

“THE WEEKLY FORERUNNER” *Our Parish Weekly Bulletin*
O Holy John, Prophet, Forerunner, and Baptizer of the Lord, pray to God for us!

ST. JOHN THE BAPTIST ORTHODOX CHURCH
2688 California Avenue, Pittsburgh, Pa 15212 412-748-0148, *Talk or Text*
www.OrthodoxPittsburgh.com Father Dave Urban, *Pastor*

A WARM WELCOME TO OUR VISITORS!

Glory to Jesus Christ! (*responded with: Glory 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! Please see Fr. Dave if you have any questions in regards to our worship or Orthodoxy.

SUNDAY’S SCRIPTURE READINGS

Epistle: 2 Timothy 3:10-15

¹⁰ Now you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, ¹¹ my persecutions, my sufferings, what befell me at Antioch, at Ico’nium, and at Lystra, what persecutions I endured; yet from them all the Lord rescued me. ¹² Indeed all who desire to live a godly life in Christ Jesus will be persecuted, ¹³ while evil men and impostors will go on from bad to worse, deceivers and deceived. ¹⁴ But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it ¹⁵ and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus

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Gospel: Luke 18:10-14

¹⁰ “Two men went up into the temple to pray, one a Pharisee and the other a tax collector. ¹¹ The Pharisee stood and prayed thus with himself, ‘God, I thank thee that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. ¹² I fast twice a week, I give tithes of all that I get.’ ¹³ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me a sinner!’ ¹⁴ I tell you, this man went down to his house justified rather than the other;

for every one who exalts himself will be humbled, but he who humbles himself will be exalted.”

UPCOMING SERVICES

PLEASE WEAR A MASK FOR ALL SERVICES

SUNDAY, FEBRUARY 13 – TRIODION BEGINS
33rd Sunday after Pentecost
Holy Wonderworkers & Unmercenaries Cyrus & John Panachida for Most Rev. Met. Orestes (2/17/77)

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TUESDAY, FEBRUARY 15 (*40 days after Nativity*)
FEAST OF THE MEETING OF OUR LORD
9:30am Festal Divine Liturgy
Blessing of Candles

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SUNDAY, FEBRUARY 20
34th Sunday after Pentecost
Venerable Parthenius, bishop of Lampsacus (4th c.)
9:30 am Divine Liturgy
Tone 2; Liturgical Color: **Gold**
Blessing of Candles

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SATURDAY, FEBRUARY 26 - ALL-SOULS (*1ST OF 5*)
9:30am Divine Liturgy & Panachida (*Zadušna Subota*)


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BULLETIN BOARD ANNOUNCEMENTS

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

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Great Lent 2022: We are in this together - Our Journey To Pascha has begun. Today we begin the series of Sundays known as the Triodion. These weeks are meant to prepare us for Great Lent (which prepares us for Holy Week which prepares us for Pascha). Please reach out to Fr. Dave if you have questions about this important fasting period that is around the corner. (*See article on back of bulletin*)

Fast - Free Week FEBRUARY 13th		TRIODION WEEKS Publican and the Pharisee Epistle: 2 Timothy 3: 10-15 Gospel: Luke 18: 10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 20th		The Prodigal Son Returns! Epistle: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32	Schedule a Confession. Every morning say, 'Today I will be humble.' Use up/freeze meats this week.

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Fast-Free Week - There are only a few weeks out of the year that are completely fast-free on the church calendar, and this week is one of those weeks! It comes after the Sunday of the Publican and the Pharisee as we should not be proud of our fasting (but we fast in secret). It also comes in the spirit of purging our kitchen cabinets and refrigerators of all those things from which we will fast from during the approaching Great Fast, lest the food go to waste.

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**** Blessing of Candles** – As is customary, candles will be blessed following the Feast Day Divine Liturgy on **Tue., Feb. 15 as well as Feb. 20**, the Sunday after the Feast of the Meeting of Our Lord, the 40th day after Nativity that remembers the presentation of the infant Jesus into the Temple. There will be candles available for a donation and all are encouraged to bring in candles from home to be blessed after these two Liturgies. Please place your candle(s) on the table near the iconostasis. Let’s light up the world with our blessed candles!

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***** On Lighting Candles in the Church** – In lighting our two candles, the first thing we should do is make an offering for them. Everything that we have is from God and the first step is to give back to Him for all of His many blessings. The next step is to venerate the icons that guard the candles and lift our prayers to God on high. Next, we light a candle, remembering all of our loved ones who are sick (or who we just want to pray for) and then a candle for our loved ones who have passed into the next life. We beseech God to have mercy on their souls. Lastly, as we light the candles, we quietly say “Lord have mercy,” repenting for our own sinfulness while at the same time “re-igniting” our own flame and recommitting our whole life to God. Thus we begin

again to live as light, helping others see the Way in a world of darkness. The importance of lighting our own candles is that you are able to say a prayer for your loved ones. “We light candles for the forgiveness of sins of **both** those who light the candles and of those for whom the candles are lit.” (*holy father Nicodemus of Mount Athos*) “Let light shine out of darkness, [and] Who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ.” (1 Cor. 4:6)

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*** Framed Icons** – Please consider framing your previous church calendar tops: cut them out, use a 5x7 frame, and hang them on your walls. Each year you can add an icon to another room in your home. This is also a nice project to do with our youth!

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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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Food Drive – For the month of February we will be collecting unexpired food and donations in order to make a delivery to **St. Cyril of White Lake Food Pantry on Pittsburgh’s South Side**. Thank you in advance for your prayers and offerings this month! The list of food items they are looking for is available in the church hall or at: stmaryorthodoxchurch.net/stecyrlfoodpantry.html

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*** Calling all scouts!** For our youth in Scouting and to our Adult Leaders, please send Fr. Dave your Unit Number, location, current rank, and any office or position you hold in your organization by **February 15th**.

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All-Soul Saturday (Zadušna Subota) Liturgies with Panachidas for 2022 will be on **Feb. 26th, Mar. 19th, 26th, Apr. 2nd, and Jun. 11th**. If you are not working on a Saturday, come to church, pray with us, and light two candles for your living and departed loved ones. **Please inform Fr Dave if there are any additions to be made to your Commemoration Diptychs (Hramoty).** Offering Envelopes and cards are available in the vestibule.

** **Pre-Lenten Breakfast** will be on **February 27**. Please sign up in the hall so we have a rough idea of how many will stay

** **Presanctified Liturgies** – Our Wednesday services will be at 6:00pm at the church along with Fridays at 9:30am.

** **Lenten Mission** – Our deanery mission will be on the North Side on **March 27**

* **Annual Church Picnic** – “The Cabin” in North Park is booked for **Sunday, July 31st** for our summer picnic. Please update your calendars to the new date.

Live-Broadcast – If you are unable to attend church services, please pray along with our Cathedral online: 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)

OUR STEWARDSHIP GIFTS TO GOD	
Stewardship Offerings:	\$ 477
Candles/Eternal Lamp Stewardship:	\$ 141
Envelope Stewardship	\$ 419
Parish House Donation	\$ 200
Community Outreach	\$ 5
Total Collections:	\$ 1242
Relocation Fund:	\$ 165

Weekly Candle Intentions / Memorials were offered last week by Nelson Family; Tim Martin; Lawrence Martin; Melanie Shuster; Mary Jane Hudak; Kathy Schrmack; Patty Watson; Cindy Pavilonis

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

Candles - Our minimum candle offering has been requested at \$3 for a long time (decades?). Starting **March 1, 2022**, we are going to change to the following: * a minimum \$4 donation for the weekly vigil candles and * a minimum \$1 donation for the smaller votive candles will be requested. Also, in the same manner that a free-will offering is asked for the Eternal Lamp each week, * we will now ask for a free-will offering for the “Christ Cross Candles” and “Theotokos Cross Candles” (on the candle stands) *In Honor of (namesday, birthday, anniversary, etc.) or In Memory of.*

On-Line Giving is available from our parish website to donate to the: *General Stewardship Fund, Capital Improvement Fund, and/or Relocation Fund.* The best option is to come to church and give your offering to God in His Temple (2nd best is to mail it in to Tim Martin, 2225 McAleer Rd., Sewickley, PA 15143). If you miss coming to church for a week, online giving allows you another option to “catch up” on your weekly stewardship. You can also set up a recurring donation online. For our parish to continue it’s ministries, outreach, and general bill paying, your generosity and stewardship is needed.

Bulletin Sponsor – If you wish to sponsor a bulletin In Honor of (namesday, birthday, anniversary, 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.

* **2021 Summary** - If you would like a copy of your 2021 SJB Donation Summary, please email Rich Mirilovich at jrmrsqrd@gmail.com

Additional Material can be found in “The Voice” monthly newsletter on the first Sunday of each month.

* **2022 Envelopes** – Our new envelopes have arrived and are on the table in the church hall. If you had previously not had envelopes and wish to have these stewardship reminders, please see Larry Martin. Now is a good time to catch up on past offerings.

ORTHODOXY AROUND THE ‘BURGH AND OUR DIOCESE

MAN OF GOD - Exiled unjustly, convicted without trial, slandered without cause. MAN OF GOD depicts the trials and tribulations of Saint Nektarios of Aegina, as he bears the unjust hatred of his enemies while preaching the Word of God.

View the trailer at: www.imdb.com/title/tt6060964/
There will be a one-day showing of this movie in Pittsburgh on Monday, March 21 at 7:00 pm. Call one of these movie theatres today to reserve your seat: Cinemark Robinson Township - 1-800-326-3264
2100 Settlers Ridge Center Dr, Robinson Twp, PA 15205
Cinemark North Hills - 412-364-1095
851 Providence Blvd, Pittsburgh, PA 15237
Cinemark Monroeville Mall - 1-800-326-3264
600 Monroeville Mall, Monroeville, PA 15146

Pan-Orthodox Choir - The band is getting back together again! Rehearsals will be on Saturdays from Noon to 2pm at St. Nicholas (320 Munson Ave., McKees Rocks, PA 15136)

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

LIVES OF THE SAINTS

The Holy Unmercenarys Cyrus and John
Commemorated on Feb. 13 / Jan 31

The Holy UnMercenary Cyrus was a noted physician in the city of Alexandria, where he was born and grew up. He was a Christian and he doctored all the sick for free, not only offering help for bodily ills, but healing also infirmities of soul, such as were

causes of bodily sickness. Preaching the Gospel teaching, the holy physician converted many pagans to Christ. During the time of the persecution by Diocletian (284-305), Saint Cyrus withdrew into the Arabian wilderness, where he took on the monastic life, and continued there also to doctor people by his prayer, having received from God the gift to heal every sickness.

In the city of Edessa at this time lived the soldier John, a pious Christian. When the persecution started, he went to Jerusalem and there, hearing about Saint Cyrus, he began to search for him, and he went first to Alexandria and then to Arabia. Having finally found Saint Cyrus, John with all his heart became attached to him and became his faithful follower. They learned that in Egypt in the city of Canopis had been arrested the Christian Athanasia and her three young daughters: Theoktista – age 15, Theodotia – age 13, and Eudoxia – age 11. Saints Cyrus and John hastened to go to them in help, worrying that fear in the face of torture might impel them to renounce Christ. They visited them in prison and gave them courage to stand what was before them. Learning of this, the governor of the city arrested Saints Cyrus and John, and convincing himself of their steadfast and fearless confession of faith in Christ, he gave them over to terrible tortures before the very eyes of Athanasia and her daughters, who in turn bravely endured all the tortures and were beheaded. After them at the same place they executed the holy UnMercenarys Cyrus and John (+ 311). Christians buried their bodies in a church of the holy Disciple and Evangelist Mark. In the V Century the relics of Saints Cyrus and John were transferred from Canopis to Manuphin. Later on their relics were transferred to Rome, and from there to Munchen (Munich) (an account further is located under 28 June).

PRAYER CORNER

For the Health of... Fr Marc, John, Patricia, Lawrence, Michelle, Paul, Kathleen, John, Joanne, Barbara, Brian, Kristina, Sean, Julia, Susan, 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 souls of the newly departed... +Marge Huron (2/6), Pani +Mary Panchisin (2/2), Father's great-aunt, +Helen Shoemaker (1/17), Gloria (1/16), +Peter Papadakos (1/14), +Michael Slovesko, the priest (1/4) ...*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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DEVOTIONAL PRAYERS
OF THE MONTH

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A Prayer When Lighting A Candle
Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.
Set our hearts on fire with love for You, O Christ our God, so that in its flame we may love You with all our heart, with all our mind, with all our soul, and with all our strength, and our neighbors as ourselves, so that by keeping Your commandments we may glorify You, the giver of all good gifts. Amen.

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from the Lenten Tridion
Open to me the doors of repentance, O Life-Giver; for my spirit hastens early towards Your holy temple, bearing the temple of my body all defiled; but in Your compassion purify me by Your gracious mercy. Amen.

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[“By the Waters of Babylon” is the entire Psalm 137, sung to a plaintive melody, during Matins (the morning service). It is only sung in church the three Sundays that precede Great Lent: Sunday of the Prodigal Son, The Last Judgment (Meatfare), and Forgiveness (Cheesefare).]
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**A Prayer in Exile (Psalm 137):
Longing for Zion in a Foreign Land**
By the waters of Babylon,
there we sat down and wept,
when we remembered Zion.
² On the willows there
we hung up our harps.
³ For there our captors
required of us songs,
and our tormentors, mirth, saying,
“Sing us one of the songs of Zion!”
⁴ How shall we sing the LORD’s song
in a foreign land?
⁵ If I forget you, O Jerusalem,
let my right hand wither!
⁶ Let my tongue cleave to the roof of my mouth,
if I do not remember you,
if I do not set Jerusalem
above my highest joy!
⁷ Remember, O LORD, against the sons of Edom
the day of Jerusalem,
how they said, “Raze it, raze it!
Down to its foundations!”
⁸ O daughter of Babylon, you who are devastated!
Happy shall he be who requites you
with what you have done to us!
⁹ Happy shall he be who takes your little ones
and dashes them against the rock!

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The Jesus Prayer

(Inhale) O Lord, Jesus Christ, Son of God,
(Exhale) have mercy on me, a sinner!
(Repeat until your heart is calm...)

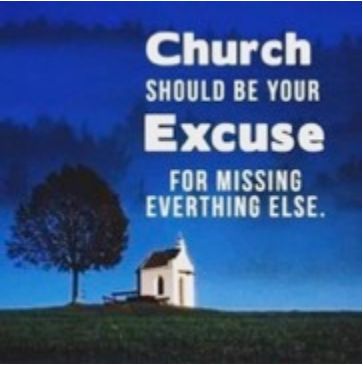
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A prayer for our Neighborhoods
by Archbishop Demetrios of America
I pray to you, God, for the families of my neighborhood. Visit them. Throw their troubles out of them and bring hope. Make the daily cares that devour the heart disappear. Present solutions 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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MONTHLY COMMUNITY OUTREACH

Food Drive – This month, through the efforts of our Sr. ACRY, we will be collecting unexpired food and donations in order to make a delivery to **St. Cyril of White Lake Food Pantry** (at Holy Assumption of St. Mary Orthodox Church, 105 S. 19th St., Pgh, PA 15203). Volunteers are needed on Thursdays from 5:15 to 6:45 to assist in the distribution of these goods. (If interested, please contact Fr Patrick first at 412-431-6428) Thank you in advance for your prayers and offerings this month! Here is a list of food items that they are looking for:

- ✓ Ready to eat canned fruit or vegetables
- ✓ Peanut Butter
- ✓ Jelly
- ✓ Canned Soups
- ✓ Canned Chili
- ✓ Macaroni & Cheese
- ✓ Spaghetti Sauce
- ✓ Pasta
- ✓ Noodle/Rice Mixes
- ✓ Small Package of Rice or Noodles
- ✓ Canned Stews
- ✓ Canned or Pouches of Tuna, Salmon or Chicken
- ✓ Boxed Meals ready to be prepared

- ✓ Baked Beans
- ✓ Canned and Boxed 100% Juice
- ✓ Crackers
- ✓ Tuna Helper Box
- ✓ Instant Cereal
- ✓ Boxed Cereal
- ✓ Canned Pastas (Chef Boyardee, Ravioli, etc.)
- ✓ Canned Meats

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ONLINE BONUSES

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].

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Spiritual Vitamin:

“I wish you peace, God’s peace, which transcends all human understanding and unites man with God. To be blessed with such peace one must strive diligently to acquire a peaceful disposition of soul, to be patient with one another’s weaknesses, and to be all forgiving toward all who have offended you.”

Abbot Nikon Vorobiev
Abbot Nikon Letters to Spiritual Children p.40

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