

## "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

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#### 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.

### UPCOMING SERVICES

**SUNDAY, MARCH 13** #THEGREATFAST  
DAYLIGHT SAVINGS TIME BEGINS  
Venerable Basil the Confessor (747)  
Procession of Icons (*Bring an icon to church*)  
Panachida for +Metropolitan Nicholas (3/13/11),  
+Helen Revak (40-day), +Marge Huron (40-day),  
Pani +Mary Panchisin (40-day)  
**4:30 pm** Sunday of Orthodoxy Vespers at All Saints  
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**TUESDAY, MARCH 15** #THEGREATFAST  
9:30 am Paraklis to the Theotokos  
**WEDNESDAY, MARCH 16** #THEGREATFAST  
6:00 pm Liturgy of the Presanctified Gifts  
with community meal following

**FRIDAY, MARCH 18** #THEGREATFAST  
9:30am Liturgy of the Presanctified Gifts

**SATURDAY, MARCH 19** #THEGREATFAST  
9:30 am All Souls Saturday (*Zadušna Subota*)  
Divine Liturgy & Panachida (2<sup>ND</sup> OF 5)  
11 am – 5 pm Diocesan Lenten Retreat at  
St. Nicholas (903 Ann St., Homestead, PA 15120)  
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**SUNDAY, MARCH 20** #THEGREATFAST  
Synaxis of all Venerable Fathers of the Kiev Caves  
9:30 am Divine Liturgy of St. Basil  
Tone 6; Liturgical Color: **Purple**  
4:00 pm Deanery Lenten Missions (in Rankin)  
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During #THEGREATFAST, each week we will offer a  
Para-Liturgical service every Tuesday morning,  
Presanctified Liturgy Wednesday evening (with meal)  
and Friday morning. Saturday All Souls (*Zadušna Subota*) Divine Liturgy & Panachidas will be on 3/19,  
3/26, and 4/2 followed by Confessions (until 1pm)  
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**Calendar** - Future Services are updated online at:  
[www.orthodoxpittsburgh.com/parish-calendar](http://www.orthodoxpittsburgh.com/parish-calendar)  
(Please see Fr. Dave if you want a printed copy)  
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**Live-Broadcast** – If you are unable to attend church  
services, please pray along with our Cathedral online:  
[www.acrod.org/organizations/cathedral/live/](http://www.acrod.org/organizations/cathedral/live/)

### BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wednesday)  
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\* **Fellowship Meals** - Got Soup? A “small t” tradition in many Orthodox parishes is to have soup (or other light meal) following the Liturgy of the Presanctified Gifts during the Great Fast. This meal has returned after our Wednesday evening services. A sign up sheet is in the hall for those interested in bringing in food. Let's gather together! Let's pray together! Let's eat together!

1st Sunday of Lent <b>MARCH 13th</b>		<b>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</b> <b>SUNDAY OF ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 20th</b>		<b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.



To assist the faithful in making the most of this holy season, additional resources have been added to our Diocesan Website at:

[www.acrod.org/prayercorner/lentenresources/](http://www.acrod.org/prayercorner/lentenresources/)  
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**\*\* REVISED Book Suggestion for the Great Fast** – When I heard someone in Ukraine say, “Reading the Bible is empowering. I do it everyday.” it made me reconsider our suggested reading for the Great Fast. (If you already purchased *Gratitude in Life's Trenches*, great! It is a wonderful book, but not the one that I will focus on.) Our diocese has shared a calendar for reading the Book of Psalms throughout the Great Fast. This is a wonderful way to increase our prayer during this time. The Book of Psalms in our Orthodox Study Bible is perfect to use for this occasion. If you wish, you can search “Psalter” or “Psalms” at <https://store.ancientfaith.com/> for other wonderful books to use.

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\* **Sunday of Orthodoxy Vespers** - The Orthodox Clergy Brotherhood of Greater Pittsburgh is hosting the annual Sunday of Orthodoxy Service and Celebration on **Sunday, March 13 at 4:30 pm** at All Saints Orthodox Church (601 W. McMurray Rd., Canonsburg, PA 15317). **Please note the corrected time.**

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\* **Diocesan Lenten Retreat** will be held on **Saturday, March 19<sup>th</sup>** from 9a to 5p at St. Nicholas (903 Ann St., Homestead, PA 15120). Please note the date change and sign up in the hall if you will be attending.

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**Deanery Lenten Missions** - Confessions start at 3:30, Vespers at 4:00, and a Fellowship Meal following  
**March 20** at St Michael's (Rankin)  
**March 27** at St John's (Northside)  
**April 3** at St John's (East Pittsburgh)  
**April 10** at St John's (Ambridge)  
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**\*\* Virtual National Lenten Youth Retreat** will take place on Sunday, March 20 from 4 to 6 pm for those in K-12. The theme is: “Tools for Growing closer to Christ”. Registration is required at [www.orthodoxfellowship.org](http://www.orthodoxfellowship.org)  
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**\*\* MAN OF GOD Movie** – A second showing of this internationally acclaimed film about the life of Saint Nektarios has been scheduled! 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/](http://www.imdb.com/title/tt6060964/) **Showings of this movie in Pittsburgh Cinemark Theatres will be on Monday, March 21 AND 28 at 7:00 pm.** Contact Fr. Dave for more information.  
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**\*\*\* Palms & Pussywillows** – We are collecting in the Church Hall our Palms and Pussywillows from prior years. These will not be simply thrown away, but they will respectfully be taken care of. *Please bring yours in so that your home will be ready for the new ones in a few weeks!*  
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**\*\*\* 31 Books of March Sale<sup>XL</sup>** – The Ancient Faith Store is offering different books for 50% off each day of the month of March! Visit the site daily (or sign up for their emails) and keep an eye out for a book that will help you along your Spiritual Journey! (Contact Fr. Dave with any questions.) Visit: [store.ancientfaith.com/31-books-of-march/](http://store.ancientfaith.com/31-books-of-march/)

\*\*\* **Mystery Of Confession** - Confessions will be heard in the first pew in front of the Icon of Christ. Confessions will be heard *following every* service, from **11am – 1pm** on most Saturdays during Great Lent (*the side door will be open*), and at other times by appointment (please contact Fr. Dave to arrange this). If you have a regular Spiritual Father, or wish to go to another Orthodox priest to have your confession heard, please let Fr. Dave know. Do not wait to plan for your confession! Confessions will only be heard through Holy Wednesday.

\*\*\* **Cement Mason Needed** – As we approach spring, some cement repairs need to be made on our front steps. Is anyone handy with masonry work who could offer their time to fix them? Please let Fr. Dave or Larry know.

\* **90<sup>th</sup> Anniversary Update** – Planning continues for our 90<sup>th</sup> Anniversary celebration on **October 9, 2022**. The luncheon will be held at Pittsburgh's Grand Hall at the Priory on the North Side.

OUR STEWARDSHIP GIFTS TO GOD	
Stewardship Offerings:	\$ 1085
Candle Stewardship:	\$ 118
Envelope Stewardship	\$ 200
<b>Total Collections:</b>	<b>\$ 1403</b>
<b>Capital Improvement Fund:</b>	<b>\$ 5</b>
<b>Relocation Fund:</b>	<b>\$ 0</b>

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

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

\*\* **Candle Offerings** - Starting **March 1**, these are the new requested minimum offerings for candles:  
\* \$4 donation for the weekly vigil candles  
\* \$1 donation for the smaller votive candles  
\* free-will offering for the Eternal Lamp

\* free-will offering for the “Christ Cross Candles”  
\* free-will offering for the “Theotokos Cross Candles”  
Special intentions *In Honor of* (nameday, birthday, anniversary, etc.), *For the Health of*, or *In Memory of*. will be taken for the Eternal Lamp and the “Candle Crosses” on the two stands.

**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 (2<sup>nd</sup> 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.

\*\*\* **Paschal Commemorations** – We offer you the opportunity to sponsor items to be used during Holy Week and Pascha as Special Intentions: *anonymously, for the health of* OR *in memory of departed loved ones*. Please sign up on the sheet in the Vestibule **by Palm Sunday (April 17)** and give an *additional free-will stewardship offering* to the Church.

\* **Lenten Coin Boxes** – “*Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.*” (Mt 28:19) Coin boxes are available in the Church Hall to collect your spare change throughout the Great Fast for our Community Outreach next month (OCMC). More information is available at [www.ocmc.org](http://www.ocmc.org). “*Let them do good, that they may be rich in good works, ready to give, willing to share*” (1 Tim 6:18)

**Bulletin Sponsor** – If you wish to sponsor a bulletin In Honor of (nameday, 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.

\* **Masks** are optional at all church events.  
\*\* **SPF50 (Scripture, Prayer, Family): A Diocese Family Ministry** - The next edition of SPF50 is available! As you are aware, praying together and reading Scripture together are pillars of a Christ-centered Orthodox Christian family. While families may desire to have these activities in their home, they may not be sure how to start. SPF50 intends to help our families bridge that gap. *If you are already participating, please contact Fr. Dave*. If not, consider joining now! Make a commitment to reading Scripture and Praying together with your family. Visit the Diocesan SPF50 web page at [www.acrod.org/ministries/acrod-family/spf50](http://www.acrod.org/ministries/acrod-family/spf50) to find out more about SPF50 and how to help your family read Scripture and Pray together at home.

\* **Camp Nazareth** The Pittsburgh camping week will be from **July 17 to 23**. Registration will begin on March 15. Staff applications are also being accepted. Visit [www.campnazareth.org](http://www.campnazareth.org) for more info.

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

VISIT OUR DIOCESE ON-LINE
Diocesan Website: <a href="http://www.acrod.org">www.acrod.org</a>
Camp Nazareth: <a href="http://www.campnazareth.org">www.campnazareth.org</a>
FB: <a href="https://www.facebook.com/acroddioocese">www.facebook.com/acroddioocese</a>
Twitter: <a href="https://twitter.com/acrodnews">twitter.com/acrodnews</a>
YouTube: <a href="https://youtube.com/acroddioocese">youtube.com/acroddioocese</a>

**SUNDAY’S SCRIPTURE READINGS**

**Epistle:** *Hebrews 11:24-26, 11:32-12:2*  
24 By faith Moses, when he was grown up, refused to be called the son of Pharaoh’s daughter, 25 choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. 26 He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. 32 And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—

33 who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, 34 quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. 35 Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. 36 Others suffered mocking and scourging, and even chains and imprisonment. 37 They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated— 38 of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. 39 And all these, though well attested by their faith, did not receive what was promised, 40 since God had foreseen something better for us, that apart from us they should not be made perfect.

**The Example of Jesus**  
12 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, 2 looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

**Gospel:** *John 1:43-51*  
**Jesus Calls Philip and Nathanael**  
43 The next day Jesus decided to go to Galilee. And he found Philip and said to him, “Follow me.” 44 Now Philip was from Beth-sa’ida, the city of Andrew and Peter. 45 Philip found Nathanael, and said to him, “We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph.” 46 Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.” 47 Jesus saw Nathanael coming to him, and said of him, “Behold, an Israelite indeed, in whom is no guile!” 48 Nathanael said to him, “How do you know me?” Jesus answered him, “Before Philip called you, when you were under the fig tree, I saw you.” 49 Nathanael answered him, “Rabbi, you are the Son of God! You are the King of Israel!” 50 Jesus answered him, “Because I said to you, I saw you



under the fig tree, do you believe? You shall see greater things than these.” <sup>51</sup>And he said to him, “Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.”

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LIVES OF THE SAINTS

THE MONK BASIL THE CONFESSOR

Commemorated on March 13 / February 28

The Monk Basil the Confessor was a monastic and suffered during the reign of the iconoclast emperor Leo the Isaurian (717-741). When a persecution started against those that venerated holy icons, Saint Basil together with his companion the Monk Prokopios (Comm. 27 February) was subjected to much torture and locked up in prison. here both martyrs languished for a long while, until the death of the impious emperor. When the holy Confessors Basil and Prokopios were set free together with other venerators of holy icons, they continued with their monastic efforts, instructing many in the Orthodox faith and the virtuous life. The Monk Basil died peacefully in the year 750.

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PRAYER CORNER

**For the Health of...** Mareena, 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...** +David Himelright (3/6), +Kimberly Bining (2/23), +John Neimer (2/18), +Marge Huron (2/6), Pani +Mary Panchisin (2/2) ...*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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Spiritual Vitamin:

“For one who is a slave to sin and the devil there is only one proper state— that of the publican. When it takes hold of the entire person, only then will God’s strength become manifest in him. “My strength is made perfect in weakness”; that is, when a person sees himself as the publican (through humility), then the power of God will work through him and bring him out of Egypt into the Promised Land. There is no other path.”

Abbot Nikon Vorobiev

Abbot Nikon Letters to Spiritual Children p.48

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DEVOTIONAL PRAYERS OF THE GREAT FAST

A Prayer for Peace

Almighty God and Creator, You are the Father of all people on the earth. Guide, I pray, all the nations and their leaders in the ways of justice and peace. Protect us from the evils of injustice, prejudice, exploitation, conflict and war. Help us to put away mistrust, bitterness and hatred. Teach us to cease the storing and using of implements of war. Lead us to find peace, respect and freedom.

Unite us in the making and sharing of tools of peace against ignorance, poverty, disease and oppression. Grant that we may grow in harmony and friendship as brothers and sisters created in Your image, to Your honor and praise. Amen.

A Prayer Of Repentance (Psalm 50/51)

Have mercy upon me, O God, according to Your great mercy; And according to the multitude of Your compassions, blot out my transgressions. Wash me thoroughly from my iniquity, And cleanse me from my sin. For I acknowledge my iniquity, And my sin is continually before me. Against You only have I sinned, And done this evil before You. That You might be justified in Your words, And prevail when You judge. For behold, I was conceived in iniquities, And in sins did my mother bear me.

For behold, You have loved truth; The hidden and secret things of Your wisdom You have made clear to me. You shall sprinkle me with hyssop, and I shall be made clean; You shall wash me and I shall be made whiter than snow. You shall make me to hear joy and gladness, The bones which have been humbled shall rejoice. Turn Your face away from my sins, And blot out all my iniquities.

Create a clean heart in me, O God, And renew a right spirit within me. Cast me not away from Your presence, And take not Your Holy Spirit from me. Restore to me the joy of Your salvation, And with Your governing Spirit establish me. I shall teach transgressors Your ways, And the ungodly shall turn back to You.

Deliver me from blood-guiltiness, O God, who are the God of my salvation, My tongue shall rejoice in Your righteousness. O Lord, You shall open my lips, And my mouth shall declare Your praise.

For if You had desired sacrifice, I would have given it; With whole burnt offerings You shall not be pleased. A sacrifice to God is a broken spirit, A heart that is broken and humbled God will not despise. Do good, O Lord, in Your good pleasure to Zion; And let the walls of Jerusalem be built Then shall You be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings; Then shall they offer bullocks upon Your altar.

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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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Icon by: K. Tikhonova

## THE PRAYER OF SAINT EPHRAIM THE SYRIAN

*(in the Ruthenian tradition as found in St.  
Peter Mogila's 1639 Liturgikon (Sluzhebnik))*

O Lord and Master of my life, take from me  
the spirit of laziness, despair, lust for power,  
and vain talking. + *[Prostration]*

But give to me, Your servant, the spirit of  
purity, humility, patience, and love.  
+ *[Prostration]*

Yes, Lord and King, grant me to see my own  
sins, and not judge my brother, for blessed  
are You forever and ever. Amen.  
+ *[Prostration]*

*The following triplet is recited 4 times  
(making a total of 12 bows):*

O God, be merciful to me, a sinner. *[bow]*  
O God, cleanse me of my sins and have  
mercy on me. *[bow]*  
O Lord, forgive me, for my sins are many.  
*[bow]*

*Then the prayer again with only one  
prostration:*

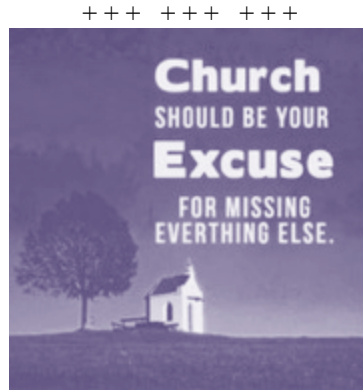
O Lord and Master of my life, take from me  
the spirit of laziness, despair, lust for power,  
and vain talking. But give to me, Your  
servant, the spirit of purity, humility,  
patience, and love. Yes, Lord and King,  
grant me to see my own sins, and not judge  
my brother, for blessed are You forever and  
ever. Amen. + *[Prostration]*

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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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### 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

**Slava Ukrainii! Glory to Ukraine!** - We are taking  
monetary donations to get to Moldova to assist in  
refugee aid.

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### VIRTUAL BULLETIN BONUSES

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### SUGGESTED GUIDELINES FOR THE GREAT FAST (GREAT LENT):

We are called to increase our *Prayer, Fasting, and  
Almsgiving* during this time...

#### PRAYER:

- ✦ Attend as many of the services as possible and be  
strengthened in community prayer.
- ✦ Come to the Mystery of Confession (*offered after  
every service, on most Saturdays during the Great  
Fast, or by appointment*).
- ✦ Approach the Chalice to receive the Holy Eucharist  
as often as possible.
- ✦ Also, add additional prayers to your personal  
*Prayer Rule* at home. (See the attached about  
reading the Book of Psalms during Great Lent.)

#### FASTING:

- ✦ The Great Fast begins tomorrow, March 8. This is a  
day of strict fasting (no meat or dairy products).  
Likewise, strict fast on Great & Holy Friday (4/22)  
and Great & Holy Saturday (4/23)
- ✦ The tradition of the Orthodox Church is a strict fast  
(*no meat or dairy products eaten*) by all of the  
faithful for the entire 40 days of the Great Fast and  
for all of Holy Week.
- ✦ If you cannot physically do this, adopt a fasting rule  
and stick to it for the duration of the Great Fast (*see  
Father for some guidance*). Here are a few  
examples:
  - a) strict fast on certain days of the week while  
keeping a meat fast on the others;
  - b) fast only from meat;
  - c) fast from meat for certain weeks (*Clean  
Week, Cross Week, and Holy Week*); or
  - d) fast from meat on Wednesdays, Fridays, and  
all of Holy Week (*April 18-23*).
- ✦ The more effort you put forth in your fasting, the  
more spiritually uplifting your Lenten Season will  
be!
- ✦ A minimum three (3) hour fast from all food and  
drink for those receiving Communion at the  
evening Pre-sanctified Liturgy (*the regular  
“midnight Fast” is called for the Liturgies of St.  
John Chrysostom & St. Basil the Great*)
- ✦ The sick and infirm are not bound by the fast at any  
time.
- ✦ Those requiring medications or certain prescribed  
diets are to follow their physician's instructions.
- ✦ Lastly, the Great Fast is not a “40 day diet  
program” or simply a “dietary adjustment” (or  
“label Lent”).

#### ALMSGIVING:

- ✦ Find a way to give more of your time, talent, and  
treasures.

A general guideline for the Great Fast is this:

Try to do more than last year.

Please reach out if you have questions about this  
important fasting period that we are blessed with.  
May our journey to Pascha be a spiritually beautiful  
one! – *Fr. Dave*

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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].

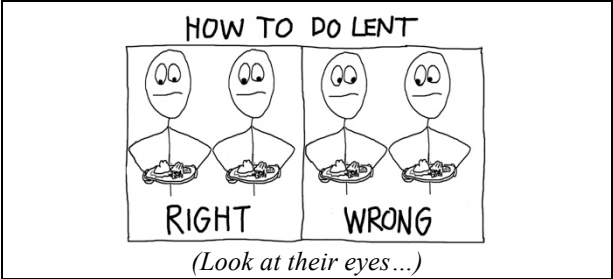
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*Synodikon of the 7<sup>th</sup> Ecumenical Council:*

As the Prophets beheld, as the Apostles taught, as the Church received, as the Teachers dogmatized, as the Universe agreed, as Grace illumined, as the Truth revealed, a falsehood passed away, as Wisdom presented, as Christ awarded, thus we declare, thus we assert, thus we proclaim Christ our true God and honor His saints in words, in writings, in thoughts, in sacrifices, in churches, in holy icons. On the one hand, worshipping and reverencing Christ as God and Lord. And on the other hand, honoring and venerating His Saints as true servants of the same Lord.

This is the Faith of the Apostles! This is the Faith of the Fathers! This is the Faith of the Orthodox! This is the Faith which has established the Universe!

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*Icon of Christ's Extreme Humility*

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**ORTHODOX ETIQUETTE**

**Postures In Worship: BOWING**

During services, a **bow** is often made by the inclining of the head and neck (also called a *reverence*). It is more than a mere nod of the head, but bending at the waist.

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Orthodox Christians **bow** when the names of the Theotokos and Christ are invoked. They also **bow** to the priest at his blessing, and when he asks forgiveness before the Great Entrance and, in some parishes before Holy Communion. It is traditional for the Orthodox faithful to **bow** and cross themselves when they enter and leave the church, and when they pray before the icons.

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It is not necessary to cross oneself when the priest is giving a blessing or censuring the congregation. Instead, one should **bow** to receive the blessing. (It is not necessary to turn to “follow the priest” as he censures the church.)