



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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SERVICES FOR THE WEEK

please wear masks following the CDC guidelines

SUNDAY, JULY 18

4th Sunday after Pentecost
Venerable Athanasius of Mt. Athos (1003)
9:30 am Divine Liturgy
Panachida for +Jack Peifer (28-yr),
+Viola Peifer (3-mo), +Sonia Urban (1-yr)
and the newly departed

SATURDAY, JULY 17

7:00 pm Akathist to the Great-martyr Euphemia
on the Commemoration of the miracle of 451

SUNDAY, JULY 25

5th Sunday after Pentecost
Righteous Veronica
9:30 am Divine Liturgy
Epistle: Romans 10:1-10;
Gospel: Matthew 8:28-9:1
Panachida for +Andrew Gogal (3-yr), +Anna
Mae Gogal (1-yr), and the newly departed
Tone 4; Liturgical Color: **Green**
Prison Ministry Awareness Sunday; Additional
offering requested for this Community
Outreach

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

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

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Future Services – Our online "Parish Calendar"
is continually updated on our website at:

www.orthodoxpittsburgh.com/parish-calendar

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BULLETIN BOARD ANNOUNCEMENTS

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

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Akathist to Saint Euphemia – We have relics of
The Holy Glorious Great-Martyr Euphemia in our
Altar and Antimension. She is remembered on
July 24 (Commemoration of the Miracle in 451)
and September 29. Come to the Akathist on
Saturday to pray and learn more about her!

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LET'S FILL THE TABLES - We will
have our Garage Sale from **August 13-15:**
Friday and Saturday from 9am to 3pm and, *new*
this year, Sunday from 12-noon to 3pm. Tax-
deductible donations for the sale (*that are clean*
and with all of their parts) are being accepted
now through **July 23** (*no TV's or clothing*
please). WHEN YOU BRING YOUR ITEMS IN,
LOOK AT THE SIGNS ON THE TABLES AND
PLACE OUR ITEMS DIRECTLY ON THE
TABLES AS WE CONTINUOUSLY SET UP AS
A COMMUNITY FOR THIS COMMUNITY
EVENT. If you are not able to bring your items in
on a Sunday, please contact Fr Dave 412-748-
0148 / OrthodoxPittsburgh1932@gmail.com) to
arrange dropping them off. *Your extra items will*
be a treasure to someone else!

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Stewards needed for each day – whether you
can offer your time all day or even just for 2
hours, please sign up on the sheet in the hall as
we prepare for the return of our garage sale.

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A WARM WELCOME TO OUR VISITORS!

Glory be to Jesus Christ!

(responded with: Glory 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
+John Kailyar
on the 33rd Anniversary
of his passing (7/12)

May his memory
be eternal!

Congratulations to Alexei Kroh and Patrick
Wertz who were united together in the Mystery of
Holy Matrimony yesterday. Through the prayers
of Saints Adrian & Natalia and all Holy Martyrs,
May God grant you many years!

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Garden Blessing – *Let's schedule some garden
blessings! (The format of the blessing is similar
to our annual home blessing.) You say you've
never had your garden blessed? Well, it's okay
to do something new! Please contact Fr. Dave if
you are interested.*

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Congratulations! to Donald and Carley Gavulich
and their families on the birth of **Colton Daniel
Gavulich** born on June 29th at 6:32 pm (7 lb 2 oz
and 19 3/4 in). Welcome to our Parish Family!

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Pussy Willow Bush – There are two bushes
that took root and are ready for a new home.
Please let Fr. Dave know if you are interested.

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Monday's Spiritual Vitamin:

Psalm 62:5-8

Yes, my soul, find rest in God;
my hope comes from Him.
Truly He is my rock and my salvation;
He is my fortress, I will not be shaken.
My salvation and my honor depend on God;
He is my mighty rock, my refuge.
Trust in Him at all times, O people;
pour out your hearts to Him,
for God is our refuge.

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OUR STEWARDSHIP GIFTS TO GOD

Stewardship:	\$ 325
Candles/Eternal Lamp Offerings:	\$ 170
Envelope Stewardship:	\$ 467
Total Collections:	\$ 962
Capital Improvement Fund:	\$ 55
Relocation Fund:	\$ 100

In faith that God provides: "And God is able to
provide you with every blessing in abundance, so
that you may always have enough of everything
and may provide in abundance for every good
work. As it is written, 'He scatters abroad,
he gives to the poor; his righteousness
endures for ever.'" – 2 Corinthians 9:8-9

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Weekly Candle Intentions / Memorials were
offered last week by Nelson Family; Tim Martin;
Lawrence Martin; Melanie Shuster; Patty
Watson; Cindy Pavilonis; Andrea Urban

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**"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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The Eternal Lamp was offered last week by Tim
Martin in memory of his mother, +Anastasia. May
Her Memory Be Eternal! *Vičnaya Pamyat!*

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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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Tuesday’s Spiritual Vitamin:

"This is the cause of all evils, the not knowing the Scriptures. We go into battle without arms, and how are we to come off safe?"

+St. John Chrysostom

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ORTHODOXY AROUND THE ‘BURGH AND OUR DIOCESE

Online Women’s Retreat: The Joy of Resolving the Unresolved: Navigating Life’s Stages More Peacefully with Fr. Joshua Makoul

It is hard to get through life without accumulating life experiences that leave a mark on us. If we move through our lives and those life experiences remain unresolved, they can resurface later and make our transition into later life stages more painful and difficult. By learning to unpack and heal from painful life experiences, we will be able to make life stage transitions more easily, peacefully, and joyfully. By embracing humility, insight, self-awareness, and no small amount of motivation, we can learn to navigate any life crisis.

The retreat will be Saturday, November 13 from 11 am to 3:30 pm and costs \$35. Register at <https://store.ancientfaith.com/2021-womens-retreat/> by November 10.

Wednesday’s Spiritual Vitamin:

”The devil’s surest maneuver against man is procrastination.” – Elder Vichentie Mălău

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St. John the Baptist Golf Classic – Details have been finalized for East Pittsburgh’s golf outing. Please contact Fr. Dave for more information.

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VISIT OUR DIOCESE ON-LINE

Diocesan Website: www.acrod.org
Camp Nazareth: www.campnazareth.org
FB: www.facebook.com/acroddioocese
Twitter: twitter.com/acrodnews
YouTube: youtube.com/acroddioocese

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MONTHLY COMMUNITY OUTREACH



This month, through the efforts of our Sr. ACRY, our additional collection will be for **Orthodox Christian Prison Ministry (OCPM)** whose **mission** is to serve those who are incarcerated and their families, and provides resources, training and support to our ministry partners so that lives are transformed and God is glorified. **Core values:** Accept that each person is made in the image and likeness of God; Love with compassion and respect; Integrity; Committed to excellence; Team-oriented
For more information on this organization, please visit: www.theocpm.org. *Thank you in advance for your prayers and offering this month!*

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Thursday’s Spiritual Vitamin:

“At the Last Judgment I will not be asked whether I satisfactorily practiced asceticism, nor how many bows I have made before the divine altar. I will be asked whether I fed the hungry, clothed the naked, visited the sick, and the prisoner in his jail. That is all I will be asked.”

+Saint Maria of Paris

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SUNDAY’S SCRIPTURE READINGS

Epistle: Romans 6:18-23

¹⁸and, having been set free from sin, have become slaves of righteousness.¹⁹I am speaking in human terms, because of your natural limitations. For just as you once yielded your members to impurity and to greater and greater iniquity, so now yield your members to righteousness for sanctification.

²⁰When you were slaves of sin, you were free in regard to righteousness.²¹But then what return did you get from the things of which you are now ashamed? The end of those things is death.²²But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life.²³For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

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Gospel: Matthew 8:5-13

Jesus Heals a Centurion’s Servant

⁵As he entered Caper’na-um, a centurion came forward to him, beseeching him⁶and saying, “Lord, my servant is lying paralyzed at home, in terrible distress.”⁷And he said to him, “I will come and heal him.”⁸But the centurion answered him, “Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed.”⁹For I am a man under authority, with soldiers under me; and I say to one, ‘Go,’ and he goes, and to another, ‘Come,’ and he comes, and to my slave, ‘Do this,’ and he does it.”¹⁰When Jesus heard him, he marveled, and said to those who followed him, “Truly, I say to you, not even in Israel have I found such faith.”¹¹I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven,¹²while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth.”¹³And to the centurion Jesus said, “Go; be it done for you as you have believed.” And the servant was healed at that very moment.

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LIVING ORTHODOXY

BANISH ALL DOUBTS

by Abbot Nikon
One must not demand too much of oneself. It is best to humble oneself before God. Open yourself to Him in all your filthiness and say, like the leper: Lord, if Thou wilt, Thou canst make me clean. Do not put time limits on God for this. Do all that is needed according to your strength, and the Lord will do everything necessary for your salvation. Just do not forsake God.

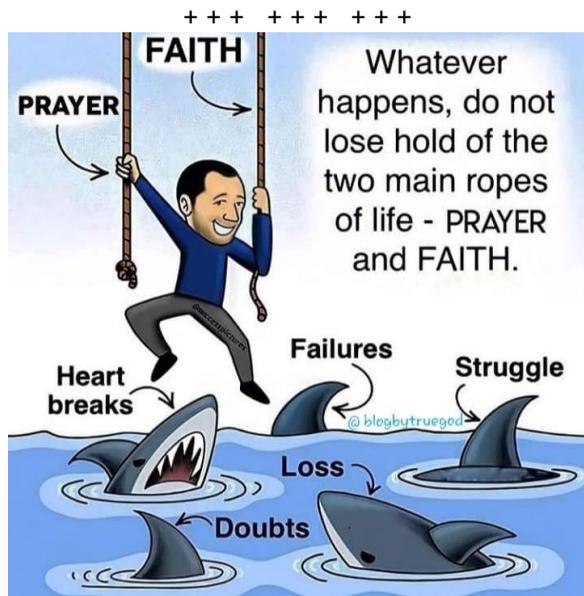
Do not succumb to the suggestions of the enemy, that it is useless to toil, that all is lost, etc. That is the work of the devil, the all-time slanderer of God and everyone else. Hold firmly to the Church and the teachings of the Holy Fathers. No matter what doubts assail you, say to yourself, and even out loud (so that the demons can hear): *”Lord Jesus Christ, I believe that You are the Son of God and Lord; I believe that You suffered in many ways to save us; I believe that You will likewise not forsake me if I myself do not consciously renounce You. Lord, be merciful to me. I commit myself and my salvation into Thy hands. I believe that You will not allow me to perish. Glory to Thee, O God! Glory to Thee, O God! Glory to Thee, O God.”* May God preserve you. Seek salvation!

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Friday’s Spiritual Vitamin:

“The person that is struggling to the best of his abilities, who has no desire to live a disorderly life, but who—in the course of the struggle for faith and life—falls and rises again and again,

God will never abandon. And if he has the slightest will not to grieve God, he will go to Paradise with his shoes on. The Benevolent God will, surprisingly, push him into Paradise. God will ensure that he takes him at his best, in repentance. He may have to struggle all his life, but God will not abandon him; He will take him at the best possible time.” +St. Paisios the Athonite, Spiritual Counsels II



8 Tips for the Contemporary Man

by St. Paisios of Mount Athos

1. Completely have trust in God.
2. Simplify your life to avoid anxiety.
3. Acquire humility and prayer will come naturally.
4. In every test, say: "Thank you, my God, because this was needed for my salvation."
5. Seek for peace in prayer, not spiritual pleasure.
6. Keep your mind near God.
7. Forget the good deeds you do, remember the good done to you.
8. Read the Fathers, even one or two lines a day.

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... Justin, Christopher, Sharon, John, Fr. Thomas, Michelle, Frederick, Fr. Patrick, Joseph, Gary, Joanne, Barbara, Mary Jane M., Brian, Kristina, Sean, Julia, Susan, John, Juliana, Fredrick, Kenneth, Michael, and Roberta ...*through the prayers of St. Nectarios the Wonderworker; St. Luke, the Surgeon; and St. Panteleimon, the Healer.*

For the Special Intentions of... His All Holiness Patriarch Bartholomew, Metropolitan Gregory, Fr. Photios, Fr. Theodore, Deacon Charles, Carlene, Georgia, Eleanora, Mark, Michaleana, Dorell, Elizabeth, Donald, Susan, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Andrea, Jason, Tyrone, Sarah, Ameer, Joshua, John, Kathryn, Rose, Charles, Justin *our seminarians:* Dylan, Thomas, Nicholas, and Aydin *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):
Killian Brozell - Hieromartyr Killian (7/22)
(contact Fr. Dave with your Patron Saint)

Birthday Prayers for... Alaina Anton (7/18), Fr Michael Chendorain (7/18), Fr Luke Mihaly (7/18), Dustin Brozell (7/20), *Father's Godson,* Nathaniel Salio (7/21), Jennifer Brancho (7/22), Robert Fall (7/22), Lynn Mainolfi (7/23) ...*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.*

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For those preparing for Marriage... Lauren & Corey, Nicole & Dustin ...*through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

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Anniversary Prayers for... Fred & Juliana Anton (7/20) ...*May God fill them with His grace that they may continue to live in unity with Him!*

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

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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 the souls of the newly departed...
+George Livanos, the Priest (7/1), +Dale Fisher (6/15), and +Stephen Hall, the Deacon (6/10) ...*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.***

Saturday's Spiritual Vitamin:
"A faithful friend is a strong defense; and he who has found such a one has found a treasure."
- Sirach 6:14
"The friends of Christ love all truly but are not themselves loved by all; the friends of the world netter love all nor are loved by all."
+St. Maximos the Confessor, Philokalia 2

DEVOTIONAL PRAYERS OF THE WEEK

A Prayer of a Married Couple
O merciful God, we ask You always to remind us that the married state is holy, and that we must keep it so. Grant us Your grace, that we may continue in faithfulness and love; increase in us the spirit of mutual understanding and trust, that no quarrel or strife may come between us. Grant us Your blessings, that we may stand before our friends and in Your sight as a loving family; and finally, by your mercy, count us worthy of everlasting life. For You are our sanctification and unto You we ascribe glory: 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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A Prayer for our Diocesan Clergy
O Lord Jesus Christ, Good Shepherd of Your sheep, light the fire of ardent love in the hearts of all Your priests, that they may ever and in all things seek only Your glory. Remember especially, Lord, our Bishop (*name*), and our spiritual father (*name*), and all our diocesan clergy, who are laboring in Your vineyard for the salvation of all those whom You have entrusted to them. Make their lives as holy as the word they preach. Keep them from being discouraged. Hear their prayers for our salvation. Give them wisdom and courage to proclaim Your truth. Make them priests after Your own heart. For You are a merciful God Who loves us and to You we give glory, together with Your eternal Father and Your all-holy, good and life-giving- Spirit, now and ever and forever. Amen.

LIVES OF THE SAINTS

THE MONK ATHANASIAS OF ATHOS

Commemorated on July 18/5

The Monk Athanasias of Athos, in holy Baptism named Abraham, was born in the city of Trapezund. He was early left orphaned, and being raised by a certain good and pious nun, he copied his adoptive mother in the habits of monastic life, in fasting and in prayer. Doing his lessons came easily and he soon outpaced his peers in study.

After the death of his adoptive mother, Abraham was taken to Constantinople, to the court of the then Byzantine emperor Romanos the Elder, and was enrolled as a student under the reknown rhetorician Athanasias. In a short while the student attained the mastery of skill of his teacher and he himself became an instructor of youths. Reckoning as the true life that of fasting and vigilance, Abraham led a life strict and abstinent, he slept little and then only sitting upon a stool, and barley bread and water were his nourishment. When his teacher Athanasias through human weakness became jealous of his student, blessed Abraham quit his teaching and went away.

During these days there had arrived at Constantinople the Monk Michael Maleinos (Comm. 12 July), hegumen of the Kimineia monastery. Abraham told the hegumen about his life, and revealed to him his secret desire to become a monk. The holy elder, discerning in Abraham a chosen vessel of the Holy Spirit, became fond of him and taught him much in questions of salvation. One time during their spiritual talks Saint Michael was visited by his nephew, Nicephoros Phokas, a reknown military officer and future emperor. The lofty spirit and profound mind of Abraham impressed Nicephoros, and all his life he regarded the saint with reverent respect and with love. Abraham was consumed by his zeal for the monastic life. Having forsaken everything, he went to the Kimineia monastery and, falling down at the feet of the holy hegumen, he besought to be received

into the monastic form. The hegumen fulfilled his request with joy and gave him monastic vows with the name Athanasias.

With long fasts, vigils, bending of the knees, with works night and day Athanasias soon attained such perfection, that the holy hegumen blessed him for the exploit of silence in a solitary place not far from the monastery. Later on, having left Kimineia, he made the rounds of many a desolate and solitary place, and guided by God, he came to a place called Melanos, at the very extremity of Athos, settling far off from the other monastic dwellings. Here the monk made himself a cell and began to asceticise in works and in prayer, proceeding from exploit to exploit towards higher monastic attainment.

The enemy of mankind tried to arouse in Saint Athanasias hatred for the place chosen by him, and assaulted him with constant suggestions in thought. The ascetic decided to suffer it out for a year, and then wherever the Lord should direct him, he would go. On the last day of this year's length of time, when Saint Athanasias set about to prayer, an Heavenly Light suddenly shone upon him, filling him with an indescribable joy, all the thoughts dissipated, and from his eyes welled up graced tears. From that moment Saint Athanasias received the gift of tenderness ("umilenie"), and the place of his solitude he became as strongly fond of as before he had loathed it. During this time Nicephoros Phokas, having had enough of military exploits, remembered his vow to become a monk and from his means he besought the Monk Athanasias to build a monastery, i.e. to build cells for him and the brethren, and a church where the brethren could commune the Divine Mysteries of Christ on Sundays.

Tending to shun cares and worries, Blessed Athanasias at first would not agree to accept the hateful gold, but seeing the fervent desire and good intent of Nicephoros, and discerning in this the will of God, he set about the building of the monastery. He erected a large church in honour of the holy Prophet and Forerunner of Christ John the Baptist, and another church at the foot

of an hill, in the name of the MostHoly Virgin Mother of God. Around the church were the cells, and a wondrous monastery arose on the Holy Mount. In it were arrayed a refectory, an hospice for the sick and for taking in wanderers, and other necessary structures.

Brethren flocked to the monastery from everywhere, not only from Greece, but also from other lands – simple people and illustrious dignitaries, wilderness-dwellers having asceticised long years in the wilderness, hegumens from many a monastery and hierarchs wanting to become simple monks in the Athos Laura of Saint Athanasias.

The saint established at the monastery a life-in-common ("coenobitic") monastic-rule on the model of the old Palestinian monasteries. Divine-services were made with all strictness, and no one made bold to chatter during the time of service, nor to come late or leave without need from the church.

The Heavenly Patroness of Athos, the All-Pure Mother of God Herself, was graciously disposed towards the saint. Many a time he was granted to behold Her wondrous eyes. By the sufferance of God there once occurred such an hunger, that the monks one after the other quit the Laura. The saint remained all alone and in a moment of weakness he also considered leaving. Suddenly he beheld a Woman beneath an aethereal veil, coming to meet him. "Who art thou and whither goest?" – She asked quietly. Saint Athanasias from an innate deference halted. "I am a monk from here", – answered Saint Athanasias and told about himself and his worries. "And on account of a morsel of dry bread thou would forsake the monastery, which was intended for glory from generation unto generation? Where is thy faith? Turn round, and I shalt help thee". "Who art Thou?", – asked Athanasias. "I am the Mother of thy Lord", – She answered and bid Athanasias to strike his staff upon a stone, such that from the fissure there shot forth a spring of water, which exists even now, in remembrance of this miraculous visitation.

The brethren grew in number, and the construction work at the Laura continued. The Monk Athanasias, foreseeing the time of his departure to the Lord, prophesied about his impending end and besought the brethren not to be troubled over what he foresaw. "For Wisdom disposeth otherwise than people do judge". The brethren were perplexed and pondered over the words of the saint. Having bestown on the brethren his final guidance and comforted all, Saint Athanasias entered his cell, put on his mantle and holy kukol'-headpiece, which he wore only on great feasts, and after prolonged prayer he emerged. Alert and joyful, the holy hegumen went up with six of the brethren to the top of the church to look over the construction. Suddenly, through the imperceptible will of God, the top of the church collapsed. Five of the brethren immediately gave up their spirit to God. The Monk Athanasias and the architect Daniel, thrown upon the stones, remained alive. All heard, as the monk called out to the Lord: "Glory to Thee, O God! Lord, Jesus Christ, help me!" The brethren with great weeping began to dig out their father from amidst the rubble, but they found him already dead.

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