

“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 29

6th Sun. of Pascha; Sunday of the Man Born Blind
Panachida for those who died in service for our country
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

SUNDAY, JUNE 5

7th Sun. of Pascha; Fathers of the 1st Ecumenical Council
9:30 am Divine Liturgy
Epistle: Acts 20:16-18, 28-36; Gospel: John 17:1-13
Tone 6; Liturgical Color: **White**

TUESDAY, JUNE 7 – FEAST OF THE THIRD FINDING OF
THE HEAD OF SAINT JOHN THE BAPTIST

7:00 Akathist to St. John the Baptist

SATURDAY, JUNE 11 – ALL SOUL SATURDAY *(5 OF 5)*

9:30 am Divine Liturgy and Panachida

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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

**The motion passed on, Sunday, May 15, 2022 for
our parish to relocate to
2201 Duncan Avenue, Allison Park, PA 15101
We Are Heading To The North Hills!**

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*** *Question of the week: What will we be taking to the North Hills from the North Side?* Items that we are looking to take, but not limited to include: The first tier of the Iconostasis, the two side tables in the Sanctuary, the Gospel Stand, the tetrapod, candle stands, the four banners, the tomb, and God-willing, the bell. (*By the way, our current Altar (Holy Table) will not be going to the North Hills. When a church is “deconsecrated”, the Altar is not re-used. A carpenter has already been approached for construction of a new Altar.*)

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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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Financing is in underwriting at the bank.

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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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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

BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wednesday)

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*** **Feast Day Vespers** – In the Orthodox Church, Vespers is prescribed to be done on a daily basis (*which happens in a lot of monasteries*). Great Vespers is appointed to be served on Saturday nights and on the eves of Feast Days (*ranked higher than Fourth Class*). We will offer this service on **Wednesday** on the eve of the Feast of the Ascension of our Lord.

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

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Executive Parish Council Highlights:

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*** **Summer Maintenance Morning** - Discussion began about having another community maintenance morning. We are looking to schedule it on **Saturday, June 25th**.

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*** **2022 Garage Sale** – This year’s garage sale will be on **August 12-14** on the North Side. Please begin bringing your donations in to the church hall and start placing them on the tables. * *Proceeds from the Garage Sale will go to offset some of the costs of our 90th Anniversary Luncheon in October.*

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** **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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PASCHAL GREETING:

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

Christ is risen!

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

OUR STEWARDSHIP GIFTS TO GOD

Stewardship Offerings:	\$ 40
Candle Stewardship:	\$ 449
Envelope Stewardship:	\$ 125
Total Collections:	\$ 614
Relocation Fund:	\$ 50

Weekly Candle Intentions / Memorials were offered last week by Nelson Family; Brian Gogal; Tim Martin; Melanie Shuster; John Radick; Mirilovich Family; Patty Watson; Wendy Martellotti; Cindy Pavilonis

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The Theotokos Cross was offered last week by Lawrence Martin in memory of those who died in service for our country. May Their Memory Be Eternal! Vičnaya Pamyat!

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The Eternal Lamp was offered last week by John Gaydos Jr. in memory of Mother, +Catherine Gaydos. May Her 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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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.

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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.

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

VISIT OUR DIOCESE ON-LINE
Diocesan Website: www.acrod.org
Camp Nazareth: www.campnazareth.org
FB: www.facebook.com/acroddioocese
Twitter: twitter.com/acrodnews
YouTube: youtube.com/acroddioocese

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LIVES OF THE SAINTS

THE MONK KASSIAN OF KOMEL'SK AND VOLOGDA

Commemorated on May 16

The Monk Kassian of Komel'sk and Vologda was a student of the Monk Kornilii of Komel'sk (Comm. 19 May) and he guided the Komel'sk monastery during the time of the departure of the Monk Kornilii to Lake Sura. Chosen by the brethren with the blessing of the Monk Kornilii, he strove in everything to imitate his teacher and he strictly observed his ustav (monastic rule). Following his directives, the Monk Kassian instructed the monks in the fear of God to spend their time at prayer, to be concerned about inward actions and to banish all worldly thoughts, to be sober in thought, to be vigilant in soul and contrite in heart. (Chapter 1 of the Ustav: "About Church decorum and collective prayer".) Upon the return of the Monk Kornilii to the monastery, Saint Kassian joyfully met his teacher, and resigned as hegumen, wanting as before to remain in obedience to the holy elder. The Monk Kassian reposed in the year 1537.

SUNDAY'S SCRIPTURE READINGS

Epistle: Acts 16: 16–34

Paul and Silas in Prison

¹⁶As we were going to the place of prayer, we were met by a slave girl who had a spirit of divination and brought her owners much gain by soothsaying. ¹⁷She followed Paul and us, crying, "These men are servants of the Most High God, who proclaim to you the way of salvation." ¹⁸And this she

did for many days. But Paul was annoyed, and turned and said to the spirit, "I charge you in the name of Jesus Christ to come out of her." And it came out that very hour.

¹⁹But when her owners saw that their hope of gain was gone, they seized Paul and Silas and dragged them into the market place before the rulers; ²⁰and when they had brought them to the magistrates they said, "These men are Jews and they are disturbing our city. ²¹They advocate customs which it is not lawful for us Romans to accept or practice." ²²The crowd joined in attacking them; and the magistrates tore the garments off them and gave orders to beat them with rods. ²³And when they had inflicted many blows upon them, they threw them into prison, charging the jailer to keep them safely. ²⁴Having received this charge, he put them into the inner prison and fastened their feet in the stocks.

²⁵But about midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, ²⁶and suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and every one's fetters were unfastened. ²⁷When the jailer woke and saw that the prison doors were open, he drew his sword and was about to kill himself, supposing that the prisoners had escaped. ²⁸But Paul cried with a loud voice, "Do not harm yourself, for we are all here." ²⁹And he called for lights and rushed in, and trembling with fear he fell down before Paul and Silas, ³⁰and brought them out and said, "Men, what must I do to be saved?" ³¹And they said, "Believe in the Lord Jesus, and you will be saved, you and your household." ³²And they spoke the word of the Lord to him and to all that were in his house. ³³And he took them the same hour of the night, and washed their wounds, and he was baptized at once, with all his family. ³⁴Then he brought them up into his house, and set food before them; and he rejoiced with all his household that he had believed in God.

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Gospel: John 9: 1–38

A Man Born Blind Receives Sight

⁹As he passed by, he saw a man blind from his birth. ²And his disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" ³Jesus answered, "It was not that this man sinned, or his parents, but that the works of God might be made manifest in him. ⁴We must work the works of him who sent me, while it is day; night comes, when no one can work. ⁵As long as I

am in the world, I am the light of the world." ⁶As he said this, he spat on the ground and made clay of the spittle and anointed the man's eyes with the clay, ⁷saying to him, "Go, wash in the pool of Silo'am" (which means Sent). So he went and washed and came back seeing. ⁸The neighbors and those who had seen him before as a beggar, said, "Is not this the man who used to sit and beg?" ⁹Some said, "It is he"; others said, "No, but he is like him." He said, "I am the man." ¹⁰They said to him, "Then how were your eyes opened?" ¹¹He answered, "The man called Jesus made clay and anointed my eyes and said to me, 'Go to Silo'am and wash'; so I went and washed and received my sight." ¹²They said to him, "Where is he?" He said, "I do not know."

The Pharisees Investigate the Healing

¹³They brought to the Pharisees the man who had formerly been blind. ¹⁴Now it was a sabbath day when Jesus made the clay and opened his eyes. ¹⁵The Pharisees again asked him how he had received his sight. And he said to them, "He put clay on my eyes, and I washed, and I see." ¹⁶Some of the Pharisees said, "This man is not from God, for he does not keep the sabbath." But others said, "How can a man who is a sinner do such signs?" There was a division among them. ¹⁷So they again said to the blind man, "What do you say about him, since he has opened your eyes?" He said, "He is a prophet."

¹⁸The Jews did not believe that he had been blind and had received his sight, until they called the parents of the man who had received his sight, ¹⁹and asked them, "Is this your son, who you say was born blind? How then does he now see?" ²⁰His parents answered, "We know that this is our son, and that he was born blind; ²¹but how he now sees we do not know, nor do we know who opened his eyes. Ask him; he is of age, he will speak for himself." ²²His parents said this because they feared the Jews, for the Jews had already agreed that if any one should confess him to be Christ, he was to be put out of the synagogue. ²³Therefore his parents said, "He is of age, ask him." ²⁴So for the second time they called the man who had been blind, and said to him, "Give God the praise; we know that this man is a sinner." ²⁵He answered, "Whether he is a sinner, I do not know; one thing I know, that though I was blind, now I see." ²⁶They said to him, "What did he do to you? How did he open your eyes?" ²⁷He answered them, "I have told you already, and you would not listen. Why do you want to hear it again? Do you too

want to become his disciples?" ²⁸And they reviled him, saying, "You are his disciple, but we are disciples of Moses. ²⁹We know that God has spoken to Moses, but as for this man, we do not know where he comes from." ³⁰The man answered, "Why, this is a marvel! You do not know where he comes from, and yet he opened my eyes. ³¹We know that God does not listen to sinners, but if any one is a worshiper of God and does his will, God listens to him. ³²Never since the world began has it been heard that any one opened the eyes of a man born blind. ³³If this man were not from God, he could do nothing." ³⁴They answered him, "You were born in utter sin, and would you teach us?" And they cast him out.

Spiritual Blindness

³⁵Jesus heard that they had cast him out, and having found him he said, "Do you believe in the Son of man?" ³⁶He answered, "And who is he, sir, that I may believe in him?" ³⁷Jesus said to him, "You have seen him, and it is he who speaks to you." ³⁸He said, "Lord, I believe"; and he worshiped him.

PRAYER CORNER



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) ...*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:

“We should see each thing in a good way. We shouldn’t see anything bad in other people. Just a look or a sigh can have an effect on other people. Even the slightest display of disappointment can do harm. We should have goodness and love in our soul, and pass them on to others.”
Saint Porphyrios (1906-1991)

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

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

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

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

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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 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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SECOND 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, Eleanor, 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), 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 a Tithe 15%	Tithe 12%	Upper Range Giving 10%	6%	8%	7%	Middle Range Giving 6%	5%	4%	Lower Range Giving 3%	2%	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

“God is ascended with jubilee, and the Lord with the sound of a trumpet” (Psalms 46:5)

By Father Seraphim Rose

On the feast of the Ascension of our Lord we celebrate the fulfillment of this prophecy of King David, which is used as the Prokimen of the day.

What does it mean for Orthodox Christians? It is not only Jesus Christ Who has ascended; for He has raised human nature itself to the heavens. We too shall rise from the dead and, if we are judged worthy, will rise with our regenerated, spiritual body to heaven, where, as the Blessed Augustine says, “all the people of God shall be made equal to the angels.”

But the thought of this promise reminds us also of our responsibility. The risen Lord is no longer with us in the flesh, but only through His invisible Holy Spirit. The interim between the First and Second Coming of Christ is for us a time of witness and testimony of Him Whom we worship without seeing. The Lord, just before His Ascension, commanded His disciples: “Go ye into all the world, and preach the Gospel to every creature” (Mark. 16:15); and He told them: “Ye shall be my witnesses... unto the uttermost part of the earth” (Acts 1:8).

Christ has been with us for forty days, and we have rightly feasted; we must now, being filled with the Holy Spirit of God, strive to spread His Gospel and be His witnesses before the world. For everything that we do, or fail to do, we shall be judged by Him Who shall return to earth in the same way He ascended to Heaven.

With such a sobering thought in mind, how can we not be zealous to make His truth known, so that all may join in the joyous cry of this feast: “Be Thou exalted, O God, above the heavens, and Thy glory over all the earth” (Psalms 107:5).

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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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