

## "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!

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, JUNE 19

1<sup>st</sup> Sunday after Pentecost  
Sunday of All Saints  
Father's Day Blessing  
Panachida for departed Fathers and Godfathers of our parish and parishioners

#### MONDAY, JUNE 20 #APOSTLESFAST

APOSTLES' (PETER AND PAUL) FAST BEGINS

#### WEDNESDAY, JUNE 22 #APOSTLESFAST

7:00 pm Akathist to Saints Peter and Paul  
+++

#### SUNDAY, JUNE 26 #APOSTLESFAST

2<sup>nd</sup> Sunday after Pentecost  
Synaxis of Regional Saints (Carpatho-Rusyn and North American Saints)  
9:30 am Divine Liturgy  
Epistle: Romans 2:10-16; Gospel: Matthew 4:18-23  
Tone 1; Liturgical Color: **Green**  
Blessing of Graduates  
Additional offering requested for our Community Outreach, Holy Transfiguration Monastery in Ellwood City  
+++

**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)

+++

**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/)

### RELOCATION UPDATE

**Negotiations** – The asking price for the property is \$400,000. An initial offer of \$375,000 was made for it. A counter offer of \$390,000 was received. We will continue negotiations after financing is finalized.

+++

**\*\* Financing** – We have been approved by Wesbanco for a \$105,000 loan. Since May 15, we have received two \$50,000 donations (Glory to God!). We have now also received a \$5,000 and \$10,000 donation towards there location. **Everyone's stewardship is so much appreciated!** The diocese has been re-approached to borrow from them.

+++

*As updates are available, they will be shared here. Please contact Larry or Fr. Dave with any questions*

+++ ++++ +++

### BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wednesday)

+++ ++++ +++

**\*\*\* The Holy Apostles' Fast (Peter and Paul Fast)** begins tomorrow. This is one of the four fasting seasons of the Christian year, along with Great Lent (the Great Fast), Nativity Fast (Advent), & the Dormition Fast. This one culminates with our celebration of Saints Peter & Paul on July 12th. *Take the time to grow spiritually by fasting from something over the next few weeks.* Please talk with Fr. Dave with your questions about this fasting period.

+++ ++++ +++

**\*\*\* Holy Mystery of Confession** – Fr Dave is available for Confession after every service or contact him for an appointment for another time if you need to do so.

+++ ++++ +++

**\*\* Annual Garden Blessing** – The time of year has come for getting your garden blessed. (*The format of the blessing is similar to our annual home blessing.*) Please contact Fr. Dave if you are interested.

### ST. JOHN THE BAPTIST ORTHODOX CHURCH

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

+++ ++++ +++

**\*\* Return to Kneeling in Prayer** – At the Vespers service last Sunday evening on Pentecost, the Kneeling Prayers were prayed. The Orthodox community has now returned to kneeling in prayer, but not on Sundays. Sunday is “the day of the Resurrection” and we celebrate a “little Pascha” each week. *The custom in Orthodoxy of not kneeling because of the Resurrectional theme of the day dates back to the 1<sup>st</sup> Ecumenical Council.*

+++ ++++ +++



### ACRY NEWS

+++

**\*\*\* Internal Basket Raffle** – There will be a twist on the recently postponed Dinner and Basket Raffle... an Internal Basket Raffle! Baskets will be placed in the hall and tickets can be purchased now thru July 31. Baskets will be raffled off at our **Annual Summer Church Picnic** at “The Cabin” in North Park on **Sunday, July 31<sup>st</sup>.**

+++ ++++ +++

**\* Healthy Snacks** – The “grab-n-go” snack options for our coffee social are getting low. Please consider bringing in a box of something for us to share.

+++ ++++ +++

**\*\* A Virtual Orthodoxy on Tap:** “*Iconography from the UK*” with Fr. Jonathan Bannon will be on **June 20 at 7pm.** Fr. Jonathan recently traveled to midland England to study with Aidan Hart, who is considered to be one of the greatest living iconographers of our time. Fr Jonathan has offered to share some of his experiences to those across the diocese through Zoom! Please join us on June 20th at 7pm for a 30-minute presentation followed by some fellowship! Feel free to enjoy food or drink of any kind, and everyone across the Orthodox world is welcome to join. If there are any questions feel free to email ACRY President, Paul Zdinak, at [paulzdinak@gmail.com](mailto:paulzdinak@gmail.com). We hope to see you there, no registration needed!

+++ ++++ +++

*This Bulletin Is Sponsored*

In Memory of

+Anthony and +Dorothy Horbal  
May Their Memory Be Eternal!

+++ ++++ +++

**\*\* Summer Maintenance Morning CANCELED** - It was decided to not meet on Saturday, June 25 as a community to conquer a few projects. IF you have some stewardship time that you could help through the week, please contact Larry or Fr. Dave.

+++ ++++ +++

**\*\*\* Graduation Blessings** will take place for all College, High School, & Trade School graduates next Sunday as they continue on to their next stage of life in their education. May God ever strengthen them in their talents and grant them many years!

+++ ++++ +++

**\*\*\* Sunday School Teachers Wanted** – It seems early to think about our fall Sunday School program (as schools have just left out), but we are in the planning season! Also, “Effective Christian Ministry” is offering a program for teachers – but the deadline is July 15. Please let Fr. Dave know if you would be willing to teach Sunday School this coming fall.

+++ ++++ +++

**\*\* Altar Boy Retreat and Young Women's Encounter** - Registration is open for these Annual Diocesan events to be held from **Sunday, June 26<sup>th</sup> to Wednesday, June 29<sup>th</sup>.** Please contact Fr. Dave for more information.

+++ ++++ +++

**\* 100th Anniversary** - St. John the Baptist in Ambridge's 100<sup>th</sup> Anniversary celebration will be on **Sunday, July 10.** If you, or anyone you know, are interested in placing an ad in the 100<sup>th</sup> Anniversary program book or attending the July 10 banquet, please contact John Righetti as soon as possible (email: [rusynone@gmail.com](mailto:rusynone@gmail.com) or call / text: 412-518-7149). **Deadline for ads if June 15**

+++ ++++ +++

**\*\* 27 days till camp – are your kids registered? Pittsburgh Deanery Week at Camp Nazareth is July 17-23.** Registration for all campers, ages 8-18, is online at: [campnazareth.org](http://campnazareth.org).

**\*\* 2022 Garage Sale** – We will be having a garage sale this fall on the North Side. *We need to get the tables set up.* Please begin bringing your donations in to the hall and start placing them on the tables. *(Proceeds from the Garage Sale will go to offset some of the costs of our 90<sup>th</sup> Anniversary Luncheon in October.)*

**\*\* Science and Nature Week** at Camp Nazareth is moved back to the end of summer from **Aug. 14-20**. More information is online at: [campnazareth.org](http://campnazareth.org).

**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.

OUR STEWARDSHIP GIFTS TO GOD	
Stewardship Offerings:	\$ 90
Candle Stewardship:	\$ 70
Envelope Stewardship:	\$ 169
<b>Total Collections:</b>	<b>\$ 329</b>
<b>Capital Improvement Fund:</b>	<b>\$ 10</b>
<b>Relocation Fund:</b>	<b>\$ 5,175</b>

**Weekly Candle Intentions / Memorials** were offered last week by Nelson Family; Tim Martin; Mary Jane Hudak; Fred and Juliana Anton; Eleanor Sanger; Patty Watson; Cindy Pavilonis

**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.

+++ +++ +++

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)

+++ +++ +++

MONTHLY COMMUNITY OUTREACH

**Holy Transfiguration Monastery in Ellwood City** is our Community Outreach this month. Along with a monetary donation that we will collect throughout the month, they can use the following items:

LED Light bulbs	Match Books
AA and AAA Batteries	Zip lock bags
Bottles of Water	Canned fuzzy water
Toilet paper	Facial Tissues
Paper towels	Napkins
Tall kitchen trash bags	Black trash bags
White plastic knives	White plastic spoons
10 or 12 oz. paper cups for cold drinks	
Chlorox bathroom cleaner	409 type cleaner
Chlorox bleach cleaner	Simple green (gallon size)
Windex	Dawn dish soap
Tuna in water	Salted mixed nuts
Raisins	Canola oil
Honey	Cooking spray
Coffee mate non dairy creamer powder (small sizes)	
HE Laundry detergent	Fabric softener

+++ +++ +++

SUNDAY’S SCRIPTURE READINGS

**Epistle:** *Hebrews 11:33-12:2*

<sup>33</sup> who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, <sup>34</sup> quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. <sup>35</sup> Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. <sup>36</sup> Others suffered mocking and scourging, and even chains and imprisonment. <sup>37</sup> They were stoned, they were sawn in two, they were killed with the sword; they

went about in skins of sheep and goats, destitute, afflicted, ill-treated— <sup>38</sup>of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. <sup>39</sup> And all these, though well attested by their faith, did not receive what was promised, <sup>40</sup> since God had foreseen something better for us, that apart from us they should not be made perfect.

**The Example of Jesus**

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

+++

**Gospel:** *Matthew 10:32-33,37-38,19:27-30*

<sup>32</sup> So every one who acknowledges me before men, I also will acknowledge before my Father who is in heaven; <sup>33</sup> but whoever denies me before men, I also will deny before my Father who is in heaven.

<sup>37</sup> He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; <sup>38</sup> and he who does not take his cross and follow me is not worthy of me.

<sup>27</sup> Then Peter said in reply, “Lo, we have left everything and followed you. What then shall we have?” <sup>28</sup> Jesus said to them, “Truly, I say to you, in the new world, when the Son of man shall sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. <sup>29</sup> And every one who has left houses or brothers or sisters or father or mother or children or lands, for my name’s sake, will receive a hundredfold, and inherit eternal life. <sup>30</sup> But many that are first will be last, and the last first.

+++ +++ +++

LIVES OF THE SAINTS

**THE MONK BESSARION, WONDERWORKER OF EGYPT**

*Commemorated on June 19/6*

The Monk Bessarion, Wonderworker of Egypt, by descent an Egyptian, was baptised while still in his youth and he led a strict life, striving to preserve the grace given him during Baptism. Seeking to become

more closely acquainted with the monastic life, he undertook a journey to the holy places, – he was in Jerusalem, he visited the Monk Gerasimos (Comm. 4 March) in the Jordanian wilderness, he viewed other monastic wilderness-monasteries, and assimilated all the rules of monastic life. Upon his return, he accepted monastic tonsure and became a disciple of the Monk Isidor Pelusiotas (Comm. 4 February). Saint Bessarion took upon himself a vow of silence, he partook of food only once a week, and sometimes he remained without food or drink for 40 days. There was an instance when the monk, immersed in prayer, stood motionless for 40 days and 40 nights without food or sleep.

The Monk Bessarion received from God the gift of wonderworking: when on a journey his disciple was strongly beset by thirst, he sweetened bitter water; by his prayer the Lord sent rain upon the earth, and he could as though on dry land cross a river; with but a single word he cast out devils, but he did this privately to avoid glory. His humility was so great, that when one time a priest ordered someone from the skete settlement to leave church for having fallen into sin, together with him went also the monk with the words: "I too am a sinner". The Monk Bessarion slept only standing or sitting. A large portion of the life of the saint was spent under the open sky in prayerful solitude. He peacefully expired to the Lord, having reached old age.

+++ +++ +++

PRAYER CORNER

**For the Health of...** John, Emily, Beverly, Matthew, Steven, Joseph, Kelly, Michelle, Paul, Kathleen, 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.*

+++ +++ +++

**For the souls of the newly departed...** +Cecil Lewis (6/9), +Evelyn Perloff (6/1), +David Dutko (5/21)

*...May the Lord God grant them blessed repose where there is no pain sorrow or mourning. May they be Eternal in God’s Memory.*

+++ +++ +++





+++ +++ +++

### DEVOTIONAL PRAYER FOR THE WEEK

+++ +++ +++

**Return to Kneeling in Prayer** – At the Vespers service last Sunday evening on Pentecost, the kneeling prayers are recited. The Orthodox community has returned to kneeling in prayer (*except on Sundays*) and reciting *O Heavenly King*.

+++ +++ +++

#### **O Heavenly King (*Carju Nebesnyj*)**

O heavenly King, the Comforter; the Spirit of Truth, Who are in all places and fill all things; Treasury of blessings and Giver of life, come and dwell within us and cleanse us from every blemish and save our souls, O blessed One. Amen.

+++ +++ +++

#### **A Prayer for Peace**

Almighty God and Creator, You are the Father of all people on the earth. Guide, I pray, all the nations and their leaders in the ways of justice and peace. Protect us from the evils of injustice, prejudice, exploitation, conflict and war. Help us to put away mistrust, bitterness and hatred. Teach us to cease the storing and using of implements of war. Lead us to find peace, respect and freedom. Unite us in the making and sharing of tools of peace against ignorance, poverty, disease and oppression. Grant that we may grow in harmony and friendship as brothers and sisters created in Your image, to Your honor and praise. Amen.

+++ +++ +++

#### **A Prayer 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.

+++ +++ +++

### 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.

+++

*“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

+++ +++ +++

### SECOND PRAYER CORNER

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

+++ +++ +++

#### **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.

+++ +++ +++

**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.*

+++ +++ +++

#### **June Namedays:**

Tristan Bowser - St. Dunstan (6/1)  
Dustin Brozell – St. Dunstan (6/1)  
Eleanor Sanger – St. Helen (6/3)  
*...May God grant them many and blessed years!*

+++ +++ +++

#### **June Birthdays:**

Anthony Jesko (Sr) (6/1), June Sefscik (6/1), Penelope Maruscak (6/5), Pañi Eleni Stagon (6/5), Lindsay (Winkler) Sikora (6/6), Maverick Torchia (6/6), Justin Winkler (6/7), Gina Fall (6/8), Christina (Branch) Chow (6/12), Makaela Kirish (6/12), Fr. Nicholas Mihaly (6/13), Kylee Winkler (6/14),

Rebecca Zak (6/15), Julia Lanick (6/16/27), Aaron Zak (6/16), Anthony Horbal (6/17), Katherine Chow (6/20), Donna (Lanick) Staub (6/20), Pañi Melissa Chendorain (6/20), Mary Jane Hudak (6/23), Margaret Spirnak (6/24), Pañi Marianna Bannon (6/25), Nicole (Mushinsky) Maruscak (6/27), Ryan Dzacony (6/28), *Father’s niece*, Aislinn Verbanick (6/28), Fr. Paul Abernathy (6/29), John Radick (6/29), Elizabeth Radomsky (6/29), Fr Miles Zdinak (6/29) ...*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!*

**For our Catechumens & Inquirers...** Tyler, Susan, Marilynn, John ...*through the prayers of St. Paul the Apostle, St. Mary Magdalene, & St. John Maximovitch.*

**For those preparing for Marriage...** Justin & Erica, Francis & Alexandra, Nicole & Dustin ...*through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

**June Anniversaries:**  
Dustin & Caitlin Brozell (6/1), Adam & Jean Zak (6/2), Stephen & Jennifer Brancho (6/6), *Father’s Parents*, Dave & Andrea Urban (6/16), Danielle & Shane Yakemawiz (6/26)

...*through the prayers of St. Nicholas Planas*

**For Pregnant Mothers...** Marilynn (*due in June*), Sammy (*June*), Caitlin (*September*), Mallory (*September*) ...*through the prayers of St. Anna, the mother of the Virgin Mary, and St. Irene Chrysovalantou.*

**For those serving in the Armed Forces & Civil Authorities...** Thomas R. Dzacovsky and Trevor Meegan ...*through the prayers of St George, the Great-Martyr & Wonderworker.*

\* 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.*



STEWARDSHIP SNIPPET

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%	Tithe 10%	Upper Range Giving 9%	Upper Range Giving 8%	Middle Range Giving 7%	Middle Range Giving 6%	Middle Range Giving 5%	Lower Range Giving 4%	Lower Range Giving 3%	Lower Range Giving 2%	Lower Range 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.

ONLINE BULLETIN BONUSES

WHAT IS THE APOSTLES FAST?

By Priest Brendan Pelphrey, 17 June 2014. From: Orthodox Christian Network, by <https://www.pravmir.com/apostles-fast/> Orthodox Christians around the world observe four fasting seasons during the year. Two of these—the Great Fast for the forty days of Lent, and the Dormition Fast during the first fifteen days of August—are considered “strict” fasts. The other two

are generally observed as “lesser” fasts: the so-called “Christmas Lent” or fast during the forty days before the Feast of the Nativity, and the Fast of the Apostles which occurs in June.

In America the Fast of the Apostles is probably the least well known, but is among the oldest of Christian traditions. It is mentioned by St. Athanasius in the fourth century, and there are other testimonies to its existence very early in the history of the Church. The fast begins on the day after the observance of All Saints’ Sunday, which falls one week after Pentecost. Today the fast ends with the observance of the Feast of Sts. Peter and Paul, which is held on June 29/July 12. In earliest practice, however, the fast was probably not connected with the Feast of Peter and Paul. Rather, it was a time for fasting after the celebration of Pentecost and/or All Saints.

Apparently, different traditions prescribed different lengths of the fast—whether for one week, several weeks, or even only one day. Today, the fast still has a variable length because of its connection to the date of Pentecost, and therefore of All Saints. The date of Pentecost varies with the date of Holy Pascha (Easter), falling fifty days after Pascha. Therefore, the date of the Sunday of All Saints varies accordingly. This means that the length of the Fast of the Apostles also varies each year. For those churches which follow the Old Calendar, the Fast can be very long (as long as 42 days) or very short (8 days), depending upon when Holy Pascha falls. For Orthodox churches which use the New Calendar, there are some years in which there is no Apostles’ Fast at all.

There are different traditions regarding how strictly to follow the Fast. In most Orthodox traditions, the fast is not as severe as that during Great Lent. Fish, wine and oil are permitted on all days except Wednesday and Friday, which are strict fast-days throughout the year except immediately following the Great Feasts of the Lord. In other traditions, fish, wine and oil are permitted on Saturdays and Sundays during the Fast of the Apostles.

For faithful Orthodox today, the Fast of the Apostles can be an occasion for reflection upon the lives and example of the Holy Apostles. On the Sunday of All Saints, we remember and celebrate the lives of all

those who have gone before us in the faith: our fathers, forefathers, the apostles, preachers, evangelists, teachers, hierarchs and martyrs. The readings which are appointed for that day (Hebrews 11:33-40, 12:1-2, and Matthew 10:32-33, 37-38, 19:27-30) remind us that countless worshippers of God have sacrificed their lives for the faith which we have inherited.

Following Jesus’ admonition recorded by St. Matthew, the Apostles left behind their parents, their children, and their possessions in order to bring the Good News of Jesus Christ to people who did not know Him. Christian missionaries around the world are still doing this today. During the Fast of the Apostles we are reminded to pray for them all, and for Orthodox mission everywhere.

The Fast is also an occasion to remember that in Christ, we have a unity that goes far beyond our personal opinions, likes or dislikes. The Acts of the Apostles tells us that the Apostles themselves recognized this very early. The occasion was an argument which took place regarding whether the followers of Christ needed to continue to observe the Law of Moses. At first, Peter and Paul took different sides in the discussion.

Both Peter and Paul were Jews, but their personalities and backgrounds were very different. Peter, who was formerly a fisherman, was among the first of the disciples to follow Jesus. Presumably he was uneducated and probably spoke only Aramaic in the local Galilean dialect. Paul, on the other hand, was very well educated under Gamaliel, the most famous rabbi (teacher) of his time, and spoke several languages.

Moreover, Paul—originally named Saul—was not among the Twelve Disciples. He even led a deadly persecution of Christians until he received an astounding vision of Christ while on the way to Damascus (Acts 9). The blinding vision changed his life forever. Thereafter he became an ardent witness to the risen Christ. But because of his former life, it was very difficult at first for the disciples to forgive and accept him.

Before very long, Peter and Paul became involved in the dispute about keeping the Law. Paul, who was preaching among Gentiles, taught that it was no



longer necessary to keep the Law, because the purpose of the Law was to point to the death and resurrection of Christ. Paul even proclaimed that the Law had been nailed to the cross with Christ, for now we are justified by faith and not by following the Law (see Romans 10 and Galatians 3). Peter, however, was drawn towards the opinion of some Jews that although Jesus was indeed the promised Messiah, the Law nevertheless should continue to be observed for all time.

Paul journeyed to Jerusalem to meet with Peter and the other disciples in order to settle the matter. Paul says that he opposed Peter to his face (Galatians 2:11 ff.). After some discussion it was agreed that Christians would no longer follow the Law, including practices like circumcision and the complex dietary laws given in the Books of Moses. However, they would continue to observe some of the restrictions of the Law regarding moral principles, and the eating of blood.

It is significant that Peter did not simply decide to agree with Paul on these matters. Rather, he was given a vision from God in which it was declared that foods which were formerly declared to be “unclean” for all Jews, were now “clean” or acceptable (Acts 10). Thus, Peter realized that God was instituting a new order and way of life, and that to agree with Paul was a matter of obedience to Christ himself.

These events remind us to seek God when we have disagreements within the Church. This requires humility on our part, and the willingness to accept others even when we might not have agreed with them before. We let go of our own personal wishes or demands, and pray for the good of the Church and for a recognition of the will of God for all of us together. At the conclusion of the Fast, therefore, we celebrate Peter and Paul together. The icon of the Feast depicts the two men standing side-by-side, holding the Church together in their hands. This is a powerful symbol of the supernatural love for one another which is given by the Holy Spirit. In the Holy Spirit we have agreement and new life. For this reason, Orthodox Christians today can regard the Fast of the Apostles as one of the most important times of the year, a time to humble ourselves and pray for genuine love and unity in the Church around the world.

+++ ++ +

### What is an Orthodox Man?

Father Alexey Young

Happy is the man who becomes wise – who comes to have understanding (Proverbs 3:13)

We live today in a society where husbands and wives, mothers and fathers, have been torn from their roots, ripped from time-honored and theologically sanctioned values about what it is to be a man, a woman, a family. The old values and roles, so easily nurtured in a largely agrarian and patriarchal society, now seem almost impossible to live in our industrialized cities. The healthy psychological bonding that used to occur naturally between mothers and daughters, fathers and sons, is now a rare experience.

As if this were not a difficult enough burden for the spiritually-minded to bear, we are also now inundated by strange and sometimes aberrant notions about sexuality and role models. We live in a culture of increasing “unisex,” perversion, and immorality – on the job, at home, and sometimes even in the church. The “women’s liberation movement” was originally an understandable reaction to irresponsible, heavy-handed, arrogant and insensitive men; but instead of raising the conscience and morality of men to the traditional nurturing and moral level of women, it had the effect of bringing women down to the more animal level of men’s behavior, while at the same time shattering the “male myth” without giving in its place a proper sense of what it is to be a man – or, for our purposes, what it is to be an Orthodox Christian man.

An extraordinarily relevant model for the Orthodox man today is the Holy Prophet Job in the Old Testament. Indeed, here was a man “after God’s own heart.”

His life gives evidence of certain manly characteristics by which the Orthodox man can, and should, measure himself today – providing a program of spiritual growth and struggle that is without equal. We think of St. Job primarily in the context of his trial of faith and the afflictions of his life, for which reason the Orthodox call him “The Much-suffering.” We forget that he persevered to the end and found victory over his troubles. We seldom realize that in order to

obtain this victory, he needed certain qualities of character and soul – the qualities of a true and godly man.

What are those qualities?

v He was a man who did not forget God and God’s loving care for him, no matter how terrible the present affliction: God was always with me and the friendship of God protected my home (Job 29:3-4).

v The Orthodox man strives never to forget God and His blessings whether in the past or in the present, and he gives this same example to his wife and children, especially in times of trial.

v The Prophet loved his children and missed them sorely when he was in exile. He did not see them as an irritating intrusion into his own “lifestyle.” He rose early to pray and make sacrifice for them, in order to purify them in case they had sinned. The Orthodox man prays ardently for his children – both for wisdom in guiding them aright, and for God’s blessing and grace on them. This is also a model for a priest, who has many spiritual children.

v St. Job was just and fair, both with his children and with those for whom he had responsibility outside his family. In the same way, an Orthodox man is a model of justice and even-handedness for his own children, tempering justice with mercy.

v The Prophet Job received respect from old and young. Orthodox men show respect to their elders, both in the family and at work, but especially in the Church, and they earn the respect of their wives and children, doing nothing to kill this respect or to scandalize them.

v The Saint was stable, like a tree whose roots always have water. An Orthodox man consciously strives to avoid the restlessness of our mobile society, recognizing the need for children to have a secure sense of place and stability in their lives.

v St. Job was a seeker after God and wisdom: The Lord giveth, and the Lord taketh away; blessed be the name of the Lord. An Orthodox man also strives to serenely rest in God’s providence, keeping lively his commitment to the Orthodox Faith, and modeling this for his family according to his strength.

Because of all these spiritual characteristics, St. Job was able to endure terrible suffering and affliction, as a result of which the Lord blessed the last part of

Job’s life even more than he had blessed the first. Here, then, is a real example for today’s men, who are often tempted to retreat into passive self-centeredness in the face of difficulty and temptation, who are too ready (and encouraged by society to do so) to jettison job, wife, and children at the slightest whim or difficulty. Here, then, is a Saint who can inspire in contemporary man a real manhood rather than a fake masculinity.

Always obey the Lord and you will be happy. If you are stubborn, you will be ruined (Proverbs 28:14).