



# 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*  
Lawrence Martin, *Parish Council President*  
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## SERVICES FOR THE WEEK

**SUNDAY, DECEMBER 12** #NATIVITY FAST  
25<sup>th</sup> Sunday after Pentecost  
Martyr Paramon (250)

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**THURSDAY, DECEMBER 16** #NATIVITY FAST  
9:30 am Moleben for the Nativity Fast

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**SATURDAY, DECEMBER 18** #NATIVITY FAST  
11 am – 1 pm Confessions Offered (Please let  
Fr Dave know when you will be coming)  
7:00 pm Vespers for the Feast of St. Nicholas at  
St Nicholas (903 Ann St., Homestead, PA 15120)

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**SUNDAY, DECEMBER 19** #NATIVITY FAST  
26<sup>th</sup> Sunday after Pentecost  
St. Nicholas the Wonderworker  
9:15 – Icon procession, Litiya Prayers,  
Nativity Canon & Carols (*Kol'ady*)  
9:30 am Divine Liturgy  
Epistle: Ephesians 5:8-19  
Gospel: Luke 17:12-19 (*11<sup>th</sup> Sunday of Luke*)  
Tone 1; Liturgical Color: **Gold**

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**Future Services** are listed on our online “Parish Calendar” which is continually updated at: [www.orthodoxpittsburgh.com/parish-calendar](http://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/](http://www.acrod.org/organizations/cathedral/live/)

## BULLETIN BOARD ANNOUNCEMENTS

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

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**THANK YOU** to everyone who assisted with our Winter Maintenance and Decorating Morning yesterday! Your stewardship and love for our parish does not go unnoticed! Thank you!

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**Welcome to the Newly-Baptized!** Dexter Sherwood Torchia was baptized and initiated into the Orthodox faith last Sunday. May God give strength to him as he begins his Christian life and bless him, his parents, God-Parents, and families! Welcome to our parish family! May God grant you Many Years!

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**Moleben for the Nativity Fast** – On **Thursday** at 9:30 am, we will have our next Moleben for the Nativity Fast. (*A Moleben is a supplication prayer service in honor of either our Lord Jesus Christ, the Theotokos, or a particular saint or martyr. It is a Slavic service, but closely related to the Paraklis service.*)

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**St Nicholas Breakfast at St. John’s** – We are going to have the return of our parish St. Nicholas Breakfast **NEXT Sunday 12/19** following the Divine Liturgy (on the Feast of St. Nicholas). **Please sign up** on the sheet in the hall (or email Fr Dave) so we have a rough idea of how many will stay for the fellowship.

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**Embrace The Nativity Fast** - This fasting period in the church is referred to as the Nativity Fast, Philip’s Fast (*Filipovka*), or sometimes by it’s Latin roots,

## 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:

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.

## OUR STEWARDSHIP GIFTS TO GOD

Stewardship:	\$ 260
Candles/Eternal Lamp Stewardship:	\$ 104
Envelope Stewardship:	\$ 192
<b>Total Collections:</b>	<b>\$ 556</b>
<b>Relocation Fund:</b>	<b>\$ 50</b>

*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

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## November Financial Report:

**General Stewardship = \$ 4484.19**  
(includes \$ 157.08 from online stewardship)

**\*Expenses = \$ 4236.01**

**Net Income = \$ 248.18**

\*details listed on the church hall bulletin board  
Average at Sunday Divine Liturgies: **32**

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## Fiscal Year-to-Date Financial Report:

(September through last month)

**General Stewardship = \$ 14,207**

**\*Expenses = \$ 14,786**

**Net Deficit = \$ 579**

\*details listed on the church hall bulletin board  
Average at Sunday Divine Liturgies: **29**

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**2022 Wall Calendars** are now in the vestibule and in the hall on the bar top.

## A REMINDER TO MAKE TIME FOR YOUR NATIVITY FAST CONFESSION

“Lord, if you will, you can make me clean.” (Lk. 5:12)

Fr. Dave will be available for confessions after ALL services, from 11-1 on Saturday Dec. 18, and by appointment.

As we prepare for the Feast of the Nativity, it is time to prepare the “Manger of our soul” for the coming of the Messiah.

“There is more mercy in God than there are sins in us. Confess your sins at once, whatever they may be.” +St Tikhon of Zadonsk

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

**The Eternal Lamp** was offered last week by Matthew Peifer in memory of parents, +Jack and +Viola Peifer. May Their Memory Be Eternal!

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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)



**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 its ministries, outreach, and general bill paying, we need your generosity to continue.

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**Nativity Commemorations** – We offer you the opportunity to sponsor items to be used for Nativity as commemorations: *anonymously, in memory of departed loves ones, OR for the health of loved ones.* If you are interested in making any of these commemorations, please sign up on the sheet in the vestibule (or email Fr. Dave) and give an *additional stewardship free-will offering* to the Church.

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**Sr. ACRY NEWS:** 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.

## ORTHODOXY AROUND THE ‘BURGH AND OUR DIOCESE

**Shopping on-line** – The on-line shopping store, Amazon.com, will donate 0.5% of the price of your eligible AmazonSmile purchases to our diocese! Simply go to the home page of our Diocesan website, [www.acrod.org](http://www.acrod.org), and click on the AmazonSmiles button in the far left column and then shop as usual (Same products; same prices; same service). **Would someone be willing to research how we can set this up for our parish?**

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**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, at [tpingor@verizon.net](mailto:tpingor@verizon.net) for more information.

## VISIT OUR DIOCESE ON-LINE

Diocesan Website: [www.acrod.org](http://www.acrod.org)  
Camp Nazareth: [www.campnazareth.org](http://www.campnazareth.org)  
FB: [www.facebook.com/acroddioocese](https://www.facebook.com/acroddioocese)  
Twitter: [twitter.com/acrodnews](https://twitter.com/acrodnews)  
YouTube: [youtube.com/acroddioocese](https://youtube.com/acroddioocese)

## MONTHLY COMMUNITY OUTREACH

During the Nativity Fast, we are called to increase our Prayer, Fasting, and Almsgiving, we are having a **Food Drive Project** for Neighborhood Resilience Project (formerly FOCUS Pittsburgh). *Please bring in non-perishable unexpired food items: canned fruits and vegetables, cereals, canned meats, soups, oatmeal, pasta, peanut butter and jelly, and rice.*

### 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

## NATIVITY FAST BOOK SUGGESTION

**THE RELIGION OF THE APOSTLES** (ISBN: 9781944967550) Father Dr. Stephen De Young traces the lineage of Orthodox Christianity back to the faith and witness of the apostles, which was rooted in a first-century Jewish worldview. *The Religion of the Apostles* presents the Orthodox Christian Church of today as a continuation of the religious life of the apostles, which in turn was a continuation of the life of the people of God since the beginning of creation. To purchased from Ancient Faith Publishing, visit:

[store.ancientfaith.com/the-religion-of-the-apostles/](http://store.ancientfaith.com/the-religion-of-the-apostles/)

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## SUNDAY’S SCRIPTURE READINGS

*Epistle: Ephesians 4:1-6*

### Unity in the Body of Christ

4 I therefore, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, <sup>2</sup>with all lowliness and meekness, with patience, forbearing one another in love, <sup>3</sup>eager to maintain the unity of the Spirit in the bond of peace. <sup>4</sup>There is one body and one Spirit, just as you were called to the one hope that belongs to your call, <sup>5</sup>one Lord, one faith, one baptism, <sup>6</sup>one God and Father of us all, who is above all and through all and in all.

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*Gospel: Luke 13:10-17*

### Jesus Heals a Crippled Woman

<sup>10</sup>Now he was teaching in one of the synagogues on the sabbath. <sup>11</sup>And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. <sup>12</sup>And when Jesus saw her, he called her and said to her, “Woman, you are freed from your infirmity.” <sup>13</sup>And he laid his hands upon her, and immediately she was made straight, and she praised God. <sup>14</sup>But the ruler of the synagogue, indignant because Jesus had healed on the sabbath, said to the people, “There are six days on which work ought to be done; come on those days and be healed, and not on the sabbath day.” <sup>15</sup>Then the Lord answered him, “You hypocrites! Does not each of you on the sabbath untie his ox or his ass from the

manger, and lead it away to water it? <sup>16</sup>And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the sabbath day?” <sup>17</sup>As he said this, all his adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by him.

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## LIVES OF THE SAINTS

### THE HOLY MARTYR PARAMON AND THE 370 MARTYRS WITH HIM

*Commemorated on November 29*

The Holy Martyr Paramon and the 370 Martyrs with him suffered for their faith in Christ in the year 250 during the rule of the emperor Decius (249-251). The governor of the Eastern regions, Aquianus, had locked up in prison 370 Christians, urging them to abjure Christ and instead offer sacrifice to idols. They subjected the captives to beatings, hoping by tortures and the threat of death to persuade them to renounce Christ and worship the pagan gods. One of the local inhabitants, Paramon by name, openly denounced the cruel governor and confessed his faith in the One True God, the Lord Jesus Christ. They beheaded Saint Paramon after fierce tortures together with the other 370 martyrs.

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*Spiritual Vitamin(s):*

7 Spiritual Counsels from Elder Ephraim of Philotheou

1. Do not be discouraged at all. Every passion that springs up and disconcerts us is a salutary medicine.
2. Do not talk a lot. Stay away from back talk, quarreling, loquacity, and everything that issues from a careless tongue.
3. Be careful that your mind does not wander here and there, but affix it tightly to the name of Christ.
4. Drive away egotistical thoughts and think very humbly about yourself.
5. Do not criticize others; look at only your own faults.
6. Give spiritual work to your mind.
7. Let no anxiety ruin your peacefulness.



## LIVING ORTHODOXY



The Righteous Hyperechius was a monk who has been quoted in the Ancient Fathers of the Desert, the Sayings of the Desert Fathers, and The Great Synaxarites. The following are a sample of his wisdom for us to contemplate throughout the week:

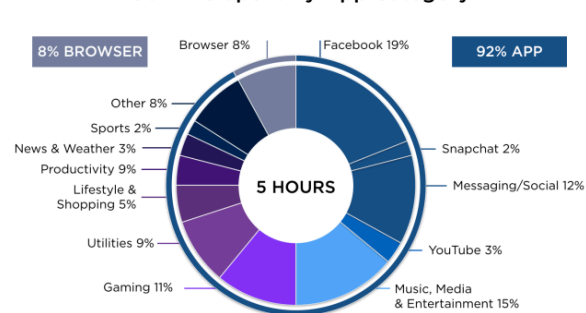
- + *He who disregards fasting is like a rampaging stallion.*
- + *Fasting acts like a bit and bridle against sinning.*
- + *Vigil turns night into day by the power of prayer. This provokes tears and summons forth mercy from on high.*
- + *The truly wise is he who teaches not only by word but also by deed.*
- + *He who does not constrain his tongue when he is angry will neither be able to constrain his passions.*
- + *It is better to eat meat and drink wine rather than devour thy brother's flesh through slander.*
- + *By slandering God, the serpent was able to cast the first-formed out of Paradise.*

We are in the middle of the Nativity Fast. May the wisdom of the Righteous Hyperechius inspire us to a greater discipline of prayer and fasting!

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Have you considered fasting from technology this Nativity Fast Season?

US Time Spent By App Category



## 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...** Paul, Kathleen, Fr. Robert B., Alexandra, Meredith, Lucy, Bryce, Ryan, Dennis, Kasamanda, 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, Ameer, 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.*

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**Patronal Feast Days (Name's Day):** Andrew Mirilovich, Fr. Dave Andrew Urban - Holy and All-praised Apostle Andrew the First-called (12/13)

Barbara Kirish - Great martyr Barbara (12/17)  
*(contact Fr. Dave with your Patron Saint)*

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**Birthday Prayers for...** *Father's God-sister,* Lauren Babbie (12/12), Brian Gogal (12/15), Madelyn Spirnak (12/17) ...*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, Marilynn, John ...*through the prayers of St. Paul the Apostle, St. Mary Magdalene, & 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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**For Pregnant Mothers...** Meredith (*due in Dec*), Allison (*May*) ...*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...** +John Gido, the Priest (11/25), Pani +Eleanor Polanichka (11/21) ...*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.*

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### *Spiritual Vitamin:*

“Whether you are in church,  
or in your house,  
or in the country;  
whether you are guarding sheep,  
or constructing buildings,  
do not stop praying.  
When you are able, bend your knees,  
when you cannot, make intercession  
in your mind, 'at evening and at morning  
and at midday'.  
If prayer precedes your work and if,  
when you rise from your bed,  
your first movements are accompanied  
by prayer, sin can find no entrance  
to attack your soul.”  
+ *St Ephraim the Syrian*

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## DEVOTIONAL PRAYER FOR THE NATIVITY FAST

### NATIVITY FAST PRAYER CHALLENGE 2021

*Metropolitan Gregory asks each member of our Diocese, either as a family or individually, to pray this every evening of the Nativity Fast.*

O Only-Begotten Son and Word of God: I truly believe and confess that You became flesh and dwelt among us for the salvation of the whole world. At Your Nativity, You endured the cold of the manger to enkindle within me love for You. You were bound in swaddling clothes to deliver me from the chains of sin and death. You were nourished with milk and thereby fed the Body which one day would suffer for my sake. During these days of fasting and prayer, forgive me – unworthy as I am – all the sins by which I have offended Your infinite goodness. Renew in me fervent faith, unflinching hope, and a charitable desire to serve others. Accept this act of thanksgiving, just as You accepted the gifts and worship of the Wise Men, and preserve us all from dangers that we may adore You and say: Glory to You, O Lord Jesus Christ, forever and ever. *Amen!*

**THE CANON OF THE NATIVITY OF OUR LORD  
AND SAVIOUR JESUS CHRIST**

*Ode 1:* Christ is born, glorify him! Christ comes from heaven, meet Him! Christ is an earth, be exalted! O all the earth, sing to the Lord, and sing praises in gladness, all people, for He has been glorified.

*Ode 3:* To the Son Who was begotten of the Father without change before all ages, and in the last times was without seed made flesh of the Virgin, to Christ our God, let us cry aloud: You have raised up our horn, holy are You, O Lord!

*Ode 4:* Rod of the root of Jesse, and flower that blossomed from his stem, O Christ, You have sprung forth from the Virgin. From the mountain overshadowed by the forest You came, made flesh for her that knew not wedlock, O God not formed from matter. Glory to Your power O Lord!

*Ode 5:* As You are God of Peace and Father of mercies, You have sent to us Your Angel of Great Counsel, granting unto us peace. So are we guided towards the light of the knowledge of God. And watching by night, we glorify You, O Lover of mankind.

*Ode 6:* The sea monster spat forth Jonah as it had received him, like a babe from the womb: while the Word, having dwelt in the Virgin and taken flesh: came forth from her yet kept her undefiled. For being Himself not subject to decay. He preserved His Mother free from harm.

*Ode 7:* Scorning the impious decree, the three children brought up together in godliness feared not the threat of fire: but standing in the midst of the flame they sang: “O God of our fathers, blessed are You!”

*Ode 8:* The furnace moist with dew was the image of a wonder past nature. For it burned not the children whom it had received, even as the fire of the Godhead consumed not the Virgin’s womb into which It had descended. Therefore in praise, let us sing: let the whole creation bless the Lord, and exalt Him above all forever.

*Ode 9:* I behold a strange and wonderful mystery. The cave has become heaven, the throne of the Cherubim, the Virgin. The manger a noble place where lies Christ our God Who cannot be contained. Let us praise Him in song and magnify You!

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**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.

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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.

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**SPIRITUAL CONSIDERATIONS**

*Father is available to meet Monday thru Friday from 8:30am to 3:00pm or by appointment.*

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

**Phone Tree** – Please call Fr. Dave to be added.

**Emergency Sick Calls** – Please notify Fr Dave when you or a family member are going into the hospital or having a procedure. He will pray with you and you will receive the Mystery of Holy Anointing (Unction) to be fully prepared.

**Mystery of Confession** – Opportunities are available after every service, 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.

**Lapsed Members** – 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 Fr. Dave for more details.

**Adult Chrismation** – 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.

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

**Church Funerals** – are provided for practicing Orthodox Christians who are current in their spiritual responsibilities and their stewardship. Otherwise, burial is from the funeral home. The Church does not permit cremation.

*“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*

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**How to stay connected with the departed:**

- ✘ Pray for them during the Divine Liturgy,
- ✘ Remember them in your daily prayers,
- ✘ Organize memorial services for their remembrance on their anniversary,
- ✘ Honor their memory by following their good deeds,
- ✘ Light a candle weekly for your departed loved ones,
- ✘ Give alms on their behalf, and
- ✘ Take care of their tombs.

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