



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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UPCOMING SERVICES

PLEASE WEAR A MASK FOR ALL SERVICES

SUNDAY, JANUARY 23, 2022

31st Sunday after Pentecost
Sunday after the Baptism of our Lord
Afterfeast of the Theophany
St. Gregory of Nyssa (395)
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THURSDAY, JANUARY 27

~~CANCELLED: 9:30am Parastas on International
Holocaust Awareness Day~~
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SUNDAY, JANUARY 30, 2022

32nd Sunday after Pentecost
Venerable Anthony the Great (356)
9:30 am Divine Liturgy
Epistle: 1 Timothy 1:15-17; Gospel: Luke 18:35-43
Tone 7; Liturgical Color: **Gold**
Panachida for +Viola Peifer (9-month)
Additional collection for our community outreach
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THURSDAY, FEBRUARY 3

9:30am Akathist to St. Xenia with anointing
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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/

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)

BULLETIN BOARD ANNOUNCEMENTS

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

NEW Seasonal Greeting - The greeting used amongst Orthodox Christians for the week following Theophany is “Christ is baptized!” with the response “In the Jordan!”
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Annual Church Picnic – “The Cabin” in North Park is booked for **Sunday, July 24th** for our summer picnic. Mark your calendars now so you don’t forget.
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Healthy Snacks – The variety of “grab-n-go” snacks for our coffee social are getting low. Please consider bringing in a box of something of us to share.
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Greeting Cards – Please repurpose your greeting cards and prior church calendar icon tops after the season concludes. The collection box is in the vestibule for the *Holy Transfiguration Monastery*. Thank you for giving back!
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Bulletin Sponsor opportunities – The sign-up sheet is in the vestibule to sponsor a bulletin in 2021. If you are not back in church yet, but would still like to sponsor, please notify Fr. Dave. 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. *Remember, sponsoring a bulletin in memory of someone does not replace having a Panachida (a short Memorial Service) for them.*

A WARM WELCOME TO OUR VISITORS!

Christ is Baptized!

(responded with: *In the Jordan!*)

Christos Kreščayetsya! (*Vo Jordaňi!*)

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.



Souper Bowl of Caring – On **Sunday, February 13th** the Steelers will not be playing in the Super Bowl that evening, but we ask that you bring in unexpired cans of soup for our February Community Outreach collection for Saint Cyril of White Lake Food Pantry at St Mary’s Orthodox Church on the South Side.
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Prayer requests – During the Great Entrance of the Divine Liturgy, prayers are said for the sick and those celebrating special occasions listed in the bulletin. If silent prayers are requested, they will be offered quietly at the altar at all services. All those listed in the “Prayer Corner” are prayed for during the Proskomedia (*Preparation of the Bread and Wine for Communion*). Prayer requests will remain for (about) 40 days unless requested otherwise. Please let Fr. Dave know if you wish to make additions or subtractions (in the case of answered prayers) to our parish prayer list.
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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)

Spiritual Vitamin: **Saints on Holy Water**

St. Seraphim of Vyritsa always recommended his spiritual children to sprinkle raw and cooked food with holy Theophany water, which, according to him, “consecrates everything all on its own.” Whenever anyone fell seriously ill, St. Seraphim would bless them to take a tablespoonful of holy water hourly. He used to say that there are no better remedies than holy water and holy oil.

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 Offerings:	\$ 234
Candles/Eternal Lamp Stewardship:	\$ 58
Envelope Stewardship:	\$ 100
Total Collections:	\$ 392
Relocation Fund:	\$ 0

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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Weekly Candle Intentions / Memorials were offered last week by Nelson Family; Cindy Pavilonis; Eleanor Sanger; Kathy Schrmack; Melanie Shuster; Patty Watson

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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, 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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Spiritual Vitamin:

Saints on Holy Water

Saint Luke of Crimea advised, “Drink holy water as often as possible. It is the best and the most effective medicine. I’m saying that not just as a priest but also from my experience as a doctor.”

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

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**ORTHODOXY AROUND THE
‘BURGH AND OUR DIOCESE**

Saint Constantine School - HERE WE GO!!! It is inspiring to watch visions turn into reality. Pittsburgh is working hard to become one of the first branch campuses of The Saint Constantine School! The school’s Central Office will be presenting an online webinar on **Thursday, January 27th at 7:00 pm** about the relationship between the Central Office and the branch campuses, and why this is a fiscally sound, financially responsible model for creating a classical Orthodox school in Pittsburgh. Email OrthoEdPGH@gmail.com for more information and for how you can get involved.

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IOCC Soup Tasting & Emergency Kit Project – will be on February 5 at Holy Trinity Greek Orthodox Church. More details will be coming. (Also, the Cigar and Bourbon Tasting has been postponed)

VISIT OUR DIOCESE ON-LINE

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

SUNDAY’S SCRIPTURE READINGS

Epistle: Ephesians 4:7-13

⁷But grace was given to each of us according to the measure of Christ’s gift. ⁸Therefore it is said, “When he ascended on high he led a host of captives, and he gave gifts to men.”

⁹(In saying, “He ascended,” what does it mean but that he had also descended into the lower parts of the earth? ¹⁰He who descended is he who also ascended far above all the heavens, that he might fill all things.)

¹¹And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fulness of Christ

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Gospel: Matthew 4:12-17

Jesus Begins His Ministry in Galilee

¹²Now when he heard that John had been arrested, he withdrew into Galilee; ¹³and leaving Nazareth he went and dwelt in Caper’na-um by the sea, in the territory of Zeb’ulun and Naph’tali, ¹⁴that what was spoken by the prophet Isaiah might be fulfilled:

¹⁵ “*The land of Zeb’ulun and the land of Naph’tali, toward the sea, across the Jordan, Galilee of the Gentiles—¹⁶the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned.*”

¹⁷From that time Jesus began to preach, saying, “Repent, for the kingdom of heaven is at hand.”

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ORTHODOX WORDS OF THE WEEK

THEOPHANY (translated as: “*appearance of God*”) A manifestation of God in His uncreated glory. The revelation of the Holy Trinity at the Baptism of Christ (Luke 3:21-22) is the greatest theophany and is celebrated in the Orthodox Church on January 19/6. It refers also to Christ’s resurrection appearances. Other theophanies throughout the Bible include: God appeared to Abraham in the form of three men (Gen. 18:1-15) and to Jacob in a dream (Gen. 28:10-17).

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EPIPHANY Literally, “*a breaking through from above.*” The word means a manifestation of God. Examples of epiphanies are the burning bush (Ex 3: 1-6) and the Transfiguration of Christ (Mt 17: 1-13).

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The Feast of Theophany is also sometimes referred to as Epiphany by English-speaking Orthodox Christians, but that name more properly refers to the Western Christian feast falling on that same day that commemorates the visit of the Magi to the child Jesus.

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LIVING ORTHODOXY

All You Need To Know About Holy Water

Every Orthodox Christian should have some holy Theophany water at home. Traditionally, the Orthodox drink the holy water consecrated on Theophany Day on an empty stomach with a piece of antidoron after morning prayers. This water is sacred and demands utmost respect.

Good to Know

The Greater Hagiasma (Great Blessing of Water) is viewed by Church canons as a lower level of Holy Eucharist: in the cases when a member of the Church is forbidden to take the Holy Body and Blood of Christ due to their wrongdoings, the canon law usually adds, “he may drink hagiasma, though.”

It is good to know that dipping in consecrated water reservoirs on Theophany Day is a folk custom. It doesn’t make you free from sins and cannot be regarded as the substitute for the Mystery of Reconciliation (Confession). Christians should do their best to participate in church services and the greatest Mystery of the Church, i.e., the Holy Eucharist, on church holidays.

May One Sprinkle Unclean Places with Holy Water?

Yes, consecration has two meanings: either we use holy water to ‘fill something with grace’ or ‘to prevent any evil spirit from hiding in a certain place’ such as our bathroom.

May One Drink Holy Water After Eating?

Traditionally, people drink holy water on an empty stomach in the morning, which is understandable: first you take holy water and then your regular food. As far as the rest of the day is concerned, the Typikon

(Chapter 48, Menaia for January 19/6) contains the following regulations:

Let it be known of the holy water: those who do not drink it because they have already consumed food, are mistaken, for God’s grace is granted for the sanctification of the entire world and all creatures. We sprinkle all places, including unclean ones and even the floor under our feet, with holy water. Where is the reason of those who do not drink it because of having eaten food?

Therefore, it is not reasonable to abstain from holy water because of having eaten some food. The Church does not prohibit us to drink holy water, even Theophany water at any time, and admonishes those who believe that it is forbidden to drink holy water not on an empty stomach.

Where Should We Store Holy Water?

Holy water is stored in a special vial or bottle. You can attach a note to the bottle to avoid using the water for the purposes that it isn’t intended for. You can find special bottles for holy water in many church stores. *[including ours at St. John’s]*

From: <https://blog.obitel-minsk.com/2019/01/all-you-need-to-know-about-holy-water.html#:~:text=Every%20Orthodox%20Christian%20should%20have%20some%20holy%20Theophany,This%20water%20is%20sacred%20and%20demands%20utmost%20respect.>

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Spiritual Vitamin:

Saints on Holy Water

Saint Demetrius of Kherson wrote, “Consecrated water is a powerful means of sanctifying the souls and bodies of those who use it.” If we take it with faith and prayer, it can cure our physical illnesses. St. Seraphim of Sarov would always make his visitors drink some holy Theophany water after confession.

LIVES OF THE SAINTS

St. Theophan The Recluse, Bishop Of Tambov (1894)

Commemorated on January 23/10 and June 29/16

This modern-day Church Father was born in Chernavsk in central Russia. The son of a priest, he entered seminary at a young age, then completed the four-year course in theology at the Academy of Kiev.

Though he distinguished himself as a student, his heart turned increasingly toward the monastic life, and he was tonsured a monk and ordained a priest upon completion of his studies. During his time at the Academy he often visited the Lavra of the Caves, and there became a spiritual child of Father Parthenius (March 25).

His desire for monastic life was not fulfilled immediately, for the Church felt need of his intellectual gifts. He served as a professor at the Theological Academy in St Petersburg, then worked for seven years in the Russian Mission to the Near East, mostly in Palestine. During this time he gained a perfect mastery of Greek and studied the works of the Church Fathers in the original languages. Returning to Russia, he was soon consecrated a bishop; but after seven years of episcopal service, he at last achieved his heart's desire, resigning as bishop and retiring to a small monastery at Yvschen, where he spent the rest of his days.

After taking full part in the liturgical and communal life of the monastery for several years, he took up the life of a recluse in 1872. He lived in two small rooms, subsisting almost entirely on bread and tea, visited only by his confessor and the abbot of the monastery. He celebrated the Divine Liturgy every day in his cell. All of his time not taken up by inner prayer was devoted to translating the works of the Fathers into Russian and, increasingly, to writings of his own. Most importantly, he prepared a Russian-language edition of the *Philokalia* which had a deep impact upon Russian spiritual life.

Though he received no visitors, St Theophan entered into correspondence with many earnest Christians who sought his counsel, and so in time became the spiritual father of many believers throughout Russia. He reposed in peace in 1894.

In addition to the *Philokalia*, St Theophan produced (among other works): a *Spiritual Psalter* of selections from St Ephraim the Syrian; *The Path to Salvation*, an exposition of Orthodox Spirituality written in clear, plain language for those living in the world; collections of his letters to spiritual children; and *Unseen Warfare*, a treatise on prayer and the ascetical life. This last has an unusual history. In its original form it was written by Lorenzo Scupoli, an

Italian Roman Catholic priest. St Nikodemos of the Holy Mountain, recognizing the book's merit, produced a Greek edition in which he corrected various deviations from Orthodoxy in the original. St Theophan in turn revised the Greek edition extensively, removing some material and adding passages of his own; so that the Italian, Greek and Russian versions are in fact three substantially different books. Many of St Theophan's works (including *Unseen Warfare*) are available in good English translations. They are almost unique in presenting the undiluted hesychastic spirituality of the Orthodox Church in plain, straightforward language accessible to most people.

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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... Lawrence, Suzanne, Beverly, Michelle, Melissa, Lauren, Richard, Andrea, Paul, Kathleen, Alexandra, Kasamanda, Robert, Douglas, 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, Donald, Susan, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Andrea, Jason, Tyrone, Sarah, Ameer, Joshua, John, Kathryn, Rose, Charles, Justin *our diocesan seminarians:*

Nicholas, Dylan, Tom, Samuel, Timothy, Nicholas, Aydin, Subdeacon Seamus, 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):
(contact Fr. Dave with your Patron Saint)

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Birthday Prayers for... Thomas Lorenzi (1/23), Mary Ann Brady (1/26), Fr Frank Miloro (1/26), Roberta Kruchkevich (1/27), Allison Kretchek (1/29) *...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... Allison *(due in 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... *Father's great-aunt, +Helen Shoemaker (1/17), +Peter Papadakos (1/14), +Michael Slovesko, the priest (1/4), +Margaret Ferencz (12/21), +Michael Polanichka, the Priest (12/20), +Michael Macura, the Priest (12/18), +Igor Soroka, the Priest (12/18) ...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

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A Prayer before consuming Antidoron and (or) Holy Water

O Lord my God, may Your holy gift and Your holy water be for the enlightenment of my mind, for the increase of my spiritual and bodily strengths, for the health of my soul and body, for the taming of my passions and weaknesses, through Your boundless mercy, through the prayers of Your Most-holy Mother and of all Your Saints. Amen.

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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.

Parish 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.

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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 [graves].

Spiritual Vitamin:

"They whole year will be fortunate for you, if you do those things approved by God. For days come wicked and good, not from their own nature; for a day differs nothing from another day, but from our zeal and sluggishness. If you perform righteousness, then the day becomes good to you; if you perform sin, then it will be evil and full of retribution."

+St. John Chrysostom