

## "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, APRIL 10 #THEGREATFAST

Venerable Stephen, the Wonderworker (815)  
9:30 am Divine Liturgy of St. Basil  
4:00 pm Deanery Lenten Missions at St. John's  
450 Glenwood Drive, Ambridge, PA 15003  
(Confessions start at 3:30, Vespers at 4:00, and a Fellowship Meal following)  
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#### TUESDAY, APRIL 12 #THEGREATFAST

9:30 am Akathist Hymn to the Theotokos

#### WEDNESDAY, APRIL 13 #THEGREATFAST

6:00 pm Liturgy of the Presanctified Gifts  
with community meal following

#### FRIDAY, APRIL 15 #THEGREATFAST

9:30am Liturgy of the Presanctified Gifts

#### SATURDAY, APRIL 16 #LAZARUS SATURDAY

9:30 am Divine Liturgy  
Palm Cross Making following  
11 am – 1 pm Confessions offered  
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#### SUNDAY, APRIL 17 #PALM (FLOWERY) SUNDAY

FEAST OF THE ENTRY OF OUR LORD INTO JERUSALEM  
Venerable Joseph the Hymnographer (883)  
9:30 am Divine Liturgy  
Tone 2; Liturgical Color: **Gold**  
Blessing of Branches (Palms and Willows)  
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#### GREAT AND HOLY PASSION WEEK

##### MONDAY, APRIL 18 #HOLY WEEK

6:00 pm Bridegroom Matins

##### TUESDAY, APRIL 19 #HOLY WEEK

6:00 pm Bridegroom Matins

##### WEDNESDAY, APRIL 20 #HOLY WEEK

6:00 pm Mystery of Holy Unction (and Anointing)  
\*\*\* (Final opportunity for Confession until after Pascha)

##### THURSDAY, APRIL 21 #HOLY WEEK

9:30 am Vespertal Liturgy (Mystical Last Supper)  
6:00 pm Matins with the 12 Passion Gospels

##### FRIDAY, APRIL 22 #HOLY WEEK

A DAY OF STRICT FASTING  
9:30am Royal Hours  
6:00 pm Vespers & Procession of the Holy Shroud  
SATURDAY, APRIL 23 #HOLY WEEK

A DAY OF STRICT FASTING

9:30 am Vespertal Liturgy  
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##### SUNDAY, APRIL 24 #PASCHA

THE FEAST OF FEASTS  
**9:00 am** Resurrection Matins  
~9:30 am Paschal Divine Liturgy  
Blessing of Baskets (*upstairs in the church*)  
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5th Sunday of Lent

APRIL 10th



ST MARY of EGYPT

Epistle:  
Gospel:

Hebrews 9: 11-14  
Mark 10: 32-45

Ask the Theotokos to offer you  
and the world pure thoughts  
and ideas this week.

FLOWERY (PALM) SUNDAY!

APRIL 17th



GREAT AND HOLY WEEK

ENTRY OF OUR LORD INTO JERUSALEM

Epistle:  
Gospel:

Philippians 4: 4-9  
John 12: 1-18

Place your palm branches  
and pussywillows behind  
an icon at home  
and in your soul

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/)

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### BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wednesday)

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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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Thank You! to everyone who came out yesterday for  
our Spring Maintenance (and Mulch) Morning! Your  
stewardship to the church cannot be thanked enough!  
May God grant you many years!

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Palm Crosses – On Saturday, April 16<sup>th</sup>, following  
the Divine Liturgy, we will be making crosses out of  
palms. This activity is geared towards the youth, but  
all are welcome to come!

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\*\* Pot-Luck Paschal Meal – Our community meal  
following Liturgy on Pascha will return this year. All  
families are encouraged to bring something to share.

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\*\* Blessing of Graves – Our annual grave blessings  
at the cemeteries needs to be rescheduled. Please see  
Fr. Dave to help pick a date.

#### THIS BULLETIN IS OFFERED

in memory of +Katherine Silon (34-year  
anniversary). May he be remembered in  
God's Memory forever! Eternal Memory!

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 loves ones*. There  
are still a few items remaining. Please sign up on the sheet  
in the Vestibule **by next week, April 17** and give an  
additional free-will stewardship offering to the Church.

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\*\* 50<sup>th</sup> Anniversary - The St. Nicholas Parish and the  
Zak Family invite you to join them on **Sunday, May 1**  
as they celebrate the 50<sup>th</sup> Anniversary of Marriage and  
Ordination to the Holy Priesthood of Very Rev. R.  
Michael Zak and Pani Deborah Zak. Hierarchical  
Divine Liturgy will be at 9:00 am. A banquet will  
follow in the church hall (903 Ann Street, Homestead,  
PA 15120) - Adults \$30 and Children 12 and under  
\$20. Please RSVP by **THIS Friday, April 15** at 412-  
461-9437 or [stnickhomestead@gmail.com](mailto:stnickhomestead@gmail.com).

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\*\*\* Panachida Offerings – Reminder: Panachidas  
(Memorial Services for the Departed) cannot be served  
on the Major Feast Days of our Lord including Palm  
Sunday, Holy Pascha, as well as on St. Thomas Sunday.

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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 **Saturday** (*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. Confessions will only be heard  
through Holy Wednesday.

\* **Pirohi** – St George Ukraine Catholic Church (3455 California Ave.) sells Pirohi every Thursday & Friday. Call 412-766-8801 for the available varieties.

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**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.

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**OUR STEWARDSHIP GIFTS TO GOD**

Stewardship Offerings:	\$ 373
Candle Stewardship:	\$ 417
Envelope Stewardship	\$ 834
Community Outreach:	\$ 220
<b>Total Collections:</b>	<b>\$ 1844</b>
<b>Relocation Fund:</b>	<b>\$ 100</b>

**March Financial Report:**

**General Stewardship = \$ 6167.62**  
*(includes \$ 215.62 from online stewardship)*  
**\*Expenses = \$ 7671.77**  
**Net Deficit = \$ 1504.15**

*\*details listed on the church hall bulletin board*  
Average at Sunday Divine Liturgies: **30**

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

*(September through last month)*

**General Stewardship = \$ 56,836**  
**\*Expenses = \$ 60,773**  
**Net Deficit = \$ 3,937**

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

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

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**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!

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**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.

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**\*\* Bowling Tournament** - This year's Metropolitan, Orestes Memorial Bowling Tournament, which will take place on Memorial Day Weekend, **May 27-30**, is a collaboration between Camp Nazareth and Saint John’s parish in Hermitage. (Events throughout the weekend will take place in Hermitage and Mercer, PA; and nearby Brookfield, OH.) It should be noted that deadlines for all paperwork and reservations is **APRIL 26**. It will be the first of a kind to be hosted in part by Camp Nazareth. You do not have to be members of the ACRY to participate. If you have any questions, please contact the Bowling Tournament Committee at [acrybowling2022@gmail.com](mailto:acrybowling2022@gmail.com). Additional information can also be found at: [www.acrod.org/organizations/senioracry/acryn-e/acrycomingevents/bt-2022](http://www.acrod.org/organizations/senioracry/acryn-e/acrycomingevents/bt-2022) **If you are interested in bowling, please contact Subdeacon Ryan Ferko or Lynn Mainolfi.**

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**Additional Material** can be found in “The Voice” monthly newsletter on the first Sunday of the month as well as the article on the cover of this bulletin.

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**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)

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**SUNDAY’S SCRIPTURE READINGS**

*Epistle: Hebrews 9:11-14*

<sup>11</sup> But when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) <sup>12</sup> he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. <sup>13</sup> For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, <sup>14</sup> how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

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*Gospel: Mark 10:32-45*

**A Third Time Jesus Foretells His Death and Resurrection**

<sup>32</sup> And they were on the road, going up to Jerusalem, and Jesus was walking ahead of them; and they were amazed, and those who followed were afraid. And taking the twelve again, he began to tell them what was to happen to him, <sup>33</sup> saying, “Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; <sup>34</sup> and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise.”

**The Request of James and John**

<sup>35</sup> And James and John, the sons of Zeb’edee, came forward to him, and said to him, “Teacher, we want you to do for us whatever we ask of you.” <sup>36</sup> And he said to them, “What do you want me to do for you?” <sup>37</sup> And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.” <sup>38</sup> But Jesus said to them, “You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?” <sup>39</sup> And they said to him, “We are able.” And Jesus said to them, “The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; <sup>40</sup> but to sit at my right hand or at my left is not mine to grant, but it is for those for

whom it has been prepared.” <sup>41</sup> And when the ten heard it, they began to be indignant at James and John. <sup>42</sup> And Jesus called them to him and said to them, “You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. <sup>43</sup> But it shall not be so among you; but whoever would be great among you must be your servant, <sup>44</sup> and whoever would be first among you must be slave of all. <sup>45</sup> For the Son of man also came not to be served but to serve, and to give his life as a ransom for many.”

**LIVES OF THE SAINTS**

**The Monk Stephen The Confessor, Hegumen Of Trigleion Monastery**

*Commemorated on April 10/March 28*

The Monk Stephen the Confessor, Hegumen of Trigleion Monastery, suffered under the iconoclast emperor Leo the Armenian (813-820). From the time of his youth the holy ascetic dedicated his life to God and accepted monastic tonsure. He later became head of the Trigleion monastery near Constantinople. When persecution again began against holy icons, the saintly hegumen was summoned to an interrogation, where they tried to force him to sign to a rejection of icon-veneration. The Monk Stephen steadfastly refused to betray Orthodoxy and he boldly denounced the emperor for impiety. They subjected the saint to cruel torments, after which they sent him off into imprisonment in the year 815. Weakened and sick, the holy Confessor Stephen soon died in prison from his sufferings.

**PRAYER CORNER**

**For the Health of...** Kelly, Rose, Michelle, Paul, Kathleen, John, 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) ...*May the Lord God grant them blessed repose where there is no pain sorrow or mourning. May they be Eternal in God’s Memory.*



Spiritual Vitamin:

For St. Mary of Egypt:

Troparion (Tone 8)

The image of God was truly preserved in you, mother, For you took up the Cross and followed Christ. By so doing, you taught us to disregard the flesh, for it passes away, But to care instead for the soul, since it is immortal. Therefore your spirit, holy mother Mary, rejoices with the angels!

Kontakion (Tone 3)

Having been a sinful woman, You became through repentance a Bride of Christ. Having attained angelic life, You defeated demons with the weapon of the Cross. Therefore, most glorious Mary, you are a Bride of the Kingdom!

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PRAYER CORNER CONTINUED

Our Parish Prayer List for  
Special Intentions and Other Needs\*

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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 Special Intentions of...** His All Holiness Patriarch Bartholomew, Metropolitan Gregory, Fr. David S., Fr. Myron, Dcn. Michael L., Laura & family, Carlene, Georgia, Eleanora, Mark, Michaleana, Dorell, Donald, Susan, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Andrea, Jason, Tyrone, Sarah, Amee, Joshua, John, Kathryn, Rose, Charles, Justin *our diocesan seminarians:* Nicholas, Dylan, Thomas, Samuel, Timothy, Nicholas, Aydin, Subdeacon Seamus, Nicholas, *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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**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...** Justin & Erica, Francis & Alexandra, Nicole & Dustin *...through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

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**For Pregnant Mothers...** Allison (*due in May*), Stacey (*June*), Sammy (*June*), Caitlin (*September*), Mallory (*September*) *...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. Dzadoovsky and Trevor Meegan *...through the prayers of St George, the Great-Martyr & Wonderworker.*

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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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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.

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Icon of Christ's Extreme Humility

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.

### 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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### 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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*"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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### MONTHLY COMMUNITY OUTREACH

**OCCM** - This month, through the efforts of our Sr. ACRY, we will be collecting donations for the **Orthodox Christian Mission Center (OCCM)**. This is the organization that puts out the Coin Boxes that we have been using through the Great Fast. Please bring in your coin boxes on Pascha. (There will also be an additional offering requested on our regular last Sunday of the month.) "Let them do good, that they may be rich in good works, ready to give, willing to share" (1 Tim 6:18)

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### VIRTUAL BULLETIN BONUSES

#### Assembling A Traditional Easter Basket

One begins with a straw basket filling with foods each holding symbolic significance:

##### 1. Easter Bread (Pascha)

A sweet yeast bread rich in eggs and butter, symbolic of Christ "the Living Bread". Usually a round loaf with a golden crust and decorated with a braid and cross. Pascha comes from the word Pasch, meaning Passover. In English we use it to refer to the Easter season. In Slavonic the word paska is used to refer to Christ "the new lamb".

##### 2. Cheese (Rusyn: **Hrudka** or **Sirec**)

A special cheese made from egg and milk shaped into a ball having a rather bland but sweet taste indicative of the moderation that Christians should have in all things. It is often decorated with cloves in the form of a cross.



### 3. Ham (Šunka)

The meat popular with the Slavs as the main dish because of its richness and symbolism of the great joy and abundance of Easter. Some may prefer lamb or veal.

### 4. Sausage (Kolbasi)

A spicy pork product flavored with garlic, indicative of God’s favor and generosity.

### 5. Butter (Maslo)

This favorite dairy product is often shaped into a lamb or small cross. Symbolic of Christ the lamb who was offered upon the altar of the Cross for the life of the world.

### 6. Bacon (Slanina)

Uncooked bacon cured with spices. Symbolic of the overabundance of God’s mercy to us.

### 7. Salt (Sol)

Symbolizes the Truth of the message of Christ. Just as salt preserves food, so the teaching of Christ preserves our eternal life.

### 8. Horseradish (Chrin)

Horseradish mixed with grated red beets. Symbolic of the Passion of Christ still in our minds but sweetened with some sugar because of the Resurrection. A bittersweet red colored mixture reminds us of the sufferings of Christ.

### 9. Decorated Eggs (Pysankŷ)

Hard boiled eggs brightly decorated with symbols and markings made with beeswax. Eggs were always considered as symbols of the resurrection, the emergence of new life.

\*\*\* *We are not limited to only having these items in our basket (nor do we have to have all of them). We fast for 40 days and a tradition is to bring what you have fasted from to the church to bless it before having some again (i.e. chocolate, or gum, or pop, or beer, etc.)*



## 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:
  - o a) strict fast on certain days of the week while keeping a meat fast on the others;
  - o b) fast only from meat;
  - o c) fast from meat for certain weeks (*Clean Week, Cross Week, and Holy Week*); or
  - o 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*

### How one can miss the point of fasting:



### FASTING SUGGESTIONS: (source unknown)

FAST from self-concern and  
FEAST on compassion for others.

FAST from discouragement and  
FEAST on hope.

FAST from lethargy and  
FEAST on enthusiasm.

FAST from suspicion and  
FEAST on truth.

FAST from thoughts that weaken and  
FEAST on promises that inspire.

FAST from shadows of sorrow and  
FEAST on the sunlight of serenity.

FAST from idle gossip and  
FEAST on purposeful silence.

FAST from problems that overwhelm you and  
FEAST on prayer that sustains.

FAST from criticism and  
FEAST on praise.

FAST from self-pity and  
FEAST on joy.

FAST from ill-temper and  
FEAST on peace.

FAST from resentment and  
FEAST on contentment.

FAST from jealousy and  
FEAST on love.

FAST from pride and  
FEAST on humility.

FAST from selfishness and  
FEAST on service.