

“THE WEEKLY FORERUNNER” *Our Parish Bulletin*

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

A WARM WELCOME TO OUR GUESTS!

Glory be 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. We wish God’s Blessings to all who are with us today and hope you come again soon! Please see Fr. Dave if you have any questions in regards to our worship or Orthodoxy.

UPCOMING SERVICES

SUNDAY, NOVEMBER 3, 2024 vol. X
19th Sunday after Pentecost
+Venerable Hilarion the Great (371)

TUESDAY, NOVEMBER 5
9:30 – 11:30 am Church open for personal prayer
FRIDAY, NOVEMBER 8
FEAST OF THE GREAT MARTYR DEMETRIUS
9:30 am Festal Divine Liturgy

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SUNDAY, NOVEMBER 10
20th Sunday after Pentecost
+Holy Martyress Paraskeva
9:15 am Third Hour; 9:30 am Divine Liturgy
Epistle: Galatians 1:11-19
Gospel: Luke 8:26-39 (*6th Sunday of Luke*)
Tone 3; Liturgical Color: **Gold**
Blessing of the Parish Council Officers
Monthly Memorial (Panachida) for
+William Sanders (9-yr), +Olga Radick (4-yr),
+Richard Radick (34-yr), +John Potoski (32-yr),
+Evalyn T. Brudnak (5-yr), +Francis (Smoley)
Zatorsky (5-yr), +Sandra Hricak (1-yr),
the Priest, +Protopresbyter John Gido (3-yr),
+Kelly Leone (5-yr), +Justine Kailyar (48-yr),
the Priest, +Protopresbyter Michael
Hanas (28-yr), +Nancy Horvath

Sr. ACRY Meeting
WEDNESDAY, NOVEMBER 13
6:00 pm Moleben to St. Nectarios with Anointing
6:30 pm Parish Council Meeting (*All are welcome to come and listen to the discussions at the meeting*)


BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wednesday)

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* **Bourbon Tasting** to Benefit the IOCC will be on **Thursday, November 7** at 7 pm at the Leaf & Bean (3525 Washington Rd., McMurray, PA 15317). Tickets are \$60 and include a Leaf & Bean gift, three bourbon samples, and light hors d’oeuvres. Register at iocc.org/pittsburgh, or mail checks payable to IOCC to Nick Terezis (306 Marberry Dr.,
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** **Welcome to the Newly-Baptized! Waylon John Gaydos** was baptized and initiated into the Orthodox faith Sunday, October 20. May God give strength to him as he begins his Christian life and bless him, his parents, God-Parents, and families! Many Years!

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** **Congratulations!** to Patrick and Lexi Wertz and their families on the birth of **Patrick Dean Wertz** born on 10/20 at 12:30 pm (9 lb 4 oz). Welcome to our Parish Family! “*Preserve her and this child which she has borne. Cover her with the shelter of thy wings from this day until her final end, through the prayers of the most Holy Theotokos and of all the saints. Amen*” – from *Prayers for a Woman on the First Day after Childbirth*

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 **Sr. ACRY Meeting** – The next Sr. ACRY Meeting will be held on **Sunday, November 10** following the coffee social. Contact Subdeacon Ryan Ferko (484-744-2771 or rferko85@yahoo.com) with any questions.

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* **Christmas Candy Sale** – We are selling Anderson Candy as a winter fundraiser. Brochures are on the tables in the hall. Orders are due to Tim Martin, Reader, by **November 24**. Orders can be picked up on **December 1**. *The monies raised from this go into our Fundraising Account which is mainly used for our parish community outreach to help others.*

ST. JOHN THE BAPTIST ORTHODOX CHURCH

Father Dave Urban, *Pastor* +++ 2201 Duncan Avenue, Allison Park, Pa 15101
www.OrthodoxPittsburgh.com +++ 412-748-0148 (*Talk or Text*) +++ OrthodoxPittsburgh1932@gmail.com

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** **RJT Concert** – The **Rankin Jr Tamburitians** will have their Annual Concert on **Saturday, November 16** at 4:00 pm at the Turtle Creek Elementary Steam Academy (126 Monroeville Avenue, Turtle Creek, PA 15145). Guest groups for the concert will be RJT Alumni and Otets Paissi (Bulgarian) Children’s Group. A social reception will following immediately after at the Rankin Croatian Home (236 Fourth Ave., Rankin, PA 15104). An a la carte dinner will be offered. Music will be provided by Orkestar Zabava for your listening and dancing pleasure.

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** **St Constantine School Miracles of the Harvest Fall Gala** – A fundraiser event will be held on **November 16** from 6:30pm - 8:30pm at The Ballroom at St. Nicholas Greek Orthodox Cathedral to support the St. Constantine Orthodox School in Pittsburgh. *Your donation is also tax deductible. The Saint Constantine School is a 501(c)3 nonprofit organization.* An auction will include Pirates autographed memorabilia, golf outings, baskets, and much more! Your generosity in purchasing a table in advance of the gala creates momentum for the event. By inviting friends into our mission as guests, you can exponentially impact reaching our goal! Get ready to be entertained, delighted, and inspired! Single tickets are available at \$100 each. Kids are welcome! Pizza with supervision will be provided. Learn more about TSCS by emailing pittsburgh@saintconstantine.org or to set up a tour of our campus.

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** **Orthodoxy on Tap (Café Edition for Young Adults)** - Come enjoy a talk by Fr. Thomas Soroka, coffee, treats, fellowship, and discussion about *Bridging Divides: How Orthodox Christians can love across political lines* on **November 17** at 5:00 pm at Fresh Start Café, 46 W Pike Street, Canonsburg, PA 15317.

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*** **Random Tidbits...** Father Dave is available to meet Monday thru Friday from 8:30am to 2:30pm 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 (Sacrament) of Holy Anointing (Unction) to be fully prepared.

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*** The **St Nicholas Charity Dinner**, sponsored by the Pittsburgh Deanery to benefit our Christ the Saviour Seminary, will be on **Sunday, December 8** at the Bulgarian-Macedonian Hall - BMNECC (449 West Eighth Ave., West Homestead, PA 15120). Doors open at **5:00 pm** with a Buffett Dinner at 5:30. Adults - \$40; Teens - \$30; Ages 5-12 - \$15 (*checks payable to “Pittsburgh Deanery”*). If anyone (or organization) would like to “sponsor a seminarian” (or part of their family), please see Father. Our parish has been asked to bring 3 baskets (*minimum \$25 value*) to be raffled off at the dinner. Come meet the seminarians, enjoy the fellowship, carol sing-a-long, and a special guest! *Please order your tickets by Sunday, December 1.*

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* **Victims of Hurricane Helene** - In behalf of Metropolitan Gregory, we petition you for your prayers in the aftermath of Hurricane Helene for all those who have been storm-effected. After recent assessment, and together with Fr. Dean Peter Zarynow (Washington DC Deanery), we wish to inform you that there has been minimal damage to Diocesan parish properties in North Carolina, although the Asheville area has been generally met with huge damage. Our parishes in Florida have fared well. The priests in heavily storm-effected areas have asked for your prayers. And so we petition "Lord have mercy". Sincerely, Very Rev. Protopresbyter Frank P. Miloro, Chancellor

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* **Ceiling... Walls... Floor...** – The building committee and Parish Council continue to discuss our plan of action going forward with work in the church proper. Please be patient with us! Also, remember that for a project like the one that we are undertaking, work goes top down so the ceiling and walls will be done before the floor. As mentioned, please be patient with us!

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OUR STEWARDSHIP GIFTS TO GOD	
Stewardship Offerings:	\$ 773
Candle Stewardship:	\$ 62
Envelope Stewardship:	\$ 545
Community Outreach:	\$ 285
Total Collections:	\$ 1665
Capital Improvement Fund:	\$ 0
<i>Participating Souls - Sunday Liturgy: 32</i>	

Weekly Candle Intentions or Memorials were offered last week by the Nelson Family; Lawrence Martin; Tim Martin; Kathy Schrmack; Rich and Renee Mirilovich; Cindy Pavilonis

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SUNDAY’S SCRIPTURE READINGS

Epistle: 2 Corinthians 11:31-12:9

³¹ The God and Father of the Lord Jesus, he who is blessed for ever, knows that I do not lie. ³² At Damascus, the governor under King Ar’etas guarded the city of Damascus in order to seize me, ³³ but I was let down in a basket through a window in the wall, and escaped his hands.

Paul’s Visions and Revelations

12 I must boast; there is nothing to be gained by it, but I will go on to visions and revelations of the Lord. ² I know a man in Christ who fourteen years ago was caught up to the third heaven—whether in the body or out of the body I do not know, God knows. ³ And I know that this man was caught up into Paradise—whether in the body or out of the body I do not know, God knows— ⁴ and he heard things that cannot be told, which man may not utter. ⁵ On behalf of this man I will boast, but on my own behalf I will not boast, except of my weaknesses. ⁶ Though if I wish to boast, I shall not be a fool, for I shall be speaking the truth.

But I refrain from it, so that no one may think more of me than he sees in me or hears from me. ⁷ And to keep me from being too elated by the abundance of revelations, a thorn was given me in the flesh, a messenger of Satan, to harass me, to keep me from being too elated. ⁸ Three times I besought the Lord about this, that it should leave me; ⁹ but he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me.

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Gospel: Luke 16:19-31 (5th Sunday of Luke)

The Rich Man and Lazarus

¹⁹ “There was a rich man, who was clothed in purple and fine linen and who feasted sumptuously every day. ²⁰ And at his gate lay a poor man named Laz’arus, full of sores, ²¹ who desired to be fed with what fell from the rich man’s table; moreover the dogs came and licked his sores. ²² The poor man died and was carried by the angels to Abraham’s bosom. The rich man also died and was buried; ²³ and in Hades, being in torment, he lifted up his eyes, and saw Abraham far off and Laz’arus in his bosom. ²⁴ And he called out, ‘Father Abraham, have mercy upon me, and send Laz’arus to dip the end of his finger in water and cool my tongue; for I am in anguish in this flame.’ ²⁵ But Abraham said, ‘Son, remember that you in your lifetime received your good things, and Laz’arus in like manner evil things; but now he is comforted here, and you are in anguish. ²⁶ And besides all this, between us and you a great chasm has been fixed, in order that those who would pass from here to you may not be able, and none may cross from there to us.’ ²⁷ And he said, ‘Then I beg you, father, to send him to my father’s house, ²⁸ for I have five brothers, so that he may warn them, lest they also come into this place of torment.’ ²⁹ But Abraham said, ‘They have Moses and the prophets; let them hear them.’ ³⁰ And he said, ‘No, father Abraham; but if some one goes to them from the dead, they will repent.’ ³¹ He said to him, ‘If they do not hear Moses and the prophets, neither will they be convinced if some one should rise from the dead.’”

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MONTHLY SCHEDULE

SUNDAY, NOVEMBER 3
9:15 am Third Hour
9:30 am Divine Liturgy
TUESDAY, NOVEMBER 5
9:30 – 11:30 am Church open for personal prayer
FRIDAY, NOVEMBER 8
FEAST OF THE GREAT MARTYR DEMETRIUS
9:30 am Festal Divine Liturgy
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SUNDAY, NOVEMBER 10
9:15 am Third Hour
9:30 am Divine Liturgy
Blessing of the Parish Council Officers
Monthly Memorial (Panachida)
Sr. ACRY Meeting
WEDNESDAY, NOVEMBER 13
6:00 pm Moleben to St. Nectarios with Anointing
6:30 pm Parish Council Meeting (*All are welcome to come and listen to the discussions at the meeting*)
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SUNDAY, NOVEMBER 17 - IOCC SUNDAY
9:15 am Third Hour
9:30 am Divine Liturgy
Youth Sunday
WEDNESDAY, NOVEMBER 20
6:30 pm Feast Day Vespers
THURSDAY, NOVEMBER 21
FEAST OF THE SYNAXIS OF THE ARCHANGEL MICHAEL AND THE OTHER BODILESS POWERS
9:30 am Festal Divine Liturgy
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SUNDAY, NOVEMBER 24
9:15 am Third Hour
9:30 am Divine Liturgy
WEDNESDAY, NOVEMBER 27
? 6:30 pm Moleben of Thanksgiving
THURSDAY, NOVEMBER 28
NATIVITY FAST BEGINS (PHILIP’S FAST / FILIPOVKA)
? 9:30am Moleben of Thanksgiving



PRAYER CORNER

For the Health of... Liliana, Isaac, Robert, Joshua, Matthew, David, Stephanie, Angelo, Patricia, Edward, Joseph, Suzanne, Nicholas, Sherry, Charles, William, Boyd, Millicent, Barbara, Paul, Robert, Kelly, Juliana, Fredrick, Kenneth, and Michael
...through the prayers of St. Nectarios the Wonderworker; St. Luke, the Surgeon; and St. Panteleimon, the Healer
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November Namedays:
Urban Family – Holy Disciple Urban of the 70 (11/13)
Makaela Kirish - Archangel Michael (11/21)
Cindy Pavilonis - Saint Cyntianus (11/28)
Matthew Mirilovich - Holy Apostle and Evangelist Matthew (11/29)
...May God grant them many and blessed years!
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November Birthdays:
Fr Joseph Birthisel (11/2), Subdeacon Ryan Ferko (11/4), Matt Opsitos (11/4), Jason Shelpman, Jr (11/4), Nicholas Kubis (11/6), Caitlin Carlisle (11/9), Fr. James Blomeley (11/14), Cindy Pavilonis (11/14), Kim Opsitos (11/21), Fr Michael Rustick (11/21), *Father’s sister*, Suzanne Verbanick (11/25), Stephen Brancho (11/26), Fr. Michael Ellis (11/26), Pañi Peggy Teklinski (11/26), Victor Zerby (11/27), Pañi Ileana Bennett (11/28), Chi-Wing Chow (11/29)
...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!
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November Anniversaries:
Doug & Elizabeth (Radomsky) Delaney (11/1)
Thomas & Harmonie Torchia (11/12/11)
Alisha & Aaron Zak (11/15/15)
...through the prayers of St. Nicholas Planas
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For the souls of the newly departed... +Helen Sarraf (10/12), +Thomas Blaschak, the Priest (10/7) +Albert Dzuka (10/2) *...May the Lord God grant them blessed repose where there is no pain sorrow or mourning. May they be Eternal in God’s Memory!*
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ONLINE BONUSES

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LIVING OUR FAITH

On the Participation of the Faithful in the Eucharist: I. The practice of communion and the preparation

Document approved at the Hierarchal Consultation of the Russian Orthodox Church, February 2-3, 2015 in the Cathedral of Christ the Saviour in Moscow.

The Eucharist is the main Sacrament of the Church, instituted by our Lord Jesus Christ on the eve of his saving Passion, death upon the Cross, and resurrection. To participate in the Eucharist and to partake of the Body and Blood of Christ is commanded by our Saviour who through his disciples said to all Christians: “Take, eat: this is My Body,” and “Drink of it, all of you: for this is My Blood of the New Testament” (Matt 26:26-28). The Church herself is the Body of Christ and, therefore, the Sacrament of the Body and Blood of Christ visibly manifests the mystical nature of the Church, building up the ecclesial community.

The spiritual life of an Orthodox Christian is inconceivable without the communion of the Holy Mysteries. Receiving the Holy Gifts, the faithful are sanctified by the power of the Holy Spirit and are united with Christ our Saviour and with each other, making one Body of Christ.

The Sacrament of the Eucharist requires special preparation. In the Church, the time itself – be it the span of a human life or the entire history of mankind – is an expectation and preparation for the encounter with Christ, while the entire rhythm of liturgical life is an expectation and preparation for the Divine Liturgy and, accordingly, for communion, for which sake the Liturgy is celebrated [in the first place].

I. The practice of communion and the preparation for communion has changed and taken different forms throughout the history of the Church. Already in the apostolic period, the tradition was established in the Church to celebrate the Eucharist every Sunday (and, if possible, even more often, e.g. on the days of martyrs’ commemorations), so that

Christians might remain in unending communion with Christ and with each other (see, e.g. 1 Cor 10:16–17; Acts 2:46; Acts 20:7). All members of the local community took part in the weekly Eucharist and received communion, while the refusal to take part in the Eucharistic communion without solid grounds was subject to condemnation:

All the faithful who come in and hear the Scriptures, but do not stay for the prayers and the Holy Communion, are to be excommunicated, as causing disorder in the Church (*Apostolic Canon 9*).

The early Christian practice of communion at every Divine Liturgy remains an ideal even for the present time, as part of the Tradition of the Church. At the same time, the growth in membership of the Church in the third and especially the fourth centuries led to some changes that entailed changes in liturgical life. As the number of the martyrs’ commemorations and feast days increased, Eucharistic liturgies began to be celebrated more frequently – however, the presence at these assemblies for every Christian was considered to be merely desirable, but not mandatory. The Church has countered this tendency with the following canonical regulation:

All who enter the church of God and hear the Holy Scriptures, but do not communicate with the people in prayers, or who turn away, by reason of some disorder, from the holy partaking of the Eucharist, are to be cast out of the Church, until, after they shall have made confession, and having brought forth the fruits of penance, and made earnest entreaty, they shall have obtained forgiveness (*Canon 2, Council of Antioch*).

Nevertheless, the sublime ideal of constant readiness for the reception of Holy Mysteries became hard to attain for many Christians. For this reason, already in the writings of the Holy Fathers of the fourth century we find evidence for the co-existence of different customs with regard to the regularity of communion. Thus, St Basil the Great refers to the communion four times a week as normative:

And to receive communion every day and to partake of the holy Body and Blood of Christ is good and beneficial, for [Christ] himself clearly says: ‘He who eats my flesh and drinks my blood, has eternal life.’ ... We receive communion four times every week: on

Sunday, on Wednesday, on Friday, and on Saturday, and on other days, if there happens to be a memorial of a Saint (*Letter 93 [89]*).

But less than half a century later, St John Chrysostom remarks that some, including monastics, started receiving communion only once or twice a year:

Many partake of this sacrifice once in the whole year, others twice; others many times. Our word then is to all; not to those only who are here, but to those also who are settled in the desert. For they partake once in the year, and often indeed at intervals of two years. What then? Which shall we approve? Those [who receive] once [in the year]? Those who [receive] many times? Those who [receive] few times? Neither those [who receive] once, nor those [who receive] often, nor those [who receive] seldom, but those [who come] with a pure conscience, from a pure heart, with an irreproachable life. Let such draw near continually; but those who are not such, not even once (*Homilies on the Hebrews 17.7*).

In the fourth century, the rule concerning the mandatory Eucharistic fast, which emerged already in the pre-Nicene period, was definitively established, mandating a complete abstinence from food and drink on the day of communion until the reception of Christ’s Holy Mysteries: “May the holy sacrament of the altar be celebrated by the people who have not eaten” (canon 41/50 of the Council of Carthage, reaffirmed by canon 29 of the Council in Trullo). However, already in the late fourth – the beginning of the fifth century some Christians started to associate communion not only with the observance of Eucharistic abstinence before the Liturgy, but with the time of Great Lent in general, as attested by St John Chrysostom. The saintly bishop himself, however, was urging his flock for a more frequent communion:

Tell me, I beseech you, when after a year you partake of the Communion, do you think that the Forty Days are sufficient for you for the purifying of the sins of all that time? And again, when a week has passed, do you give yourself up to the former things? Tell me now, if when you have been well for forty days after a long illness, you should again give yourself up to the food which caused the sickness, have you not lost your former labor too? For if natural things are changed, much more those which depend on choice.

... You assign forty days for the health of the soul, or perhaps not even forty, and do you expect to propitiate God? ... These things I say, not as forbidding you to approach once a year, but as wishing you to draw near continually (*Homilies on Hebrews 17.7*).

By the eleventh and twelfth centuries in Byzantium, among monastics, the tradition was established to receive communion only when it was preceded by a discipline of preparation that included fasting, the examination of one’s conscience before the spiritual father of the monastery, and the reading before communion of a special prayer rule which emerged and began to develop in that period. Pious laypeople began to take their direction from this same tradition, because monastic spirituality in Orthodoxy was always perceived as an ideal. In its strictest form this tradition is represented, e.g., in the directives of the Russian Typicon (chapter 32) which, in contrast with the Greek Typicon, mentions a mandatory seven-days fast before communion.

In 1699 an article titled “Note of Instruction” (*Uchitel’noe izvestie*) was included as an appendix to the Russian *Sluzhebnik* (Euchologion). This article contains, among other things, a directive concerning a mandatory term of preparation for Holy Communion: whoever desires, may partake during the four long fasting periods, while outside of these fasts, one must fast for seven days – this period, however, can be reduced:

If they desire to approach the holy communion outside of the four usual fasts, let them fast for seven days beforehand, remaining constant in prayers at church and at home – this is for those who are not in need, when in need, let them fast only for three days or for one day.

In practice, an extremely stringent approach toward preparation for Holy Communion, which had its positive spiritual aspects, led also to the fact that some Christians were abstaining from communion for a long time, citing their need for worthy preparation. The norm, contained in the Spiritual Regulation (1721), mandating that all Christians in the Russian Empire must receive communion at least once a year, was precisely directed against this practice of rare communion:

Every Christian must receive the Holy Eucharist frequently, but at least once a year. For this is our most eloquent thanksgiving to God for such salvation accomplished for us by the death of the Saviour... For this reason, if any Christian is shown to abstain long from Holy Communion, by this he shows himself to be not in the Body of Christ, that is, he is not a communicant of the Church.

In the nineteenth and early twentieth centuries pious people sought to receive communion at least during every one of the lengthy fasting periods. Many saints of that time, among them St Theophan the Recluse and Righteous John of Kronstadt, called the people to approach the Holy Mysteries even more frequently. As St Theophan said, “a measure [to commune] once or twice a month – is the most measured,” even though “one can say nothing disapproving” regarding a more frequent communion. Every faithful may be guided by these words of this Saint:

Try to receive communion of the Holy Mysteries more frequently, as your spiritual father will permit. But try always to approach with due preparation and, moreover, with fear and trembling, lest, by getting accustomed, you start approaching with indifference.

The confessing struggle of the Church during the years of persecution in the twentieth century motivated many clergymen and laity to revisit the practice of infrequent communion that existed previously. In particular, on May 13, 1931 the Provisional Patriarchal Synod stated in its resolution: [Be it resolved that] the desire that an Orthodox Christian receives communion as often as possible, and those more advanced among them – even every Sunday, may be deemed acceptable.

At the present time, many Orthodox Christians receive communion much more frequently than the majority of Christians in pre-revolutionary Russia. However, the practice of frequent communion cannot be automatically expanded unto all the faithful without exception, for the frequency of communion is directly dependent upon a person’s spiritual and moral state, so that the faithful, to use Chrysostom’s words, may approach the communion of the Holy Mysteries “with a pure conscience, as much as it is possible for us” (Against the Jews 3.4).

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LIVES OF THE SAINTS

THE MONK ILARION THE GREAT

Commemorated on November 3 / October 21

The Monk Ilarion the Great was born in the year 291 in the Palestinian village of Tabath. He was sent for study to Alexandria, where he became acquainted with Christianity and accepted holy Baptism. Hearing an account of the angelic life of the Monk Anthony the Great (Comm. 17 January), Ilarion set out to him, in order to study that which is pleasing to God. Ilarion soon returned to his native-land. His parents had already died. Having distributed his familial inheritance to the poor, Ilarion set out into the wilderness surrounding the city of Maium. The monk struggled intensely with impure thoughts, vexations of the mind and the burning of the flesh, defeating them with heavy toil, fasting and fervent prayer. The devil sought to terrorise the saint with phantoms and apparitions. During times of prayer Saint Ilarion heard children crying, women wailing, and the growling of lions and other wild beasts. The monk perceived that it was the demons causing these terrors, in order to drive him away from the wilderness, and therefore he overcame his fear with the help of fervent prayer.

One time robbers fell upon the Monk Ilarion, and he by the power of his words persuaded them to forsake the life of crime.

Soon all Palestine learned about the holy ascetic. The Lord vouchsafed to the Monk Ilarion the power to cast out unclean spirits. With this graced gift he loosed the bounds of many of the afflicted. The sick came for healing, and the monk cured them free of charge, saying, that the grace of God is not for sale. By means of smell the saint learned with which passion this or that man was afflicted. And they came to the Monk Ilarion wanting to save their soul under his guidance. With the blessing of the Monk Ilarion, monasteries began to spring up throughout all of Palestine. Going from one monastery to another, he set in them a strict ascetic manner of life. About seven years before his death (+ 371-372) the Monk Ilarion resettled to Cyprus, where he asceticised in a solitary place, until the Lord summoned him to Himself.

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ADDITIONAL BULLETIN BOARD ANNOUNCEMENTS

*** **Rolls for Sale** - St. John’s in East Pittsburgh is once again selling Nut, Poppyseed and Apricot rolls. They are making them **Saturday, November 16**. Rolls are \$18 each. For information or to place an order, call Nancy Sabeh at 412-951-3165.

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*** **Pan-Orthodox Christmas Concert: “Sing Praises to Our God, Sing Praises”** – The Orthodox Clergy Brotherhood of Greater Pittsburgh is hosting a Pan-Orthodox Christmas Concert *featuring choirs from multiple Orthodox jurisdictions and the Pan-Orthodox Choir of Great Pittsburgh* on **Sunday, November 24** at 4:00 pm at St. Nicholas Orthodox Church (2110 Haymaker Road, Monroeville, PA). Fellowship will follow the concert in their hall. A Free-Will offering will be taken to benefit various Orthodox Charities.

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*** **Food Festival** – Holy Virgin Russian Orthodox Church (214 Mansfield Blvd., Carnegie, PA 15106) will be having their Christmas Food Festival featuring all the traditional favorites on **Saturday, December 14** from 10 am to 12 pm. Orders Must Be Placed Online At www.hvroc.org. Call 412-276-6234 with any questions.

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*** **Website Assistance** – If you have basic online website skills and are interested in assisting with our parish page, please contact Fr. Dave ASAP.

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Mystery of Confession – Father is available to hear Confessions after every service *or* by appointment.

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Live-Broadcast – If you are unable to attend church services, please pray along with our Cathedral online: www.acrod.org/directories/cathedral/live/

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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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“Code” for reading the bulletin:

*** = new news ** = 2nd time in the bulletin

* = at least the 3rd time in the bulletin

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CHURCH BUILDING UPDATE

Here is a brief update from the past few weeks:

- ✦ *** The building committee and Parish Council continue to discuss our plan of action going forward with work in the church proper. Please be patient with us! Also, remember that for a project like the one that we are undertaking, work goes top down so the ceiling and walls will be done before the floor. As mentioned, please be patient with us!
- ✦ ** At the yearly meeting, a vote passed to go with Kodiak Excavating to install a French Drain in the front of the church and for the ground on the side and back to be re-graded (*to keep water away from the building*). Due to supply chain and other issues, this work will be done in the spring. A contract has been signed. The cost will be over \$30,000. Donations to the Capital Improvement Fund are requested.

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Glory to God for All Things!

Through your generosity and dedication, all of this is coming together – one thing at a time! **Thank you!** Many stewards keep coming to the church and working very hard to make improvements. May God grant you many years!

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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. *Remember, sponsoring a bulletin in memory of someone does not replace having a Panachida (Memorial Service) for them.*

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Speaking With Your Priest - Please know you can call me anytime if there is something troubling you. It is not a sign of weakness to share something that may be heavy on your heart or mind. As a priest and Father to our parish, I am here for you. Please call if you need someone to listen or to pray with you. Every

heart has a cross and you do not need to carry it alone. Please also call if you have an idea for the growth of our parish. I am praying for you and am grateful for your prayers. With love in Christ, Fr. Dave

2024-25 SJB PARISH COUNCIL OFFICERS

- President: Lawrence Martin
- Vice-President: Elizabeth Radomsky
- Treasurer: Timothy Martin, Reader
- Financial Secretary: Rich Mirilovich
- Recording Secretary: Gina Fall
- Chief Auditor: Robert Fall
- Auditors: Subdeacon Ryan Ferko, John Kirish, Kimberly Opsitos, Matthew Opsitos, and Kathy Schrmack

FEAST DAY FEATURES OF THE MONTH

The Holy Greatmartyr Demetrios Of Soluneaia
Commemorated on November 8 / October 26
Tropar (Tone 3) The entire world has found you to be a great champion in times of peril; for you put the heathen to flight, O victorious one. As you brought to naught the boasts of Lyaeus, and gave courage to Nestor in the stadium, in the same way, O Holy Great Martyr Demetrios, entreat Christ God, that He grant us great mercy.
Kondak (Tone 2) God, Who has given you invincible strength, Demetrios, has adorned the Church with the royal purple of the streams of your blood, and has kept your city unharmed, for you are its support.

The Celebration Of The Sobor (Assemblage) Of The Leader Of The Heavenly Hosts Michael, & The Other Heavenly Bodiless Hosts

Commemorated on November 21 / 8
Tropar (Tone 4) Commanders of the heavenly hosts, we who are unworthy beseech you, by your prayers encompass us beneath the wings of your immaterial glory, and faithfully preserve us who fall down and cry to you: “Deliver us from all harm, for you are the commanders of the powers on high!”
Kondak (Tone 2) Commanders of God’s armies and ministers of the divine glory, princes of the bodiless angels and guides of mankind, ask for what is good

for us, and for great mercy, supreme commanders of the Bodiless Hosts.

STEWARDSHIP SNIPPET



TIME, TALENT, AND TREASURES
PARISH STEWARDSHIP OPPORTUNITIES:
Joining the ACRY – If you would like to become a part of our philanthropic organization of the ACRY (American Carpatho-Russian Youth), which is open to all ages, please contact Subdeacon Ryan Ferko at 484-744-2771 or rferko85@yahoo.com.

Why Should I Join the Local ACRY?
The ACRY is an Orthodox Christian family fellowship dedicated to the purpose of encouraging spiritual growth through charitable and apostolic missionary works, prayer and fellowship for the Glory of God and the building up of the Church and our Diocese. The local ACRY focuses on outreach to the community in various forms and fellowship within. This could be a fundraiser or family event at the church grounds to introduce people to our parish, or the volunteering of our time to help support a community event. In addition to these, the ACRY has the opportunity to branch out and meet other members of our diocesan ACRY community through deanery and nation events and partake in outreach at a broader level.

*** Lots–O–Luck Calendars** – The National ACRY Lots-O-Luck Calendars are available. \$25 per ticket gets you a years worth of prizes totaling \$10,000! Please see Subdeacon Ryan Ferko for tickets.

Garbage and Recycling – Did you ever notice that we do not have a dumpster at the church? Being non-residential without pick up in Allison Park, all of our garbage and recycling heads to stewards’ houses. If

you would be willing to stick around at the end of coffee social and take a bag, please let Larry know. (please grab the coffee grounds before taking the bag)

Additional Church Curators Needed – A synonym for curator is steward. Please see Larry Martin if you are interested in being a steward of their time and be “on-the-door”. Our curator list needs expanded!

Giving at the Church – The “flow of traffic” is a little different in Allison Park, but the ways to give your stewardship treasures has not changed. One can:
✘ hand your offering to the curator who sits at the desk in the vestibule (to the right after you enter),
✘ there are multiple baskets around the church for you to drop your offering in, or
✘ when saying your prayers and lighting 2 candles, put your donation in the box in the candle stand.
We will continue to not “pass the basket” which interrupts our focus on our prayers.

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.

Stewardship of Treasure Guide

Weekly offering to God through the Sunday Offertory - Will you take a step up?

Weekly Income	Beyond a Tithe	Tithe	Upper Range Giving	Middle Range Giving	Lower Range Giving							
	15%	12%	10%	9%	8%	7%	6%	5%	4%	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.

A Prayer of Stewardship
Lord Jesus Christ, You are the good steward, who redeemed Adam and Eve of their failed stewardship by offering Yourself for the life of the world. You did teach us in the feeding of the multitudes that whatever we give to God is returned to us multiplied. You did praise those good and faithful servants in the parable of the talents who returned to the Master their gifts. So help us to learn the joy of stewardship, remembering that everything we have comes from You and belongs to You. We know, Lord, that we often live in fear of the future and insecurity. Help us to remember the lilies of the field and so to trust in Your providence. Grant to us a cheerful and generous spirit. Enkindle in the hearts of all Your people a zealous love for You. For You are the Good Steward, and to You we give thanks, praise and glory, together with Your Father and Your all holy good and life-giving Spirit now and ever and onto the ages of ages. Amen.

NOV. COMMUNITY OUTREACH MINISTRY



This month, through the efforts of our Sr. ACRY, we will be collecting monetary donations for the **International Orthodox Christian Charities (IOCC)**. This agency, that is under the Assembly of Canonical Orthodox Bishops of the United States of America, represents Orthodox Christians in North America and understands its work to include developing in Orthodox Christians a commitment to philanthropy and global cooperative involvement in the work of the Orthodox Church. They have a yearly campaign called a “day of giving Sunday” before Thanksgiving. Thank you in advance for your prayers and offerings this month!

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

SPIRITUAL CONSIDERATIONS

Father is available to meet Monday thru Friday from 8:30am to 2:30pm 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 prepared or not of the Orthodox Faith may receive a blessing from the chalice.

How to receive - Please remember the following helpful hints aimed at helping to preserve the solemnity and safety of the Holy Mystery. Anyone wearing lipstick should remove it before receiving. Be sure to offer your baptismal name to the priest before receiving. Please take great care that the red cloth held by the acolytes (servers) is fully under your chin (you should not hold it), then use the centuries-old practice of receiving: please fully open your mouth, tilt your head back, receive the Holy Gifts, wait until They are securely in your mouth and so that none of the holy and precious Body and Blood of Christ is accidentally spilled. Thank you for your cooperation, and may God have mercy on us all!

Lapsed Members – You are always welcome home and we want you to come back! Generally speaking, sincere and regular participation in the Sunday Divine Liturgy and in the Mysteries of Confession and Communion 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 in the church. 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 the 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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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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ONLINE PRAYER CORNER

Our Parish Prayer List for Special Intentions & 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(s) 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. Stephen B., Fr. Thomas B., Protodeacon Gregory B., Kevin, Michael L., Laura & family, Carlene, Georgia, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Andrea, Jason, Tyrone, Sarah, Amee, Joshua, John, Kathryn, Rose, Charles, Justin, David, Donna, George, our diocesan seminarians: Dcn Peter S, Nicolas W., Seamus M., Samuel L., Nicholas L., Alexander H., and our Parish Council and Curators: Lawrence, Subdeacon Ryan, Timothy, Rich, Elizabeth, Robert, Gina, John, Mary Jane, Katherine, Kenneth 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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*** Nameday, Birthday, and Anniversary Prayer List is being reset – Our parish prayer list of key dates and special occasions in our lives will be reset going forward (starting 3/1/24). If one of your special days is missing – please let Fr Dave know ASAP. See Fr. Dave with any questions.

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November Namedays:

Urban Family – Holy Disciple Urban of the 70 (11/13)

Makaela Kirish - Archangel Michael (11/21)

Cindy Pavilonis - Saint Cyntianus (11/28)

Matthew Mirilovich - Holy Apostle and Evangelist Matthew (11/29)

...May God grant them many and blessed years!

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November Birthdays:

Fr Joseph Birthisel (11/2), Subdeacon Ryan Ferko (11/4), Matt Opsitos (11/4), Jason Shelpman, Jr (11/4), Nicholas Kubis (11/6), Caitlin Carlisle (11/9), Fr. James Blomeley (11/14), Cindy Pavilonis (11/14), Kim Opsitos (11/21), Fr Michael Rustick (11/21), Father’s sister, Suzanne Verbanick (11/25), Stephen Brancho (11/26), Fr. Michael Ellis (11/26), Pañi Peggy Teklinski (11/26), Victor Zerby (11/27), Pañi Ileana Bennett (11/28), Chi-Wing Chow (11/29) ...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!

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For our Catechumens & Inquirers... Maxwell, Barbara, Tyler ...through the prayers of St. Paul the Apostle, St. Mary Magdalene, & St. John Maximovitch.

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For those preparing for Marriage... Allison & Michael, Francis & Alexandra...through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.

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November Anniversaries:

Doug & Elizabeth (Radomsky) Delaney (11/1)

Thomas & Harmonie Torchia (11/12/11)

Alisha & Aaron Zak (11/15/15)

...through the prayers of St. Nicholas Planas

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For Pregnant Mothers...

Mallory (due in March), Lindsay (April)

...through the prayers of St. Anna, the mother of the Theotokos, and St. Irene Chrysovalantou.

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For those serving in the Armed Forces & Civil Authorities... Thomas R. Dzadovsky

...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.*

Special Intentions – Did you ever wonder for what reasons would a person’s name go under “For the Special Intentions of...” on our Prayer Page? A special intention request is very diversified! It could be when one is under extreme job stress, struggling with spiritual issues, infertility, dealing with the loss of a loved one... the list goes on. As with the other lists on our page, one does not have to be Orthodox to be added.

Prayer requests – During the Great Entrance of the Divine Liturgy, prayers are said for the sick and those celebrating special occasions listed in the bulletin. If silent prayers are requested, they will be offered quietly at the Altar at all services. All those listed in the “Prayer Corner” are prayed for during the Proskomedia (*Preparation of the Bread and Wine for Communion*). Prayer requests will remain for (about) 40 days unless requested otherwise. Please let Fr. Dave know if you wish to make additions or subtractions (in the case of answered prayers) to our prayer list.

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 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.

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.

A Prayer for College Students

Heavenly Father, please be with these students as they go where they do not know. As they seek to grow in knowledge, we ask that they grow in faith. As they start to conquer the world, we hope that they conquer their fears. As they strive to find their place, we pray that they find You. Please go where we cannot, protect when we cannot, give strength that we cannot, and bring them safely home. Amen.

A Prayer in Front of an Icon of Christ

We bow in worship to Your most pure icon, O Good One, and ask You to forgive our sins, O Christ our God: for of Your own good will, You were please to ascend the Cross in the flesh, that You might free from slavery to the enemy those whom You had created. Therefore, we cry out to You: You have filled all things with joy, O our Saviour, for You cam to save the world. Amen.

A Prayer in Front of an Icon of the Theotokos

Make us worthy of mercy, O Theotokos, fountain of tenderness. Look upon us sinners and reveal your power as you always do, for we have put our hope in you. We cry to you, “Rejoice,” as Gabriel, the leader of the angels, once did. Amen.