

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Monday's Spiritual Vitamin:

"In the fifth century, Sunday became a secular day of rest by a decree of Constantine the Great which affirmed the general practice of Christians at that time."
 +Elder Cleopas

PASCHAL GREETING:

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

Christ is risen!

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

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BULLETIN BOARD ANNOUNCEMENTS

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

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Feast Day Vespers – In the Orthodox Church, Vespers is prescribed to be done on a daily basis *(which happens in a lot of monasteries)*. Great Vespers is appointed to be served on Saturday nights and on the eves of all Feast Days *(ranked higher than Fourth Class)*. We will offer this service on Tuesday on the eve of the Feast of Mid-Pentecost

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Masks – We will continue to follow the CDC guidelines. We are no longer asking for "mandatory masks" in the church.

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Coffee Social – Our coffee social has returned! We have coffee and individual packaged snacks available in the hall following the Divine Liturgy.

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Palms and Pussywillows – There are still a handful of blessed palms and pussywillows on the cardtable in the nave of the church. *(They will be there until Pentecost.)*

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Parish Picnic – A reminder that our Parish Picnic is scheduled for **Sunday, July 18th**

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:

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.

Orthodoxy 101 – Although we are not having specific *Orthodoxy 101* classes/discussions, but we can continue to learn in other ways. As a reminder, we learn about our Faith through participating in our services *(the Divine Liturgy along with Molebens, Akathist, Paraklis...)*. Our bulletins are also a source of information and educational material. (Please consider reading a section of the bulletin each day of the week and reflect as you learn about your Faith.) Anytime you have a question, please reach out to Father Dave.

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Garage Sale – The Parish Council discussed having the garage sale return this year. Please begin bringing in items and placing them in the church hall.

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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. 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.

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.

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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/

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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)

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Tuesday's Spiritual Vitamin:

"For everything you think of doing, remember to say: 'God-willing'"

+St. Paisios

OUR STEWARDSHIP GIFTS TO GOD

Stewardship:	\$ 300
Candles/Eternal Lamp Offerings:	\$ 140
Envelope Stewardship:	\$ 914

Total Collections: **\$ 1354**

Relocation: **\$ 100**

(\$50 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



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

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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)

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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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Paschal Greeting in Romanian:

Hristos a înviat! (*Adevărat a înviat!*)

LOOKING AHEAD LOCALLY

- ✘ **Tuesday 6/1** 7:00 pm Akathist to St. Xenia with holy anointing
- ✘ **Thursday 6/3** 9:30 am Morning Moleben
- ✘ **Saturday 6/5** 9:30 am All Soul Divine Liturgy and Panachida (5th of 5)
- ✘ **Monday 6/7** 7:00 pm Akathist to St. John on the Feast of the 3rd Finding of the Head of St. John the Baptist
- ✘ **Wednesday 6/9** 7:00 pm Feast Day Vespers
- ✘ **Thursday 6/8** 9:30 am Divine Liturgy on the Feast of the Ascension of our Lord

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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>

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Paschal Greeting in Arabic:

El Messieh kahm! (*Hakken kahm!*)

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SAVE THE DATES:

Altar Boy Retreat – Virtual on June 28 and 29

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Young Women's Encounter (YWE) – A "care package" is being prepared for all of the young women of our diocese aged 12 to 18. Please contact Father Dave for more information or visit:

www.acrod.org/ministries/youth/ywe/

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Deanery Picnic – Our Pittsburgh Deanery Picnic will be Sunday, October 3 at Schenley Park

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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

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Paschal Greeting in Greek:

Khristós anésti! (*Alithós anésti!*)

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SUNDAY'S SCRIPTURE READINGS

Epistle: Acts 9:32–42

The Healing of Aeneas

³²Now as Peter went here and there among them all, he came down also to the saints that lived at Lydda. ³³There he found a man named Aene'as, who had been bedridden for eight years and was paralyzed. ³⁴And Peter said to him, "Aene'as, Jesus Christ heals you; rise and make your bed." And immediately he rose. ³⁵And all the residents of Lydda and Sharon saw him, and they turned to the Lord.

Peter in Lydda and Joppa

³⁶Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. ³⁷In those days she fell sick and died; and when they had washed her, they laid her in an upper room. ³⁸Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him,

"Please come to us without delay." ³⁹So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. ⁴⁰But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. ⁴¹And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. ⁴²And it became known throughout all Joppa, and many believed in the Lord.

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Gospel: John 5:1–15

Jesus Heals on the Sabbath

5 After this there was a feast of the Jews, and Jesus went up to Jerusalem.

2 Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Beth-z'atha, which has five porticoes. ³In these lay a multitude of invalids, blind, lame, paralyzed. ⁵One man was there, who had been ill for thirty-eight years. ⁶When Jesus saw him and knew that he had been lying there a long time, he said to him, "Do you want to be healed?" ⁷The sick man answered him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me."

⁸Jesus said to him, "Rise, take up your pallet, and walk." ⁹And at once the man was healed, and he took up his pallet and walked.

Now that day was the sabbath. ¹⁰So the Jews said to the man who was cured, "It is the sabbath, it is not lawful for you to carry your pallet." ¹¹But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'"

¹²They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" ¹³Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. ¹⁴Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." ¹⁵The man went away and told the Jews that it was Jesus who had healed him.

Wednesday's Spiritual Vitamin:

"The true Christian tests himself every day. Daily testing to see whether we have become better or worse, is so essential for us that without it we cannot be called Christians. Constantly and persistently we must take ourselves in hand. Do this: from the morning establish thoughts about the Lord firmly in your mind and then during the whole day resist any deviation from these thoughts. Whatever you are doing, with whomever you are speaking, whether you are going somewhere or sitting, let your mind be with the Lord. You will forget yourself, and stray from this path; but again turn to the Lord and rebuke yourself with sorrow. This is the focus of spiritual attentiveness."

+St. Theophan the Recluse

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ORTHODOX WORD OF THE WEEK

Vespers – is first service of the Daily Cycle of divine services celebrated in the Orthodox Church. Because the liturgical day begins at sunset, Vespers is traditionally served in the early evening. For many parishes, Vespers is the principal evening service.

The Vespers service is meant to remind us of the Old Testament period, the creation of the world, the first human beings fall into sin, of their expulsion from Paradise, their repentance and prayer for salvation, the hope of mankind in accordance with the promise of God for a Saviour and ending with the fulfillment of that promise.

Two of the basic forms of Vespers are:

- Great Vespers is appointed to be served on Saturday nights and on the eves of all feasts ranked higher than Fourth Class.

- Daily Vespers is an abbreviated form of Great Vespers and is served on any day that Great Vespers is not appointed.

Paschal Greeting in Swahili:

Kristo amefufukka! (*Kweli amefufukka!*)

FEAST DAY FEATURE

Mid-Pentecost

by Fr. Michael Gillis (May 12, 2020)

The feast of Mid-Pentecost falls halfway between Pascha and Pentecost. It is a service of anticipation. The hymns of the service focus much less on Pascha and the Resurrection as they do on the coming of the Holy Spirit. Although Pascha is the Feast of Feasts, Pentecost is the celebration of our full participation in the Mystery of the resurrected Life. The main metaphor used throughout the feast of Mid-Pentecost is water.

When Mid-feast was come, Jesus went up into the temple and taught the disobedient people, saying: He that thirsts, let him come unto Me and drink living and everlasting water, and he shall never thirst unto eternity. He that believes in Me, rivers shall flow from his innermost being, and he shall have the Light of Life.

For all that Christ accomplished for our salvation at Pascha, it remains still for us to receive it. And for us to receive the resurrected Life, we have to thirst for it. All of the blessings and gifts and graces of heaven are ours through Christ, but God will not force them on us. God will only give us the heavenly gifts if we thirst for them.

This is probably the reason why Jesus usually asked someone if they wanted to be healed. It seems strange to us that Jesus would ask someone who had been sick a long time whether or not they wanted to be healed. But keep in mind, all physical healings and miracles are signs. Miracles are never an end in themselves. Miracles in the physical world that we can easily see are signs pointing us to spiritual realities that we cannot easily see. Last Sunday, Jesus asked the man lame for 38 years if he wanted to be healed. Today at the feast of Mid-Pentecost, Jesus is asking us if we are thirsty, thirsty for the Light of Life.

And so this is the question we must all ask our selves: Do we really want to be saved? Do we thirst for heavenly Life? Are we sick and tired of being spiritually blind and lame, of running into

the same spiritual walls, same besetting sins, same failures again and again? Are we ready to humble ourselves and confess our need, to cry out to God: "I have sinned, have mercy on me"? If we are willing, we are ready for Pentecost.

The Gospel reading for Mid-Pentecost comes from John 7, which contains the readings for both Mid-Pentecost and Pentecost. At verse 17, which we read today, Jesus says, "If anyone wills to do His will, he shall know concerning the teaching, whether it is from God." In the world, we want to know first and then decide. We gather all of the information about something, and then we make a decision. However, that is not how things work in our relationship with God. With God, first we decide, first we will to do His will; then we know, then we understand. For many of us, this is very difficult. It's hard to trust as a little child.

But this is why hunger and thirst are such useful metaphors. When you are hungry enough. When you are thirsty enough. When you are fully convinced of your own inability to take up the bed of your lazy, sinful and broken life and walk in the Light of the Resurrection, then, like the Blind Man (John 9: 7), you are ready and willing to do what you are told. Then you are ready to do God's will—whatever it is. And in doing, you begin to know; just as the blind man in obeying began to see.

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MAY COMMUNITY OUTREACH

Our May Community Outreach organization had not made it into the bulletin until today. This month, through the efforts of our Sr. ACRY, we ask for an additional offering next week for the **Eastern Orthodox Committee on Scouting (EOCS)** whose mission is *to conduct the mission of our Lord and His Church via the Boy Scouts of America and the Girl Scouts USA programs on a national level*. For more information on this organization, please visit: www.eocs.org *Thank you in advance for your prayers and offering this month!*

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LIVING ORTHODOXY

The Ten Commandments

After the Exodus from Egyptian slavery (Ex. 14), the Children of Israel encamped at the foot of Mt. Sinai. Moses went up onto the mountain and there received from God two tablets of stone, upon which were written by God's hand the Ten Commandments (Ex. 20,31). The text of these commandments (The Decalogue) is as follows...

4. Remember the Sabbath day, to keep it holy
In addition to the first three commandments, we are also commanded to render special honor to God on His special day the Sabbath for God blessed the seventh day and hallowed it (Gen. 2:3). The early Church the New People of God in the New Dispensation under divine inspiration substituted the first day of the week, Sunday, for the seventh, Saturday, as the new and superior Lord's day (Rev. 1:10). On this day we commemorate the New Creation made possible by the Resurrection of Christ, rather than the first creation of the world, commemorated on the old Sabbath Day. On this day the Lord's Day the Holy Orthodox Church commands us not to perform unnecessary work, but rather to honor the Lord's Day by attendance at the Divine Liturgy and the Services preceding it Vespers and Matins. Further, we are commanded to honor and keep the other holy Feast Days of the Church, whether or not they fall on Sunday for all holy days can be considered as the Lord's Days.

Excerpt taken from These Truths We Hold —

The Holy Orthodox Church: Her Life and Teachings. Compiled and edited by a monk of St. Tikhon Monastery.

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Thursday's Spiritual Vitamin:

"In the Church especially is accomplished the mystery of the cleansing from sins.

Reverence, therefore, the place where your soul is cleansed from all impurities, where you are reconciled to God, where you receive the true life of the spirit."

+St. John of Kronstadt from *My Life in Christ*

LIVES OF THE SAINTS

The Holy Apostle Simon Zelotes

Commemorated on May 23/10

The Holy Apostle Simon Zelotes hailed from Cana of Galilee. He was a son of Joseph the Betrothed, and hence a brother of the Lord after the flesh, and he was also one of the 12 Apostles. The first miracle which the Saviour worked, – the transforming of water into wine, occurred at the house of Simon: at the time of a wedding-feast there was insufficient wine for the guests. Then the Lord, at the prompting of the MostHoly Mother of God, transformed water into wine. Struck by the miracle, Simon with all his heart and soul believed in the Lord Jesus as the Promised Messiah and, having left behind everything, he followed after Him. Simon received the title "Zelotes", i.e. a zealot, meaning a person who is zealous. On the day of Pentecost he received the gift of the Holy Spirit together with the other Apostles. The holy Apostle Simon preached the teaching of Christ at Judea, Egypt, Libya, Cyrenia and Britain. At Abkhazia he accepted a martyr's death, and was crucified on a cross. He was buried at the city of Nikopsia around Sukhum. Afterwards (in the XIX Century), at the place where the holy Apostle Simon asceticised near Mount Iveria, there was established the Novoathonite monastery of Simon the Canaanite. To the present day is preserved the cave wherein the holy Apostle Simon asceticised.

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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... Pañi Kathy, Linda, 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.*

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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:* 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... Elias Mainolfi (5/24), Sean Watson (5/26), Alexander Hanchulak (5/27), Fr Jonathan Tobias (5/27), Michael Horbal (5/28) *...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...
Susan, Marilyn, John *...through the prayers of St. Paul the Apostle, St. Mary Magdalene, and St. John Maximovitch.*

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

Friday's Spiritual Vitamin:

"For man, the earthly life, life in the body, serves only as a preparation for eternal life, which will begin after the death of the body. Therefore we must avail ourselves without delay of the present life as a preparation for the other life; and as we chiefly work during week-days for the earthly life, we must work on Sundays and other holidays wholly for the Lord God, devoting them to attendance at Divine service, to reading the Word of God, to pious meditation, to edifying conversations, good works, and especially to works of mercy. Those sin grievously who neglect the matter of their spiritual education for eternal life in the world above. How can we forget our final destination? How is it possible to be so ungrateful to the Creator, Who created us after His own image and likeness, incorruptible, and for union with Himself; Who redeemed us by His Cross, and opened to us the gates of the Kingdom of Heaven? How can many of us become "like the beasts that perish"? "Let us lift up our hearts!"

+St. John of Kronstadt, from *My Life in Christ*

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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 *...through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

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Anniversary Prayers for... Fr Dave & Pañi Alexandra (5/25), Jim & Katherine Schrmack (5/26), Anthony & Donna Horbal (5/27) *...May God fill them with His grace that they may continue to live in unity with Him!*

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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.*

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For the souls of the newly departed... +Viola Peifer (4/20) 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 PRAYER OF THE WEEK

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.

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Paschal Greeting in Spanish:
¡Cristo ha resucitado!
(¡En verdad ha resucitado!)

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Saturday's Spiritual Vitamin:
“We all know that when we are offered a cure for an illness, it is stupid and foolish to say, "Wait! Let me be sick a little longer!" Anyone who delays the work of salvation does exactly that—with far more disastrous results.”
Fr. Jack Sparks
Victory in the Unseen Warfare p.47

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Listen to Baba:

**When was the last time
you were in church?**



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**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.**