

# 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*Subdeacon Ryan Ferko
Timothy Martin, Reader
Matthew Peifer, Stephen Brancho, & John Radick, *Cantors* 

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

#### SERVICES FOR THE WEEK

Lawrence Martin. Parish Council President

## SUNDAY, NOVEMBER 14

21<sup>st</sup> Sunday after Pentecost Holy Wonderworkers and Unmercenaries Cosmas and Damian and their mother, Saint Theodota (3<sup>rd</sup> C) 9:30 am Divine Liturgy

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## SUNDAY, NOVEMBER 21

22<sup>nd</sup> Sunday after Pentecost
Synaxis of the Bodiless Powers (Michael,
Gabriel, Raphael, Uriel, Salaphiel,
Jegudiel, Barachiel, and Jeremiel)
9:30 am Divine Liturgy
Epistle: Galatians 6:11-18
Gospel: 8:41-56 (7<sup>th</sup> Sunday of Luke)
Tone 5; Liturgical Color: Gold
IOCC Sunday

**Future Services** are listed on our online "Parish Calendar" which is continually updated at: www.orthodoxpittsburgh.com/parish-calendar (*Please ask Fr. Dave if you want a printed copy*)

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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/

#### BULLETIN BOARD ANNOUNCEMENTS

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

# Parish Council Meeting Highlights: Winter COVID measures

- ► Masks are now optional and we will continue to maintain safe 6' distance
- ₩ We will have the fans blowing out of cracked windows to keep air flowing

## **Our Safety and Security**

₩ We will continue to lock the front door at about 9:45. Afterwards, only the side door on Holbrook will be unlocked. (This recommendation is from the police departments to churches and synagogues across the United States.) Please get to the church before the service begins so that you can be present for the opening blessing.

# 90<sup>th</sup> Anniversary Luncheon

Planning for our 90<sup>th</sup> Anniversary on October 9, 2022 has begun. For the luncheon, we are currently looking into PNC Park, the Friary, and Heinz Field. If you have suggestions, please talk with Gina Fall.

Spiritual Vitamin:

"The way of living in eternity depends on the way you live on earth."

- Patriarch Daniel of Romania

#### 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.

## Winter Maintenance and Decorating Day

► On December 11<sup>th</sup> we will have our next maintenance day along with decorating for Christmas.

# **Relocation Update**

- ▲ A relocation meeting is being planned for December 7<sup>th</sup>. More updates to come.
- ♣ Our current Relocation Fund balance is: \$57,236.

## **Fundraisers**

- A couple ideas were suggested for adding additional fundraisers throughout the year: a pre-Lenten Bingo or a second garage sale. Too many issues were discovered with them. [But the ACRY will look into bringing back the spring Basket Raffle.]
- ₱ Please note that due to your generous stewardship to the parish, our fundraisers are not used to "pay our electric bills" but to give back to the community. Thank you for the percentage of your treasures that you offer back to God.



Sr. ACRY NEWS: Lots-O-Luck Calendars – The National

ACRY Lots-O-Luck Calendars are available. \$25 per ticket get's you a year's worth of prizes totaling \$10,000! Please see Theresa Sharpless for tickets.

#### **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.

## Distinguished Diocesan Donors (DDD) -

We invite you to join with other St John's faithful in giving' to the annual DDD program. This program greatly supports our ministry at Camp Nazareth and other programs in our diocese. For more information, please get a brochure in the vestibule, see Larry Martin (our local ambassador) or Fr. Dave, or visit www.acrod.org/ministries/dddprogram/

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Special Intentions – Did you ever wonder for what reasons would a person's name go under "For the Special Intentions of..." on our Prayer Page? A special intention request is very diversified! It could be when one is under extreme job stress, struggling with spiritual issues, infertility, dealing with the loss of a loved one... the list goes on. As with the other lists on our page, one does not have to be Orthodox to be added. As prayers are answered, please notify Father Dave to have the name subtracted from the list.

# Spiritual Vitamin:

"Don't give into thoughts of loneliness and other vain thoughts. They are the nets of the enemy. God is with us; we are not alone. If need be, the Lord will send us friends such as we did not expect." +Abbot Nikon

#### OUR STEWARDSHIP GIFTS TO GOD

Stewardship: \$ 275 Candles/Eternal Lamp Stewardship: \$ 249 Envelope Stewardship: \$ 385 Community Outreach: \$ 20 Parish House Offering: \$ 500

Total Collections: \$ 1429 Relocation Fund: \$ 50

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 Cor. 9:8-9

## **October Financial Report:**

General Stewardship = \$ 5123.16 (includes \$ 157.08 from online stewardship)

\*Expenses = \$ 6202.45 Net Deficit = \$ 1079.29

\*details listed on the church hall bulletin board Average at Sunday Divine Liturgies: **27** 

## **Fiscal Year-to-Date Financial Report:**

(September through last month)

General Stewardship = \$ 9723

\*Expenses = \$ 10,550 Net Deficit = \$ 827

\*details listed on the church hall bulletin board Average at Sunday Divine Liturgies: 28

Weekly Candle Intentions / Memorials were offered last week by Nelson Family; Kathy Schrmack; Tim Martin; Melanie Shuster; Mary Jane Hudak; Eleanor Sanger

"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 Michelle Conley in memory of +Jack and +Viola Peifer. May Their 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 (2<sup>nd</sup> 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, and/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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Speaking With Your Priest - Please know you can call me anytime if there is something troubling you. It is not a sign of weakness to share something that may be heavy on your heart or mind. As a priest and Father to our parish, I am here for you. Please call if you need someone to listen or to pray with you. Every heart has a cross and you do not need to carry it alone. Please also call if you have an idea for the growth of our parish. I am praying for you and am grateful for your prayers. With love in Christ, Fr. Dave

# ORTHODOXY AROUND THE 'BURGH AND OUR DIOCESE

Cantor and Choir Director Positions – St. Nicholas Orthodox Church, Homestead, PA is in need of a fulltime cantor and choir director (filled by one person or two.) Please email Tom Pingor, Parish Council President,

for more information and/or to submit your resume at tpingor@verizon.net.

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St. Michael's 113<sup>th</sup> Parish Feast Day Celebration at our sister parish in Rankin will be Sunday, November 21. Everyone is invited to their Feast Day Celebration: 10am Divine Liturgy; 11:30 Coffee and Hors D'oeuvres; 12-noon Dinner (Lunch); 1:30(ish) Basket Raffle Drawing. Dinner Tickets are \$25 and the menu includes. *You MUST* make reservations by TODAY, Nov. 14 to Carole Bushak (412-351-1521).

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"Journey of Hope & Resilience" Open House and Fundraiser - The Neighborhood Resilience Project has a 2-night open house scheduled November 17-18 from 5:45-8:45pm each night at 2038 Bedford Ave., Pittsburgh, PA 15219. Come take a journey through the building and stamp your passport with each of the stops in which you will learn about them and all of their program areas. You will get to meet the staff and board who work diligently to fulfill the organization's mission each day. There is no cost to the event - although it is a fundraiser and we will be requesting donations at the conclusion of the tour. Please scan the QR code to sign up and pick your time slot of arrival. Please plan to wear a mask through the duration of the event. Each tour will take about 90-minutes. Light refreshments will be



served. There are also sponsorship opportunities available. The sponsorship levels vary and those interested should contact Fr. Dave for more info.

#### 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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## SUNDAY'S SCRIPTURE READINGS

Epistle: Galatians 2:16-20

<sup>16</sup> yet who know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. <sup>17</sup>But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! <sup>18</sup> But if I build up again those things which I tore down, then I prove myself a transgressor. <sup>19</sup> For I through the law died to the law, that I might live to God. <sup>20</sup> I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

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Gospel: Luke 8:26-39

# Jesus Heals the Gerasene Demoniac

<sup>26</sup> Then they arrived at the country of the Ger'asenes, which is opposite Galilee. <sup>27</sup> And as he stepped out on land, there met him a man from the city who had demons; for a long time he had worn no clothes, and he lived not in a house but among the tombs. <sup>28</sup> When he saw Jesus, he cried out and fell

down before him, and said with a loud voice, "What have you to do with me, Jesus, Son of the Most High God? I beseech you, do not torment me." <sup>29</sup> For he had commanded the unclean spirit to come out of the man. (For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.) <sup>30</sup> Jesus then asked him, "What is your name?" And he said, "Legion"; for many demons had entered him. <sup>31</sup> And they begged him not to command them to depart into the abyss. <sup>32</sup> Now a large herd of swine was feeding there on the hillside; and they begged him to let them enter these. So he gave them leave. <sup>33</sup> Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and were drowned.

<sup>34</sup> When the herdsmen saw what had happened, they fled, and told it in the city and in the country. <sup>35</sup> Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. <sup>36</sup> And those who had seen it told them how he who had been possessed with demons was healed. <sup>37</sup> Then all the people of the surrounding country of the Ger'asenes asked him to depart from them; for they were seized with great fear; so he got into the boat and returned. <sup>38</sup> The man from whom the demons had gone begged that he might be with him; but he sent him away, saying, <sup>39</sup> "Return to your home, and declare how much God has done for you." And he went away, proclaiming throughout the whole city how much Jesus had done for him.

## LIVES OF THE SAINTS

## SAINTS COSMAS AND DAMIAN

Commemorated on Nov. 14/1 and July 14/1

Saints Cosmas and Damian were natives of Asia Minor. Their father, a pagan, died while they were still quite small children. Their mother, Theodotia, raised the brothers in Christian piety. The example of their mother and the reading of holy books preserved them in chasteness of life in accord with the command of the Lord, and Cosmas and Damian grew up into righteous and virtuous men.

Trained and having become skilled as physicians, they acquired a graced gift of the Holy Spirit – to heal by the power of prayer people's illnesses both of body and soul, and they treated even animals. With fervent love for both God and neighbour, the brothers went forth into social service. For the maladies which the brothers treated they never took payment, and they strictly observed the command of our Lord Jesus Christ: "Freely have ye received, freely in turn give" (Mt. 10: 8). The fame of Saints Cosmas and Damian spread throughout all the surrounding region, and people called them – unmercenaries.

One time the saints were summoned to a grievously ill woman – whom all the doctors had refused to treat because of her seemingly hopeless condition. Through faith Palladia (thus was her name) and through the fervent prayer of the holy brothers, the Lord healed the deadly disease and she got up from her bed perfectly healthy and giving praise to God. In gratitude for being healed and wanting them to accept a small gift from her, Palladia went quietly to Damian. She presented him with three eggs and said: "Take this small gift in the Name of the Holy LifeCreating Trinity –

Father, Son, and Holy Spirit". Hearing the Name of the Holy Trinity, the unmercenary one did not dare to refuse.

Cosmas, however, when he learned of what had happened, became very sad. He thought that his brother had broken their strict vow. And soon approached the time when Saint Cosmas was to expire to the Lord. Dying, he gave last instructions that his brother should not be buried alongside him. After a short while Saint Damian also died. All were greatly perplexed where Saint Damian's grave should be. But through the will of God a miracle occurred: there came to the people a camel, which the saints had treated for its wildness, and it spoke with an human voice saying – that they should not doubt to put Damian alongside Cosmas - because it was not for the reward that Damian accepted the gift from the woman, but on account of the Name of God. The venerable remains of the holy brothers were buried together at Theremanea (Mesopotamia).

Many miracles were worked upon the death of the holy unmercenaries. There lived at Theremanea, nearby the church of Cosmas and Damian, a certain man by the name of Malchos. One day in setting off on a distant journey, and leaving behind his wife all alone for what would be a long time – he prayerfully entrusted her to the heavenly protection of the holy brothers. But the enemy of the race of mankind, having taken hold over one of Malchos' friends, planned to destroy the woman. A certain while went by, and this man went to her at home and said that Malchos had sent him, - to take her to him. The woman believed him and went along. He led her to a solitary place and wanted to molest and kill her. The woman – seeing that disaster threatened her – called upon God with deep faith. Two fiercesome men then appeared, and the cunning man let go of

the woman, and took to flight: he fell off a cliff! The men led the woman home. At her own home, bowing to them deeply she asked: "What name do they call you? -my rescuers, to whom I shalt be grateful to the end of my days!" "We are the servants of Christ, Cosmas and Damian" - they answered and became invisible. The woman with trembling and with joy told everyone about what had happened with her, and glorifying God she went up with tears to the icon of the holy brothers and offered up prayers of thanks for her deliverance. And from that time the holy brothers were venerated as protectors of the holiness and inviolability of Christian marriage, and as givers of harmony to conjugal life. And from ancient times their veneration spread also to Russia.

### 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.

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For the Health of... Paňi Eleanor,
Kasamanda, Sharon, Robert, Gavin, Fr. Mark
L., Florin, Robert, Douglas, Christopher,
John, Joanne, Barbara, 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.

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For the Special Intentions of ... His All Holiness Patriarch Bartholomew. Metropolitan Gregory, Fr. Photios, Fr. Theodore, Deacon Charles, Laura & family, Carlene, 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 diocesan seminarians: Nicholas, Dylan, Tom, Samuel, Timothy, Nicholas, Aydin and our Church Council. Curators, and Relocation Committee: Lawrence, Matthew, Timothy, Theresa, Rich, Gina, Robert, Jane, Mary Jane, Katherine, Kenneth, John, Wendy, Margaret, John, Patricia, 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... Fr. James Blomeley (11/14), Cindy Pavilonis (11/14) ... 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 Magadalene, & St. John Maximovitch.

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For those preparing for Marriage... Nicole

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

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

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For Pregnant Mothers... Meredith (due in Dec) ...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.

For the souls of the newly departed...

+Christopher Kurtz (10/3), +Lawrence Barriger, the Priest (10/2) ... May the Lord God grant them blessed repose where there is no pain sorrow or mourning. May they be Eternal in God's Memory.

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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.

**DEVOTIONAL PRAYER OF THE WEEK** 

## A prayer for our Neighborhoods

by Archbishop Demetrios of America I pray to you, God, for the families of my neighborhood. Visit them. Throw their troubles out of them and bring hope. Make the daily cares that devour the heart disappear. Present solutions to life's problems. Settle the disturbed relationships among members of different families whom I know or do not know. O Lord, remind the people of our area that You exist, that You are a strong and loving Protector. Keep away, Lord, anything that causes the disappearance of peace from souls, and the escape of sleep from our eyes. Stay a little while more tonight in our neighborhood. Spread peace along with the night. Let the harshness of the day and its struggles not spread over the night. Amen.



# Spiritual Vitamin:

"He saw him because Abraham loved the poor and so that we might learn that we cannot hope for pardon [forgiveness] at the end, unless the fruits of the pardon

[forgiveness] can be seen in us. If Abraham, who was friendly to strangers and had mercy on Sodom, was **not** able to have mercy on the one who did **not** show pity to Lazarus, how can we hope that there will be pardon [forgiveness] for us?"

+Saint Ephrem of Syria

### SPIRITUAL CONSIDERATIONS

Father is available to meet Mon. thru Fri. from 8:30am and 3:00pm or by appointment.

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**Online Community**: Please email Fr. Dave to receive the weekly bulletin via email.

<u>Phone Tree</u> – Please call Fr. Dave to be added.

<u>Emergency Sick Calls</u> — Please notify Fr Dave when you or a family member are going into the hospital or having a procedure so he can pray with you and you may receive the Anointing to be fully prepared.

<u>Mystery of Confession</u> – Opportunities are available <u>after every service</u>, most Saturdays during fasting periods from 11am to 1pm, OR by appointment.

Holy Communion/Eucharist — The reception of the Holy Eucharist is encouraged for all Orthodox Christians who have properly prepared themselves, with fasting from midnight on, regular Confession, and forgiveness for all people.

Those who are not Orthodox may receive *a blessing* from the chalice.

<u>Lapsed Members</u> – You are always welcome home and we want you back! Generally speaking, sincere participation in the Mysteries of Confession, Communion, and regular attendance at the divine services are all that is required to begin parish life anew! See Fr. Dave for specific details.

**Baptisms** – Two God-parents are required, at least one of whom must be Orthodox by faith (and the other a practicing Christian). In the case of infants, the newly-baptized must have one name that is Christian in origin. Parents/grandparents/guardians must also promise to bring the child up in an Orthodox Christian way of life. Please consult Father for more details.

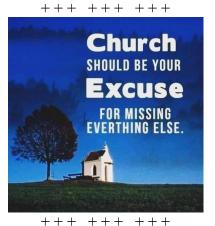
<u>Adult Chrismation</u> – New parishioners are always welcome! In the case of adults seeking entrance into the Church, a period of prescribed catechism will be established with Fr. Dave before administration of the Mysteries. An Orthodox Christian sponsor is also required.

<u>Marriages</u> – are only solemnized on Saturdays or Sundays. They are not performed during fasting periods and certain Feast Days. Please consult Father ASAP for more details (<u>before</u> arrangements are made for the hall).

<u>Church Funerals</u> – are provided for practicing Orthodox Christians who are current in their spiritual and financial obligations; otherwise burial is from the funeral home. <u>The Church does not permit cremation</u>.

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"The cremation of bodies is not a Christian act. It is a custom of modern times. The body of a Christian has been sanctified with the Grace of the Holy Spirit, and as such may not be burned. God did not create our bodies for burning." - Elder Thaddeus of Vitovnica



# Spiritual Vitamin:

"It seems to me that Scripture uses the 'bosom of Abraham' in which the patient sufferer finds rest, as a symbol of the good state of the soul. This patriarch was the first person recorded to have chosen the hope of things to come in preference to the enjoyment of the moment. Deprived of everything he had in the beginning of his life, living among strangers, he searched for a future prosperity through present affliction. We use the word bosom when referring figuratively to a part of the outline of the sea. It seems to me that Scripture uses the word bosom as a symbol of the immeasurable goals toward which those who sail virtuously though life will come to when having departed from life. They anchor their souls in this good bosom as in a quiet harbor." +St Gregory of Nyssa

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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 allholy, good and life-giving- Spirit, now and ever and forever. Amen.

"When we drink wine in due measure, the earth of the heart yields a clean crop from its natural seed and produces a fine harvest from what is sown in it by the Holy Spirit. But if it is soaked through excessive drinking, the thoughts it bears will be nothing but thistles and thorns."

St. Diadochus, bishop of Photike in Epirus Philokalia, Vol. 1 p.267

# Spiritual Vitamin:

"You have seen that in this life anyone, even our closest of kin, can abandon us. We all have our weaknesses and often hurt the people closest to us. They can turn their backs on us because of our rudeness, or they can forgive us but still be hurt. But the Lord and His Most Holy Mother ... Oh, how many times have we insulted God and the Most Holy Theotokos, but when we repent and turn to them in our hearts, they forgive us everything, never remembering our sins and evil deeds!"

Elder Thaddeus(Strabulovich) of Vitovnica Our Thoughts Determine Our Lives

# Spiritual Vitamin:

"There is no greater love than that a man lays down his life for his neighbor. When you hear someone complaining and you struggle with yourself and do not answer him back with complaints; when you are hurt and bear it patiently, not looking for revenge; then you are laying down your life for your neighbor."

- Abba Poemen