

“THE WEEKLY FORERUNNER” *Our Parish Weekly Bulletin*

O Holy John, Prophet, Forerunner, and Baptizer of the Lord, pray to God for us!

A WARM WELCOME TO OUR VISITORS!

Christ Is Risen! (*responded with: Indeed, He Is Risen!*)
Christos Voskrese! (*Voistinu Voskrese!*) 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, MAY 22

5th Sunday of Pascha; Sun. of the Samaritan Woman
9:20 am Paschal Canon; 9:30 am Divine Liturgy
Panachida for our departed loved ones
Blessing of Cemetery Graves

TUESDAY, MAY 24 – FEAST OF STS. CYRIL & METHODIOS

9:30 am Divine Liturgy
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SUNDAY, MAY 29

6th Sun. of Pascha; Sunday of the Man Born Blind
9:20 am Paschal Canon; 9:30 am Divine Liturgy
Epistle: Acts 16:16-34; Gospel: John 9:1-38
Tone 5; Liturgical Color: **White**
Panachida for departed Veterans
Additional offering requested for our Community Outreach, Light of Life Rescue Mission

WEDNESDAY, JUNE 1

7:00 Feast Day Vespers

THURSDAY, JUNE 2 – FEAST OF ASCENSION

9:30 am Festal Divine Liturgy
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*There is no kneeling in prayer and omit
“O Heavenly King” from your prayers for 50 days*
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Calendar - Future Services are updated online at:

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/

RELOCATION UPDATE

Thank You to everyone who stayed last week for our Special Meeting to discuss the safety and future of our parish community! Thank you and Many Years!

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**The motion for our parish to relocate to
2201 Duncan Avenue
Allison Park, PA 15101**

passed on, Sunday, May 15, 2022 with:

14 yes votes; 1 no vote; and

1 withheld vote (*from the Parish Council Pres.*)

We Are Heading To The North Hills!

THANK YOU for your prayers and may God’s

Will continue to guide us! Many Years!

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Initial Offer – An initial offer of \$375,000 is being made for the property. As previously mentioned, this ¾ acre lot already has a church, a hall, and parking lot (*with 30 spots*) on it – no new structures need built.

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Updates - Each week, as updates are available, they will be shared here. If you have any questions, please contact Larry Martin or Fr. Dave Urban.

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BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wednesday)

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* **Altar Boy Retreat** will be in Johnstown, PA from **Sunday thru Wednesday, June 26-29**. We encourage our young men to attend. Contact Fr. Dave for more details.

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* **Young Women’s Encounter** will be at Saints Peter and Paul Church in Windber, PA from **Sunday thru Wednesday, June 26-29**. We encourage our young women, ages 12-18, to attend. Contact Fr. Dave for more details.

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ST. JOHN THE BAPTIST ORTHODOX CHURCH

Father Dave Urban, *Pastor* +++ 2688 California Avenue, Pittsburgh, Pa 15212
www.OrthodoxPittsburgh.com +++ 412-748-0148 (*Talk or Text*) +++ OrthodoxPittsburgh1932@gmail.com

PASCHAL GREETING:

(use instead of ‘hello’, before ‘good morning’, etc.)

Christ is risen!

(*responded with: Indeed He is risen!*)

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OUR STEWARDSHIP GIFTS TO GOD

Stewardship Offerings:	\$ 527
Candle Stewardship:	\$ 115
Envelope Stewardship:	\$ 915
Total Collections:	\$ 1557
Capital Improvement Fund:	\$ 100
Relocation Fund:	\$ 50

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Weekly Candle Intentions / Memorials were offered last week by Nelson Family; Lawrence Martin; Tim Martin; Mirilovich Family; Kathy Schrmack; Patty Watson; Cindy Pavilonis

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The Eternal Lamp was offered last week by Melanie Paieski in memory of Mother, +Catherine Gaydos; and by Matthew Peifer; IMO 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 (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.

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Family Day at Camp Nazareth (339 Pew Rd., Mercer, PA 16137) is Sunday, June 5 with Divine Liturgy starting at 10:00 am.

Paschal Greeting in Church Slavonic:

Christos voskrese! (*Voistinu voskrese!*)

If greeted in a language you are unfamiliar with, translate, respond in English, then learn the response

Vandalism - Our parish sign on California Avenue was vandalized this past week. Before anything else is done to it, we are going to move it up on the fence at the top of the mulched area.

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

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LIVING ORTHODOXY

HOW TO HANDLE SADNESS AND GRIEF

I had mixed emotions after seeing *Inside Out*. I walked out of the theater feeling uncomfortably sad. The film is set in the mind of a young girl who grapples with joy, sadness, fear, anger, and disgust. Now, I’m used to watching dramas (so I welcome the emotional roller coaster that film can take us on) but somehow *Inside Out* felt more personal than other movies.

It made me feel *my* emotions and, after all, who likes to feel sad?

But as the film *Inside Out* shows us, sadness is a part of this life. As much as we may want to escape feelings we do not enjoy, ignoring them does nothing but keep us from dealing with reality.

Ignoring sadness and grief keeps us from living in the present.

When we experience loss, it can be hard to think of anything else. It can be hard to remember the Resurrection when you're standing before the Cross. So how can we as Christians better navigate that least favorite of emotions, sadness, and the process of grief? Here are three things to keep in mind.

1. LET YOURSELF FEEL

Nobody likes to feel uncomfortable. In fact, we go to great lengths to stay comfortable. It's what keeps many of us from working out, from keeping a healthy diet, or from going to Confession. So instead of letting ourselves feel negative emotions (sadness, anger, frustration), we try to avoid them or to cover these feelings up with something else. This avoidance of reality can even cause people to turn to food, work, or an addictive behavior in an attempt to cover up the unwelcome feeling. Unfortunately, this never works. Eventually the feelings bubble up again and we're forced to work through them. We're forced to feel. If we never let ourselves feel sad or grieve for our loss, we'll stay in the first stage of grief (shock and denial) and never get to the last stage of acceptance. I've found that the arts, since they put us to work doing something, are effective in helping us feel. At a recent concert I went to, the singer spoke about how writing music has been her greatest asset in working through her own emotions. And even Pete Docter, the writer and director of *Inside Out*, spoke of this as he accepted the Oscar for Best Animated Feature earlier this year. He said:

“Anyone out there who’s in junior high, high school, working it out, suffering — there are days you’re going to feel sad. You’re going to feel angry. You’re going to feel scared. That’s nothing you can choose. But you can make stuff. Make films. Draw. Write. It will make a world of difference.”

I was so taken by this statement, because I found it to be true in my own life. In moments of sadness or even moments of joy, I've taken to writing. Getting my thoughts and emotions out on paper let me get out of myself and help me sort through the emotions I don't want to feel.

Not everyone is a writer. Not everyone is creative in the artistic sense of the word, but everyone can create. **We all need to feel and then let that emotion out in a healthy way**, avoiding one key danger.

2. DON'T FALL INTO DESPAIR

When we grieve the loss of something or someone, the temptation is to think we're alone. We might think we're the only one that can understand what we feel in that moment, so we try to bear it alone. **We can forget that in the Church, we help bear one another's burdens and that it is Christ who gives us rest when we think we have to bear the weight of the world.**

I'm reminded of a quote about despair by an important figure in modern Orthodox history named Elder Sophrony of Essex. He said, *"Stand at the brink of the abyss of despair, and when you see that you cannot bear it anymore, draw back a little and have a cup of tea."* As one Orthodox blogger commented on this quote, **when we feel overwhelmed by our present circumstances, tea helps us rest and stay in the present moment.** Taking time to step back and rest helps us to have a better vision of reality.

Despair, on the other hand, keeps us worrying about the past or projecting into the future. So despair has no room in the Christian life.

Staying connected to one another and to Christ keeps us grounded and in the moment. It keeps us from slipping into despair. But that doesn't mean that there's no place for mourning and sadness in the life of a Christian.

3. MOURN WITH HOPE

At every funeral service, we hear the words of Saint Paul about how to grieve as Christians (1 Thessalonians 4:13-17). We grieve death, but there's an element of hope behind our grief. At every baptism service, we hear that everyone who has been baptized into Christ gets to participate in His life (Romans 6:3-5). So when we die, we actually live because we are part of *His* risen Body.

As a Christian, I can have joy in the midst of suffering – even if I can't feel happy just yet. Happiness is a feeling based on circumstances. But joy is about expectation; it's an attitude that defies

circumstances. *It's about being able to look past the present circumstances to see something greater to come.*

We have hope because of the Resurrection of Jesus Christ and of our own resurrection. In the midst of our sadness, we can take hope in the fact even Jesus mourned death. He wept when He learned of His friend Lazarus' death (John 11:35). He didn't stand stoically and try to bear His pain without showing emotion. But neither did He get lost in waves of pain. Jesus grieved the pain of separation from His friend and the sadness of death. And then He raised His friend from the dead.

If we are mourning our departed loved ones, having the joy of Christ reminds us to pray for them. This joy calls us to pray for the other members of our family who are dealing with their grief too. We pray for the departed, that their memory will be eternal, and that God will have mercy on those still living in this life.

In prayer, we are able to get out of our own heads and reach out to others. If we are having a hard time putting words to our grief, it's possible other people are too. That's why simply being present with our family and being there for them is an inseparable component of dealing with our own grief too.

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My Uncle Art passed away two weeks ago. As I write this, I'm still coming to realize how I'm grieving his life and the relationship we weren't able to cultivate. But when I remember to pray for him and to pray for my family, and when I try to be present with them, I see that I don't bear my grief alone. As frustrating and painful as death is, I have hope in Christ.

It's important that we allow ourselves to feel and to be aware of our own sadness and grief. Turning to Christ and to the Church guides our mourning and keeps us from falling into despair.

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By Sam Williams the Director of Youth & Young Adult Ministries at Saint Nicholas Greek Orthodox Church in Wyckoff, NJ. He grew up in Powhatan, VA and studied International Affairs and Spanish at James Madison University. Sam received his MDiv from Holy Cross Greek Orthodox School of Theology

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Paschal Greeting in Romanian:
Hristos a înviat! (*Adevărat a înviat!*)

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SUNDAY'S SCRIPTURE READINGS

Epistle: Acts 11: 19– 26, 29– 30

The Church in Antioch

¹⁹Now those who were scattered because of the persecution that arose over Stephen traveled as far as Phoenicia and Cyprus and Antioch, speaking the word to none except Jews. ²⁰But there were some of them, men of Cyprus and Cyrene, who on coming to Antioch spoke to the Greeks also, preaching the Lord Jesus. ²¹And the hand of the Lord was with them, and a great number that believed turned to the Lord. ²²News of this came to the ears of the church in Jerusalem, and they sent Barnabas to Antioch. ²³When he came and saw the grace of God, he was glad; and he exhorted them all to remain faithful to the Lord with steadfast purpose; ²⁴for he was a good man, full of the Holy Spirit and of faith. And a large company was added to the Lord. ²⁵So Barnabas went to Tarsus to look for Saul; ²⁶and when he had found him, he brought him to Antioch. For a whole year they met with the church, and taught a large company of people; and in Antioch the disciples were for the first time called Christians.

²⁹And the disciples determined, every one according to his ability, to send relief to the brethren who lived in Judea; ³⁰and they did so, sending it to the elders by the hand of Barnabas and Saul.

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Gospel: John 4:5-42

⁵So he came to a city of Samaritania, called Sychar, near the field that Jacob gave to his son Joseph. ⁶Jacob's well was there, and so Jesus, wearied as he was with his journey, sat down beside the well. It was about the sixth hour.

⁷There came a woman of Samaritania to draw water. Jesus said to her, "Give me a drink." ⁸For his disciples had gone away into the city to buy food. ⁹The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaritania?" For Jews have no dealings with Samaritans. ¹⁰Jesus answered her, "If you knew the gift of God, and who it is that is saying to

you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” ¹¹ The woman said to him, “Sir, you have nothing to draw with, and the well is deep; where do you get that living water? ¹² Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?” ¹³ Jesus said to her, “Every one who drinks of this water will thirst again, ¹⁴ but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life.” ¹⁵ The woman said to him, “Sir, give me this water, that I may not thirst, nor come here to draw.” ¹⁶ Jesus said to her, “Go, call your husband, and come here.” ¹⁷ The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; ¹⁸ for you have had five husbands, and he whom you now have is not your husband; this you said truly.” ¹⁹ The woman said to him, “Sir, I perceive that you are a prophet. ²⁰ Our fathers worshiped on this mountain; and you say that in Jerusalem is the place where men ought to worship.” ²¹ Jesus said to her, “Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. ²⁴ God is spirit, and those who worship him must worship in spirit and truth.” ²⁵ The woman said to him, “I know that Messiah is coming (he who is called Christ); when he comes, he will show us all things.” ²⁶ Jesus said to her, “I who speak to you am he.” ²⁷ Just then his disciples came. They marveled that he was talking with a woman, but none said, “What do you wish?” or, “Why are you talking with her?” ²⁸ So the woman left her water jar, and went away into the city, and said to the people, ²⁹ “Come, see a man who told me all that I ever did. Can this be the Christ?” ³⁰ They went out of the city and were coming to him. ³¹ Meanwhile the disciples besought him, saying, “Rabbi, eat.” ³² But he said to them, “I have food to eat of which you do not know.” ³³ So the disciples said to one another, “Has any one brought him food?” ³⁴ Jesus said to them, “My food is to do the will of him who

sent me, and to accomplish his work. ³⁵ Do you not say, ‘There are yet four months, then comes the harvest’? I tell you, lift up your eyes, and see how the fields are already white for harvest. ³⁶ He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. ³⁷ For here the saying holds true, ‘One sows and another reaps.’ ³⁸ I sent you to reap that for which you did not labor; others have labored, and you have entered into their labor.” ³⁹ Many Samaritans from that city believed in him because of the woman’s testimony, “He told me all that I ever did.” ⁴⁰ So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. ⁴¹ And many more believed because of his word. ⁴² They said to the woman, “It is no longer because of your words that we believe, for we have heard for ourselves, and we know that this is indeed the Savior of the world.”

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Paschal Greeting in Spanish:
¡Cristo ha resucitado! (*¡En verdad ha resucitado!*)

LIVES OF THE SAINTS

THE HOLY MARTYR CHRISTOPHER
Commemorated on May 22/9

The Holy Martyr Christopher lived during the III Century and suffered in about the year 250, during the reign of the emperor Decius (249-251). About his life and miracles there exist many various accounts, and his memory is venerated in both the Western and Eastern Churches. (The memory of the Martyr Christopher is especially venerated in Italy, where they recourse to him in prayer during times of contagious diseases). Various are the suggestions about his descent. According to some historians, he was descended from the Canaanites, according to others – from "Cynoscephalai" [literally "Dog-heads", located in Thessaly].

Saint Christopher was a man of great stature and unusual strength, and his face was brutish. By tradition, Saint Christopher at first possessed an handsome appearance, but wishing to avoid temptation for himself and others, he besought the Lord to give him an unseemly face, which was done. Until Baptism he

had the name Reprebus (Reprobate) which was connected with his disfigured outer appearance. Even before Baptism, Reprebus confessed his faith in Christ and denounced those who persecuted Christians. For this he was once given a beating by a certain Bacchus, and he took the beating with humility. Because of his reknown strength, soon after this there came after him 200 soldiers, so as to bring him before the emperor Decius. Reprebus submitted without resistance. On the way miracles occurred: a dry stick blossomed in the hand of the saint, by his prayer bread-loaves were multiplied, and the travellers had no lack thereof, similar to the multiplication of loaves in the wilderness by the Saviour. The soldiers surrounding Reprebus were astonished at the miracles, – they came to believe in Christ and together with Reprebus they were baptised by the Antioch Bishop Babylos.

When Saint Christopher was brought before the emperor, the emperor became terrified by his appearance and decided to coerce him into renouncing Christ, not by force but by cunning. He summoned two profligate women, Callinika and Acelina, and commanded them to sway Christopher into a renunciation of Christ and gain his consent to offer sacrifice to idols. But the women were themselves converted by Saint Christopher to the faith in Christ, and having returned to the emperor, they declared themselves Christians, for which they were subjected to fierce beatings and died as martyrs. Decius sentenced to execution also the soldiers who had been sent after Saint Christopher, but who now believed in Christ. The emperor gave orders to throw the martyr into a red-hot metal box. But Saint Christopher did not experience any suffering and he remained unharmed. After many fierce torments they finally beheaded the martyr with a sword. This occurred in the year 250 in Lycia. By his miracles the holy Martyr Christopher converted to Christ as many as 50 thousand pagans, about which Saint Ambrose (of Milan) testifies to. The relics of Saint Christopher were later transferred to Toledo (Spain), and even later – to the abbey of Sainte Denis in France.

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Paschal Greeting in Italian:
Cristo è risorto! (*È veramente risorto!*)

PRAYER CORNER



CHRIST IS RISEN FROM THE DEAD, TRAMPLING
DOWN DEATH BY DEATH AND UPON THOSE IN
THE TOMBS BESTOWING LIFE!

For the Health of... Suzanne, Sharon, Mary Jane, Thomas, Joseph, Carol, Kelly, 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 Dutko (5/21), +Shirley Lorenzi (5/4), +Lino Conti (5/2), +Garry Omlar (4/30), +Donald Shelpman (4/21), +Andrew M. Halapin (4/14)
...*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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THE ANGEL EXCLAIMED TO HER, “FULL OF
GRACE, REJOICE O PURE VIRGIN. AGAIN I SAY
REJOICE, YOUR SON IS RISEN FROM HIS THREE
DAYS IN THE TOMB, AND HE HAS RAISED ALL
THE DEAD. LET ALL PEOPLE REJOICE!”

O SHINE, O SHINE, O NEW JERUSALEM: FOR THE
GLORY OF THE LORD IS RISEN UPON YOU. O
ZION, SING WITH JOY AND REJOICE. AND YOU,
PURE MOTHER OF GOD, REJOICE IN THE
RESURRECTION OF YOUR SON.

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Paschal Notes – For 40 days from Pascha (Easter) until Ascension, we greet each other by saying, “Christ is risen!” (responding with “Indeed, He is risen!”). We can also adjust our before and after meal prayers.

The prayer to the Holy Spirit, “O Heavenly King”, is **not said** at home or in church during this season until the Feast of the Decent of the Holy Spirit: Pentecost (June 12). Instead we say or sing the Paschal Tropar, “Christ is risen from the dead, trampling down...” (*three times*) until the Feast of Ascension (June 2). During the 50 days from Pascha to Pentecost, we **do not kneel or make prostrations** in church in keeping with the joyful and festal character of the season. We begin to kneel and do prostrations again with the Kneeling Prayers of Pentecost that Sunday evening.

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An Orthodox Prayer for Mental Health

O Master, Lord my God, in Whose hands is my destiny: Help me according to Your mercy, and leave me not to perish in my transgressions, nor allow me to follow them who place desires of the flesh over those of the spirit. I am Your creation; disdain not the work of Your hands. Turn not away; be compassionate and humiliate me not, neither scorn me, O Lord, as I am weak. I have fled unto You as my Protector and God. Heal my soul, for I have sinned against You. Save me for Your mercy’s sake, for I have cleaved unto You from my youth; let me who seeks You not be put to shame by being rejected by You for my unclean actions, unseemly thoughts, and unprofitable remembrances. Drive away from me every filthy thing and excess of evil. For You alone are holy, alone mighty, and alone immortal, in all things having unexcelled might, which, through You, is given to all that strive against the devil and the might of his armies. For unto You is due all glory, honor and worship: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

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Paschal Greeting in Greek:
Khristós anésti! (*Alithós anésti!*)

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Paschal Greeting in Swahili:
Kristo amefufukka! (*Kweli amefufukka!*)

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Spiritual Vitamin:
“Pascha is the feast of freedom, joy and peace. We solemnly praise the Resurrection of Christ through which we experience our own co-resurrection. And we faithfully worship the great mystery of Divine Economy and we share in “the feast that is common to all.”
+ Bartholomew of Constantinople,
Holy Pascha 2022

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SPIRITUAL CONSIDERATIONS

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

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.

Parishioners in “good standing” are those Orthodox Christians who, as members of Saint John’s Orthodox Church, strive to live according to the teachings of the Orthodox Church; participate in the life of the parish through regular attendance of services, regular reception of Holy Communion and periodic Holy Confession (*and receive these Mysteries no less than once a year*); if married, having been married in the Orthodox Church; and share their stewardship of their time, talents, and treasures which includes financially supporting the parish.

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). It is critical that marriages are blessed in our church.

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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PRAYER CORNER

*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:* Dylan, Nicholas W., Thomas, Samuel, Timothy, Nicholas F, Aydin, Subdeacon Seamus, Nicholas L., *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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May Namedays:

Subdeacon Ryan Ferko – St. Thomas Sunday (5/1)
Robert Fall - St Robert, Abbot of Blois (5/8)
Mark Tongel - St. Mark the Evangelist (5/8)
Renee Mirilovich - Great-martyr Irene (5/18)
Christopher Bowser - Martyr Christopher (5/22)
Christopher Kubis - Martyr Christopher (5/22)
...*May God grant them many and blessed years!*

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May Birthdays:

Anna Karoline Dzadony (5/3), Fr Matthew Stagon (5/4), Donald Bodnar (5/6), Apryle Horbal (5/6), Fr Thomas Soroka (5/6), Ethan Gogal (5/7), Ella Kovats (5/9), Dr Phillip Labas (5/10), Jillian Gaydos (5/14), Robert Mozes (5/16), Pañi Alexandra Urban (5/16), Patrick Wertz (5/19), Linda Gavulich (5/20), Kenneth Parks (5/22), Elias Mainolfi (5/24), Sean Watson (5/26), Alexander Hanchulak (5/27), Fr Jonathan Tobias (5/27), Michael Horbal (5/29), Melanie Shuster (5/30) ...*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... Tyler, 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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May Anniversaries:

Father’s Godparents, Dick & Andrea Babbie (5/7)
Father’s Best Man, Joe & Sarah Lavra (5/7)
Father’s sister, Melissa & Christopher Ditmore (5/17)
Fr Dave’s Ordination to the Priesthood (5/17)
Ashley & Derrick Andrekovich (5/19)
Ernest & Claudia (Herbert) Pido (5/19)
Fr Dave & Pañi Alexandra (5/25)
Jim & Katherine Schrmack (5/26)
Anthony & Donna Horbal (5/27)
...*through the prayers of St. Nicholas Planas*

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For Pregnant Mothers... Allison (*due in May*), Marilynn (*June*), Stacey (*June*), Sammy (*June*), Caitlin (*September*) , Mallory (*September*), Brittany () ...*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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* 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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Paschal Greeting in Arabic:
El Messieh kahm! (*Hakken kahm!*)

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DEVOTIONAL PRAYERS FOR THE MONTH

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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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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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STEWARDSHIP SNIPPET

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Stewardship of Treasure Guide													
Weekly offering to God through the Sunday Offertory - Will you take a step up?													
Weekly Income	Beyond 15%	Tithe 12%	Tithe 10%	Upper Range 9%	6%	5%	Middle Range 4%	3%	Lower Range 2%	Giving 1%			
\$200	\$30	\$24	\$20	\$18	\$16	\$14	\$12	\$10	\$8	\$6	\$4	\$2	
\$300	\$45	\$36	\$30	\$27	\$24	\$21	\$18	\$15	\$12	\$9	\$6	\$3	
\$400	\$60	\$48	\$40	\$36	\$32	\$28	\$24	\$20	\$16	\$12	\$8	\$4	
\$500	\$75	\$60	\$50	\$45	\$40	\$35	\$30	\$25	\$20	\$15	\$10	\$5	
\$600	\$90	\$72	\$60	\$54	\$48	\$42	\$36	\$30	\$24	\$18	\$12	\$6	
\$700	\$105	\$84	\$70	\$63	\$56	\$49	\$42	\$35	\$28	\$21	\$14	\$7	
\$800	\$120	\$96	\$80	\$72	\$64	\$56	\$48	\$40	\$32	\$24	\$16	\$8	
\$900	\$135	\$108	\$90	\$81	\$72	\$63	\$54	\$45	\$36	\$27	\$18	\$9	
\$1,000	\$150	\$120	\$100	\$90	\$80	\$70	\$60	\$50	\$40	\$30	\$20	\$10	
\$1,100	\$165	\$132	\$110	\$99	\$88	\$77	\$66	\$55	\$44	\$33	\$22	\$11	
\$2,000	\$300	\$240	\$200	\$180	\$160	\$140	\$120	\$100	\$80	\$60	\$40	\$20	
\$3,000	\$450	\$360	\$300	\$270	\$240	\$210	\$180	\$150	\$120	\$90	\$60	\$30	

1. Find where YOU are on the chart (your weekly income/giving).
2. Move one block to the left to determine what GROW ONE% would be.


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ONLINE BULLETIN BONUS


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Monogram
means “Jesus Christ conquers”
IC XC are the first and last letters of the Greek words *Ἰησοῦς* *Χριστός* (Jesus Christ)
NI KA comes from the Greek verb “to conquer”



the Holy Cross
the symbol of Christ’s Crucifixion and Resurrection



Alpha and Omega
the first and last letter of the Greek alphabet symbol of Christ, the beginning and end of all things



the Fish
the Greek word for “fish”, *ἰχθύς*, is an acronym of the phrase: Jesus Christ, Son of God, the Saviour

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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 sign up on the sheet in the vestibule or by contacting Fr. Dave (email, text, or call). An additional stewardship offering to the Church is requested.