

## “THE VOICE” *Our Periodic Parish Newsletter*

*John the Baptist said, “I am the voice of one crying in the wilderness, ‘Make straight the way of the Lord,’ (Jn 1:23)”*

### OUR 2025 JOURNEY TO PASCHA

*Created by Fr. Jonathan Bannon*

#### SUNDAYS

##### Cheesefare

**MARCH 2nd**

FAREWELL TO CHEESE TODAY

1st Sunday of Lent

**MARCH 9th**

#### THEMES & READINGS

##### Adam and Eve are cast from Paradise!

**FORGIVENESS SUNDAY**

Epistle: Romans 13:11-14:4  
Gospel: Matthew 6:14-21

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GREAT LENT BEGINS WITH FORGIVENESS VESPERS

**SUNDAY of ORTHODOXY**

Epistle: Hebrews 11:24-26, 32-12:2  
Gospel: John 1:43-51

#### HOW TO PARTICIPATE:

Ask each other for  
forgiveness each evening this  
week before bed.

Bring an icon to church  
for a procession.

#### UPCOMING SERVICES

**FORGIVENESS SUNDAY, MARCH 2, 2025** vol. X

Great-martyr Theodore of Tyro (306)  
Rite of Forgiveness

**CLEAN MONDAY, MARCH 3** #TheGreatFast

THE GREAT FAST BEGINS

A DAY OF STRICT FASTING

6:30 pm Canon of Repentance of St. Andrew

**CLEAN TUESDAY, MARCH 4** #TheGreatFast

6:30 pm Canon of Repentance of St. Andrew

**CLEAN WEDNESDAY, MARCH 5** #TheGreatFast

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

**CLEAN THURSDAY, MARCH 6** #TheGreatFast

6:30 pm Canon of Repentance of St. Andrew

**CLEAN FRIDAY, MARCH 7** #TheGreatFast

**9:30 am** Canon of Repentance of St. Andrew

**CLEAN SATURDAY, MARCH 8** #TheGreatFast

11 am – 1 pm Confessions Offered

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**SUNDAY, MARCH 9** #TheGreatFast

TRIUMPH OF ORTHODOXY

9:15 am Third Hour

9:30 Divine Liturgy of St. Basil the Great

Tone 4; Liturgical Color: **Gold**

Procession of Icons (*Bring an icon to church*)

Panachida - *Monthly Memorial*

4:30 pm Sunday of Orthodoxy at Holy Cross

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**WEDNESDAY, MARCH 12** #TheGreatFast

7:00 pm Liturgy of the Presanctified Gifts at  
St. Alexander Nevsky OCA Cathedral  
(1600 Guyton Rd., Allison Park)  
with community meal following

**FRIDAY, MARCH 14** #TheGreatFast

6:30 pm Paraklis to the Theotokos

**ALL-SOUL’S SATURDAY (Zadušna Subota),**

**MARCH 15** #TheGreatFast

9:30 am Divine Liturgy & Panachida (2<sup>nd</sup> of 5)

11 am – 1 pm Confessions Offered

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**SUNDAY, MARCH 16** #TheGreatFast

ST. GREGORY PALAMAS

9:15 am Third Hour

9:30 pm Divine Liturgy of St. Basil the Great

with responses sung by Tzar Lazar Male Choir

Youth Sunday

4:00 pm Deanery Lenten Mission in Rankin

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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/](http://www.acrod.org/directories/cathedral/live/)

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**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)



## ST. JOHN THE BAPTIST ORTHODOX CHURCH



*A Parish of the American Carpatho-Russian Orthodox Diocese, Ecumenical Patriarchate of Constantinople*

Father Dave Urban, *Pastor*

Very Reverend Father John Brancho, *Pastor Emeritus*

Subdeacon Ryan Ferko; Readers: Kris Carlisle, Nicholas Ditmore, & Timothy Martin

Stephen Brancho, Subdeacon Ryan Ferko, & John Radick, *Cantors*

Lawrence Martin, *Parish Council President*

[www.facebook.com/pg/St-John-the-Baptist-Orthodox-Church-Allison-Park](http://www.facebook.com/pg/St-John-the-Baptist-Orthodox-Church-Allison-Park)

2201 Duncan Avenue, Allison Park, Pa 15101

[www.OrthodoxPittsburgh.com](http://www.OrthodoxPittsburgh.com)

412-748-0148, *Talk or Text*

[OrthodoxPittsburgh1932@gmail.com](mailto:OrthodoxPittsburgh1932@gmail.com)

*Instagram:* SJB\_Orthodox\_Pittsburgh

*Twitter:* @SJB\_OrthodoxPGH

**A WARM WELCOME TO OUR GUESTS! 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. We pray for 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.

#### LIVING THE ORTHODOX FAITH



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##### A Note About The Mystery Of Confession

Confessions will be heard in front of the Icon of Christ. Confessions will be heard *following every* service, on most Saturdays during Great Lent from **11am – 1pm**, and at other times by appointment (please contact Fr. Dave to arrange this). If you have a regular Spiritual Father, or wish to go to another Orthodox priest to have your confession heard, no problem! but please let Fr. Dave know. Do not wait to plan for your confession! Confessions before Pascha will only be heard *through Holy Wednesday*.

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##### SUGGESTED GUIDELINES FOR THE GREAT FAST (GREAT LENT):

We are called to increase our *Prayer, Fasting, and Almsgiving* during this time...

##### PRAYER:

- ✠ Attend as many of the services as possible and be strengthened in community prayer.
- ✠ Come to the Mystery of Confession (*offered after every service, on most Saturdays during the Great Fast, or by appointment*).

✠ Approach the Chalice to receive the Holy Eucharist as often as possible.

✠ Also, add additional prayers to your personal *Prayer Rule* at home. (See the attached about reading the Book of Psalms during Great Lent.)

##### FASTING:

✠ The Great Fast begins tomorrow, **March 3**. This is a day of strict fasting (no meat or dairy products). Likewise, strict fast on Great & Holy Friday (4/18) and Great & Holy Saturday (4/19)

✠ The tradition of the Orthodox Church is a strict fast (*no meat or dairy products eaten*) by all of the faithful for the entire 40 days of the Great Fast and for all of Holy Week.

✠ If you cannot physically do this, adopt a fasting rule and stick to it for the duration of the Great Fast (*see Father for some guidance*). Here are a few examples:

- a) strict fast on certain days of the week while keeping a meat fast on the others;
- b) fast only from meat;
- c) fast from meat for certain weeks (*Clean Week, Cross Week, and Holy Week*); or
- d) fast from meat on Wednesdays, Fridays, and all of Holy Week (*April 18-23*).

✠ The more effort you put forth in your fasting, the more spiritually uplifting your Lenten Season will be!

- ✂ A minimum three (3) hour fast from all food and drink for those receiving Communion at the evening Pre-sanctified Liturgy (*the regular “midnight Fast” is called for the Liturgies of St. John Chrysostom & St. Basil the Great*)
- ✂ The sick and infirm are not bound by the fast at any time.
- ✂ Those requiring medications or certain prescribed diets are to follow their physician’s instructions.
- ✂ Lastly, the Great Fast is not a “40 day diet program” or simply a “dietary adjustment” (or “label Lent”).

**ALMSGIVING:**

- ✂ Find a way to give more of your time, talent, and treasures – *give more of yourself to others.*

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**A general guideline for the Great Fast is this:**  
*Try to do more than last year.*

Please reach out if you have questions about this important fasting period that we are blessed with. This is an opportunity, not an obligation. May our journey to Pascha be a spiritually beautiful one!  
– Fr. Dave

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**BULLETIN BOARD ANNOUNCEMENTS**

\*\*\* **Great Lent 2025** - Our Journey To Pascha has begun! **Let’s pray that we begin the Great Fast on the right foot: taking the step of forgiveness together.**

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**\* Important Upcoming Liturgical Dates:**

The Great Fast Begins: Monday, March 3  
Palm Sunday / Holy Week: Sunday, April 13  
Pascha: Sunday, April 20

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\*\* **“Clean Week” Services** – The first week of the Great Fast is known as “Clean Week”. We will have services each evening. *All* are encouraged to come to as many services as your schedule allows. **The Great Canon of Repentance of St. Andrew of Crete** was “*written in the 7<sup>th</sup> century, The Great Canon still maintains relevance for the modern age. It is the backbone of Orthodox services for the first week of Great Lent and sets the tone for a Christian's self reflection and repentance appropriate to the season.*”

\*\* **31 Books of March Sale**<sup>XL</sup> – The Ancient Faith Store will most likely be offering different books for 50% off each day of the month of March! Visit the site daily (or sign up for their emails) and keep an eye out for a book that will help you along your Spiritual Journey! (Contact Fr Dave with any questions.) Visit: [store.ancientfaith.com/31-books-of-march/](http://store.ancientfaith.com/31-books-of-march/)  
*If You Would Like To Buy Something For The Church Library Or If You Are Looking To Add A Couple Dollars To Your Order To Get Free Shipping, Please Call or Text Father Dave Before Ordering As He Has A Couple Suggestions That Are Small And Would Be Helpful To Our Church.*

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\*\*\* **Bring an Icon to Church** – Next week, on **Orthodoxy Sunday, March 9**, you are encouraged to bring an icon from home to hold during the Divine Liturgy and to use in our procession of icons at the end of the Divine Liturgy.

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\*\* **Sunday of Orthodoxy Service** - The Orthodox Clergy Brotherhood of Greater Pittsburgh is hosting the annual service on the Sunday of Orthodoxy on **Sunday, March 9** at 4:30 pm at Holy Cross (*123 Gilkeson Rd, Pittsburgh, PA 15228*)

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\*\*\* **Guest Choir** – The Tzar Lazar Orthodox Male Choir will sing the responses to the Divine Liturgy on **Sunday, March 16**. This 20-member choir has been in the Greater Pittsburgh area for decades and will fill the church with inspiring beautiful harmonies.

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\*\*\* **Scout Sunday** – We will recognize and honor our youth who are in Scouting on **Sunday, March 16**.

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\*\*\* **Church Messenger** – Our monthly publication of the *Church Messenger* is sent to all of our Diocesan households. IF you do not receive this, please let Fr. Dave know ASAP.

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\*\*\* **Coffee Creamer** – Does your workplace use powdered coffee creamer? Please take one of the three containers that we have collected in the hall.

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\*\*\* **Real-Break Fundraiser** - This May, through the grace of God and the OCF (Orthodox Christian Fellowship), Nicholas Ditmore has been given an amazing opportunity to travel to Romania through their *Real Break Program*. In order to go on this trip, he is asking for your prayers and your consideration in donating for his trip. If you are able to make a financial donation, please leave it at the curator desk or give it directly to him. He is grateful for your support! A presentation will be shared on **March 23**.

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\*\*\* **LAST CALL Food Drive** – For the month of February we will be collecting unexpired food and donations in order to make a delivery to **St. Cyril of White Lake Food Pantry on Pittsburgh’s South Side**. Thank you in advance for your prayers and offerings this month! The list of food items they are looking for is available in the previous Feb. bulletins, in the online bulletin, or

[stmaryorthodoxchurch.net/stcyrilfoodpantry.html](http://stmaryorthodoxchurch.net/stcyrilfoodpantry.html)

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\*\* **Lenten Coin Boxes** – Coin boxes are available in the vestibule to collect your spare change throughout the Great Fast for our upcoming Community Outreach (OCMC). More information is available at [www.ocmc.org](http://www.ocmc.org). “*Let them do good, that they may be rich in good works, ready to give, willing to share*” (*1 Tim 6:18*)

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\*\* **Fellowship Meals** - Got Soup? A small ‘t’ tradition in many Orthodox parishes is to have soup (*or other light meal*) following the Liturgy of the Presanctified Gifts during the Great Fast. We will have this meal after our Wednesday evening services at our parish and when we travel to the other North Hills Orthodox parishes. A sign up sheet is in the church hall for those interested in bringing in food.

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\*\*\* **Soups Needed** – At last week’s Parish Council meeting it was decided that we will have a variety of soups when we host the Deanery Lenten Mission on **Sunday, March 23**. If you would be interested in making a soup, please contact Liz Radomsky or Kathy Schmack.

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\* **Presanctified Liturgies** – The schedule for the Wednesday services will be similar to last year. With the growing Orthodox Christian presence in the area, instead of each week having the service here, we will take two weeks and pray at our sister Orthodox Parishes in the North Hills! In the desire to provide a greater fellowship among our parishes and communities, we will be sharing in three Wednesday Presanctified Liturgies. Our schedule will be thus:

**March 5** at 6:00 pm at St. John the Baptist  
**March 12** at \* **7:00** pm at St. Alexander Nevsky OCA Cathedral (1600 Guyton Rd., Allison Park)  
**March 19** at **6:00 pm** at SJB with the other parishes coming to us  
**March 26** at \* **6:30** pm at Holy Trinity GOA Church (985 Providence Blvd., Pittsburgh)  
**April 2 & 9** at 6:00 pm at SJB

All our parishioners are invited to attend all the services - *what a wonderful way to build Orthodox fellowship and a stronger connection among our North Hills sister parishes*. Each service will be followed by a Lenten meal. *\* Please note the different times when we visit*

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\*\* **Deanery Lenten Mission Schedule** – All are encouraged to attend services at our sister parishes this spring. Not only is it beautiful fellowship with other Orthodox, but each church is unique and you get to see the differences first hand.

*Confessions start at 3:30, Vespers at 4:00, and Fellowship Meal following*

**March 16** - St Michael the Archangel  
146 Third Ave., **Rankin**, PA 15104  
**March 23** - St John the Baptist  
2201 Duncan Ave., **Allison Park**  
**March 30** - St John the Baptist  
450 Glenwood Ave., **Ambridge**, PA 15003  
**April 6** - St John the Baptist  
211 Cable Ave., **East Pittsburgh**, PA 15112

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\*\* **Lenten Retreat** – Save the date for the Central Region Lenten Retreat on **Saturday, April 5** starting at 10 am at St. Nicholas the Wonderworker (903 Ann St., Homestead, PA 15120)

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**Food Ministry at Church: Meal Train** – when someone in our community cannot get to the grocery store or make their own meals (after a major surgery, a new baby, or for any other reason is in need), this program will help allow us to help them! Here is an example: *Someone has a major surgery and will not be able to cook for themselves for 2 weeks. They notify Father Dave of this and he sets up an account for them on this website. Someone else from the parish decides to make a big pot of soup and freeze some for the one in need. They can then either deliver the food to their house or bring it to the church on Sunday and someone else will deliver it through the week.* The idea is this: that through our stewardship we will help each other out when we are able to! Please visit: [www.MealTrain.com](http://www.MealTrain.com) to learn more about it. Here are some basic terms from their website:

❖ **Meal Train:** Organized meal giving around a significant life event. One meal from one person per day.

❖ **Organizer:** The person who sets up the meal train.

❖ **Recipient:** Those who will receive the meals.

❖ **Participant/Giver:** The person who will make and take a meal.

We will figure this new system out together!

\*\*\* **Very Rev. Protopresbyter Thomas Hopko 10th Anniversary of his Falling Asleep** - Join us on **Saturday, March 22** at **Transfiguration Monastery** (321 Monastery Ln, Ellwood City, PA 16117) for: *9:30am Divine Liturgy followed by Memorial Service 12 noon - Memorial Luncheon 1:30pm Reflections and Remarks (Serge Schmemmann and V.Rev. Alexander Garklavs) 3:30pm Great Vespers with Procession of the Cross* See flyer in hall for details. (Services and Reflections will be streamed on our YouTube Channel) [www.orthodoxmonasteryellwoodcity.org/](http://www.orthodoxmonasteryellwoodcity.org/)

\*\* **Welcome!** to Ray and Kathy as they recently entered into the Catechumenate! May God continue to guide you in your steps on your journey! Many Years!

\*\* **Thank You** to everyone who helped in anyway with our Pre-Lenten Breakfast! Many years!

COFFEE SOCIAL STEWARDS

Please sign up by the kitchen or by contacting Fr. Dave

March 9: (meatless)	_____?
March 16: (meatless)	_____ACRY
March 23: (meatless)	_____?

SUGGESTED LENTEN READINGS

The following suggested readings for the Great Fast are available in our Bookstore for a reasonable donation (about 50% off).

\*\*\* **Adults: Face to Face: Knowing God Beyond Our Shame** by Fr. Stephen Freeman (\$9) *From advertising to social media, from trauma survival to keeping up with the Joneses, shame is deeply embedded in our culture and our psyches, directing much of our behavior from far behind the scenes. But is all shame bad? Popular author and speaker Fr. Stephen Freeman explores the roots and meaning of both toxic and healthy shame, revealing the crucial importance of this understanding for our relationship with God.*

\*\*\* **Youth: The Good Samaritan: A Children’s Catechism** by Fr. Michael Shanbour (\$12) *The Good Samaritan is a catechism written specifically for young people (ages 6-12) to communicate the unchanging truths of the Orthodox Faith in the most accessible and engaging way. The book follows the patristic model of sin as illness, Christ as the Medicine, and the Church as the Hospital for the healing of the soul. Chapters can be read one at a time, as brief lessons or as bedtime story reading.*

Additional Books Are Available

In Addition To the above books, another option is to use our borrowing Library located in the Multi-Purpose Room (next to the bookstore). This is a great option **for our youth** as there are many books for them to take advantage of! If you have questions about any book – please do not hesitate to ask Fr. Dave!

\*\* **Candy Sale** – We are selling Anderson’s Candy and the catalogs are in the church hall. Orders due date will be coming soon. \* Please try and sell some! *Last year we needed to sell \$500 worth of candy to get the 30% profit from this fundraiser.* Please see Tim Martin with any questions.

\* **New Pittsburgh Dean Announced** - Met. Gregory has appointed Very Rev. Nicholas Ferencz, PhD, as Dean of the Pittsburgh Deanery, effective as of February 10, 2025. Axios! Many Years!

\* **Make plans to go to Camp Nazareth in 2025!**

- ❖ March 14-16 - Young Adult Retreat (ages 18-35)
- ❖ May 2-4 - Sts. Joachim & Anna Seniors Retreat (age 55 and over)
- ❖ May 30 - June 1 - Family Camp
- ❖ June 1 - Family Day
- ❖ July 20-26 - Pgh Deanery Camping Week
- ❖ Aug 10-13 - Science & Nature Camp (ages 8-18)
- ❖ October 10-12 – CN Alumni Weekend
- ❖ Oct 31-Nov 2 - Young Adult Retreat (ages 18-35)
- ❖ November 7-9 - Fall Encounter (ages 8-18)

*Please, Save the Dates and head to 339 Pew Road, Mercer, PA 16137*

\*\*\* **Registration is Open!** You can now register your child (aged 8-18) for Camp Nazareth this summer. Don’t delay! If financial assistance is needed, please let Fr. Dave know. Let’s get our kids to camp!

\*\*\* **Pittsburgh Marathon - Walk or Run with Team IOCC** - Help change lives around the world! Join us on **Saturday, May 3** at the Pittsburgh Marathon Weekend. Choose a Race as a Solo Participant or Form Your Own Team! (5K, 4-Mile Fitness Challenge, Kids Marathon, Pet Walk, Toddler Trot, Champions Mile) SIGN UP NOW AT [iocc.org/pgh](http://iocc.org/pgh). Questions? Contact Dean Stambolis at [DeanStambolis@verizon.net](mailto:DeanStambolis@verizon.net) or 412.874.9572.

\* **Annual Church Picnic** – “The Cabin” in North Park is booked for **SUNDAY, SEPTEMBER 7, 2025** for our end of summer picnic. *Please Save The Date!*

OUR STEWARDSHIP GIFTS TO GOD

Stewardship Offerings:	\$ 172
Candle Stewardship:	\$ 81
Envelope Stewardship:	\$ 310
Community Outreach:	\$ 75
<b>Total Collections:</b>	<b>\$ 638</b>
<b>Capital Improvement Fund:</b>	<b>\$ 0</b>
<i>Participating Souls – Sunday Liturgy: 42</i>	
<i>Wednesday Moleben: 12</i>	
<i>Saturday All Soul Liturgy: 5</i>	

**Weekly Candle Intentions or Memorials** were offered last week by the Nelson Family; Carol and Tom Lorenzi; Lawrence Martin; Tim Martin; Rich and Renee Mirilovich; Cindy Pavilonis; Melanie Paieski

CHURCH BUILDING UPDATE

*Here is a brief update from the past few weeks:*

- ❖ \*\*\* **Kitchen Update** – The stainless steel wall behind the stove is almost complete! Also, LED lights have replaced the previous lighting. Pop your head in to the kitchen to see the changes.
- ❖ \*\*\* **Hall Lights** – Speaking of LED – 16 LED lights have replaced the lights in the church hall. These lights have 3 light color options, 3 lumen options, and are dimmable.
- ❖ \*\*\* **Church Proper** – Not much has changed in the nave of the church. Most focus of late has been on electrical upgrades, the kitchen, and the hall. *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!*

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!

*from the Lenten Triodion*

Open to me the doors of repentance, O Life-Giver; for my spirit hastens early towards Your holy temple, bearing the temple of my body all defiled; but in Your compassion purify me by Your gracious mercy. Amen.

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\* **Iconography School** – Fr. George of Aliquippa has started online iconography classes! Please see the flyer for details or contact Fr. Dave.

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**“Code” for reading the bulletin:**

\*\*\* = new news    \*\* = 2<sup>nd</sup> time in the bulletin

\* = at least the 3<sup>rd</sup> time in the bulletin

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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

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**VISIT OUR DIOCESE ON-LINE**

Diocesan Website: [www.acrod.org](http://www.acrod.org)  
Camp Nazareth: [www.campnazareth.org](http://www.campnazareth.org)  
FB: [www.facebook.com/acroddiocese](https://www.facebook.com/acroddiocese)  
Twitter: [twitter.com/acrodnews](https://twitter.com/acrodnews)  
YouTube: [youtube.com/acroddiocese](https://youtube.com/acroddiocese)

**SCHEDULE OF SERVICES FOR  
THE GREAT FAST**

**FORGIVENESS SUNDAY, MARCH 2**

9:15 am Third Hour

9:30 am Divine Liturgy

Rite of Forgiveness

**CLEAN MONDAY, MARCH 3 #TheGreatFast**

THE GREAT FAST BEGINS

A DAY OF STRICT FASTING

6:30 pm Canon of Repentance of St. Andrew

**CLEAN TUESDAY, MARCH 4 #TheGreatFast**

6:30 pm Canon of Repentance of St. Andrew

**CLEAN WEDNESDAY, MARCH 5 #TheGreatFast**

6:00 pm Liturgy of the Presanctified Gifts

with community meal following

**CLEAN THURSDAY, MARCH 6 #TheGreatFast**

6:30 pm Canon of Repentance of St. Andrew

**CLEAN FRIDAY, MARCH 7 #TheGreatFast**

9:30 am Canon of Repentance of St. Andrew

**CLEAN SATURDAY, MARCH 8 #TheGreatFast**

11 am – 1 pm Confessions Offered

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**SUNDAY, MARCH 9 #TheGreatFast**

TRIUMPH OF ORTHODOXY

9:15 am Third Hour

9:30 Divine Liturgy of St. Basil the Great

Procession of Icons (*Bring an icon to church*)

Panachida - *Monthly Memorial*

4:30 pm Sunday of Orthodoxy at Holy Cross

**WEDNESDAY, MARCH 12 #TheGreatFast**

7:00 pm Liturgy of the Presanctified Gifts at

St. Alexander Nevsky OCA Cathedral

(1600 Guyton Rd., Allison Park)

with community meal following

**FRIDAY, MARCH 14 #TheGreatFast**

6:30 pm Paraklis to the Theotokos

**ALL-SOUL’S SATURDAY (Zadušna Subota),**

**MARCH 15 #TheGreatFast**

9:30 am Divine Liturgy & Panachida (2<sup>nd</sup> of 5)

11 am – 1 pm Confessions Offered

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**SUNDAY, MARCH 16 #TheGreatFast**

ST. GREGORY PALAMAS

9:15 am Third Hour

9:30 pm Divine Liturgy of St. Basil the Great  
with responses sung by Tzar Lazar Male Choir  
Youth Sunday

4:00 pm Deanery Lenten Mission in Rankin

**WEDNESDAY, MARCH 19 #TheGreatFast**

6:00 pm Liturgy of the Presanctified Gifts at SJB  
(*hosting the other two parishes*)

with community meal following

**FRIDAY, MARCH 21 #TheGreatFast**

6:30 pm Akathist Hymn to the Passion of our Lord

**ALL-SOUL’S SATURDAY (Zadušna Subota),**

**MARCH 22 #TheGreatFast**

9:30 am Divine Liturgy & Panachida (3<sup>rd</sup> of 5)

11 am – 1 pm Confessions Offered

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**SUNDAY, MARCH 23 #TheGreatFast**

SUNDAY OF THE HOLY CROSS

9:15 am Third Hour

9:30 pm Divine Liturgy of St. Basil the Great

4:00 pm Deanery Lenten Mission in Allison Park

**WEDNESDAY, MARCH 26 #TheGreatFast**

6:30 pm Liturgy of the Presanctified Gifts at  
Holy Trinity GOA Church

(985 Providence Blvd., Pittsburgh)

with community meal following

**FRIDAY, MARCH 28 #TheGreatFast**

6:30 pm Moleben to the Holy Cross

**ALL-SOUL’S SATURDAY (Zadušna Subota),**

**MARCH 29 #TheGreatFast**

9:30 am Divine Liturgy & Panachida (4<sup>th</sup> of 5)

11 am – 1 pm Confessions Offered

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**SUNDAY, MARCH 30 #TheGreatFast**

SUNDAY OF ST. JOHN OF THE LADDER

9:15 am Third Hour

9:30 pm Divine Liturgy of St. Basil the Great

4:00 pm Deanery Lenten Mission in Ambridge

**WEDNESDAY, APRIL 2 #TheGreatFast**

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

**FRIDAY, APRIL 4 #TheGreatFast**

6:30 pm Akathist Hymn to the Theotokos

**SATURDAY, APRIL 5 #TheGreatFast**

10 am to 5 pm Lenten Retreat at St. Nicholas  
(903 Ann Street, **Homestead**, PA 15120)

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**SUNDAY, APRIL 6 #TheGreatFast**

SUNDAY OF ST. MARY OF EGYPT

9:15 am Third Hour

9:30 pm Divine Liturgy of St. Basil the Great

4:00 pm Deanery Lenten Mission in East Pittsburgh

**MONDAY, APRIL 7 #TheGreatFast**

FEAST OF THE ANNUNCIATION

6:30 pm Vesperal Liturgy of St. John

**WEDNESDAY, APRIL 9 #TheGreatFast**

6:00 pm Liturgy of the Presanctified Gifts at SJB

with community meal following

**FRIDAY, APRIL 11 #TheGreatFast**

6:30 pm Akathist to St. Panteleimon with anointing

**SATURDAY, APRIL 12 #LAZARUSSATURDAY**

9:30 pm Divine Liturgy

Palm Cross Making following

11 am – 1 pm Confessions heard

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**TODAY’S SCRIPTURE READINGS**

*Epistle: Romans 13:11-14:4*

**An Urgent Appeal**

<sup>11</sup> Besides this you know what hour it is, how it is full time now for you to wake from sleep. For salvation is nearer to us now than when we first believed; <sup>12</sup> the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; <sup>13</sup> let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. <sup>14</sup> But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

**Do Not Judge Another**

<sup>14</sup> As for the man who is weak in faith, welcome him, but not for disputes over opinions. <sup>2</sup> One believes he may eat anything, while the weak man eats only vegetables. <sup>3</sup> Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. <sup>4</sup> Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

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*Gospel: Matthew 6:14-21*



<sup>14</sup>For if you forgive men their trespasses, your heavenly Father also will forgive you; <sup>15</sup>but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

**Concerning Fasting**

<sup>16</sup>“And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. <sup>17</sup>But when you fast, anoint your head and wash your face, <sup>18</sup>that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

**Concerning Treasures**

<sup>19</sup>“Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, <sup>20</sup>but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. <sup>21</sup>For where your treasure is, there will your heart be also.

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**PRAYER CORNER**

**Our Parish Prayer List for Special Intentions \***

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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 Health of...* Gary, Lindsay, Luca, Linda, Joseph, Shawn, John, Valerie, Jon, Bella, Reed, Maria O., Cheryl, Christina, Daniel, Elizabeth, Robert, David, Suzanne, 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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*For the Special Intentions of...* His All Holiness Patriarch Bartholomew, Metropolitan Gregory, Fr. Stephen B., Fr. Thomas B., Protodeacon Gregory B., Stephanie 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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**March Namedays:**

Fr. Dave Urban – St. David of Wales (3/14)  
Steven Zerby – St John of the Ladder (3/30)  
*...May God grant them many and blessed years!*

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**March Birthdays:**

Alisha Zak (3/1), Matthew Wensel (3/3), Lillian Fucsko (3/4), Christopher Kubis (3/6), Fr Daniel Mahler (3/6), Randall Paieski (3/09), *Father’s nephew*, Michael Verbanick (3/9), *Father’s God-mother*, Andrea Babbie (3/10), Allen Dzambo (3/11), Noella Gaydos (3/14), Fr David Cochran (3/18), Pañi Alison Archer (3/21), Ken Dzadovsky (3/28), Marianne Kubis (3/29), Ben Anton (3/30)  
*...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...**

Raymond, Kathryn, 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...* Nicholas & Cassie, Allison & Michael *...through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

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**March Anniversaries:**

Lindsay & AJ Matolyak-Ferraz (3/6/21)  
*...through the prayers of St. Nicholas Planas*

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**For Pregnant Mothers...**

Mallory (*due in March*), Lindsay (*April*), Caitlin *...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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**For the souls of the newly departed...**

+Patricia Law (2/19)

*...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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\* 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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**A Prayer for the Beginning of the Great Fast**

O God, Hope of all the ends of the earth and of those far away at sea or in the air, Who foretold these holy days of fasting in the Law, the Prophets and the Evangelists: Grant all of us to proceed in purity along the course of the Fast, to keep the Faith undivided and to preserve Your commandments all the days of our lives.

Command an angel of peace to preserve our comings-in and goings-out for all good works, being obedient together and serving together for a perfect communion of Your Most-pure Mysteries. Accept, O Master, the bending of the knees and the fasting of Your servants, granting to them spiritual blessings, and to all of us, in Christ Jesus our Lord, with Whom You are blessed, together with Your Most-holy, Good and Life-creating Spirit, now and ever and onto the ages of ages. Amen.

**THE PRAYER OF SAINT EPHRAIM  
THE SYRIAN**

*(in the Ruthenian tradition as found in St. Peter Mogila’s 1639 Liturgikon (Sluzhebnik))*

O Lord and Master of my life, take from me the spirit of laziness, despair, lust for power, and vain talking. + *[Prostration]*  
But give to me, Your servant, the spirit of purity, humility, patience, and love.

+ *[Prostration]*

Yes, Lord and King, grant me to see my own sins, and not judge my brother, for blessed are You forever and ever. Amen.

+ *[Prostration]*

*The following triplet is recited 4 times  
(making a total of 12 bows):*

O God, be merciful to me, a sinner. *[bow]*

O God, cleanse me of my sins and have mercy on me. *[bow]*

O Lord, forgive me, for my sins are many. *[bow]*

*Then the prayer again with only one prostration:*

O Lord and Master of my life, take from me the spirit of laziness, despair, lust for power, and vain talking. But give to me, Your servant, the spirit of purity, humility, patience, and love. Yes, Lord and King, grant me to see my own sins, and not judge my brother, for blessed are You forever and ever. Amen.

+ *[Prostration]*

## ONLINE BONUSES

### Sunday of Cheesefare: Expulsion of Adam from Paradise

As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendants became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

At Forgiveness Vespers we sing: "Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit..."

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### TRIODION: GETTING READY FOR LENT

The significance of the four Sundays.

The word Triodion is used frequently and it is used to denote the three-odes used during the matins canon that are specifically Lenten. During the time before Lent, the Church in Her wisdom offers us five preparatory Sundays (Russian Tradition) to get us ready to enter the season of Great Lent. The Lenten Triodion officially begins with the Sunday of the Publican and Pharisee.

*First: Sunday of the Pharisee and the Publican ...*

*Second: Sunday of the Prodigal Son...*

*Third: Sunday of the Last Judgment...*

#### Fourth: Forgiveness Sunday

This Sunday summarizes the readings of the previous three weeks and prepares us for Lent. Like the Prodigal we must turn and leave behind the things of the world, of the past. We must forgive others or God

will not forgive us. Why? Because we ask God to do that each time we pray the Lord's Prayer! We must not be like the Pharisee and draw attention to our fasting by trying to gain sympathy or praise of men. Finally, we must begin to store spiritual treasure in heaven by using our earthly treasure to help others through alms and other works of mercy. With this attitude we are ready for a successful Lent.

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## LIVES OF THE SAINTS

### THE HOLY MARTYR THEODORE OF TYRE

Commemorated on Mar 2 / Feb 17 and on Saturday of the 1st week of the Great Lent

The Holy Martyr Theodore of Tyre was a soldier in the city of Alasium of the Pontine district (northeast province of Asia Minor, stretching alongside the coast of the Pontus Euxine, i.e. the Black Sea), under the command of a certain Brincus. They commanded him to offer sacrifice to idols. Saint Theodore firmly and in a loud voice confessed his faith in Christ the Saviour. The commander gave him several days to think it over, during which time Saint Theodore prayed intensely. They charged him with setting afire a pagan temple and threw him into prison for death by starvation. The Lord Jesus Christ appeared to him there, comforting and encouraging him. Brought again to the governor, Saint Theodore yet once more boldly and fearlessly confessed his faith, for which he was subjected to new torments and condemned to burning. The martyr Theodore without hesitation climbed onto the bon-fire and with prayer and laudation gave up his holy soul to God.

This occurred in about the year 306 under the Roman emperor Galerius (305-311). Unharmed by the fire, the body of Saint Theodore was buried in the city of Eukhaitakheia, not far from Amasium. His relics were afterwards transferred to Tsar'grad, to a church dedicated to his name. His head is situated in Italy, in the city of Gaeto.

Later on, 50 years after the martyr's death of Saint Theodore, the emperor Julian the Apostate (361-363), wanting to commit an outrage upon the Christians, commanded the city-commander of Constantinople during the first week of Great Lent to sprinkle all the

food provisions in the market-places with the blood of idol-sacrifices. Saint Theodore, having appeared in a dream to archbishop Eudoxios, ordered him to inform all the Christians, – that no one should buy anything at the market-places, but rather to eat cooked wheat with honey – kolivo (kut'ya or sochivo). In memory of this occurrence the Orthodox Church annually makes celebration of the holy GreatMartyr Theodore of Tyre on Saturday of the first week of Great Lent. On the eve of Saturday, on Friday, in the Divine Liturgy of the Pre-Sanctified Gifts after the amvon prayer there is read the molieben-kanon to the holy GreatMartyr Theodore, compiled by the monk John Damascene. After this, kolivo is blessed and distributed to the faithful. The celebration to the GreatMartyr Theodore on Saturday of the first week of Great Lent was set by the Patriarch of Constantinople Nektarios (381-397).

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## MARCH COMMUNITY OUTREACH MINISTRY

### National Jr. ACRY Project

Details coming soon –

### Local Sr. ACRY Puzzle and Book Project

Details coming soon –

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## FEAST DAY FEATURES OF THE MONTH

### KONDAK HYMNS OF THE FEASTS:

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Coming Soon...

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### A Spiritual Vitamin:

"A vainglorious ascetic is cheated both ways: he exhausts his body and gets no reward. It is not he who depreciates himself who shows humility, but he who maintains the same love for every man who reproaches him." +St. John Climacus

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## ADDITIONAL BULLETIN BOARD ANNOUNCEMENTS

*(Please have submissions to Fr. Dave by Wednesday)*

\* **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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*Icon of Christ's Extreme Humility*

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## 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

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STEWARDSHIP SNIPPET



**TIME, TALENT, AND TREASURES**

\*\*\* **STEWARD**, translated from the Greek word *oikonomos*, means *a caretaker, a faithful manager of all of God’s gifts*. As Stewards, each of us are called upon to respond to God’s gifts through offering our gifts of time, talent and treasure. This is our form of supporting our parish and it leaves us with the question, “How will I respond to God’s gifts this year?” Our gifts represent who we are and how we care about God and His Church. How can we live with the framework of being a caretaker of the blessings God gives us?

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.

**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 (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.

**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.*

Stewardship of Treasure Guide															
Weekly offering to God through the Sunday Offertory - Will you take a step up?															
Weekly Income	Beyond a Tithe	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.

SPIRITUAL CONSIDERATIONS

*Father is available to meet Monday thru Friday from 8:30am to 3:30pm 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**

**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.

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**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 Proskomedie (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.

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**Our Parish Prayer List for Special Intentions \***

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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 B., Stephen B., Fr. Thomas B., Protodeacon Gregory B., Stephanie 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:* Den 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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**March Namedays:**

Steven Zerby – St John of the Ladder (3/30)  
...*May God grant them many and blessed years!*

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**March Birthdays:**

Alisha Zak (3/1), Matthew Wensel (3/3), Lillian Fucsko (3/4), Christopher Kubis (3/6), Fr Daniel Mahler (3/6), Randall Paieski (3/09), *Father’s nephew*, Michael Verbanick (3/9), *Father’s God-mother*, Andrea Babbie (3/10), Allen Dzambo (3/11), Noella Gaydos (3/14), Fr David Cochran (3/18), Pañi Alison Archer (3/21), Ken Dzadovsky (3/28), Marianne Kubis (3/29), Ben Anton (3/30)  
...*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...**

Raymond, Kathryn, 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...** Nicholas & Cassie, Allison & Michael ...*through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

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**March Anniversaries:**

Lindsay & AJ Matolyak-Ferraz (3/6/21)  
...*through the prayers of St. Nicholas Planas*

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**For Pregnant Mothers...**

Mallory (*due in March*), Lindsay (*April*), Caitlin  
...*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.*

**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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**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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