

“THE WEEKLY FORERUNNER” *Our Parish Bulletin*

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

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

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.

UPCOMING SERVICES

SUNDAY, MARCH 30, 2025 vol. X

4:00 pm Deanery Lenten Mission in Ambridge

WEDNESDAY, APRIL 2 #TheGreatFast

6:00 pm Presanctified Liturgy & fellowship meal

Movie “Man of God” to follow

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

9:15 am Third Hour

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

Tone 8; Liturgical Color: **Purple**

4:00 pm Deanery Lenten Mission in East Pittsburgh

211 Cable Ave., East Pittsburgh, PA 15112

MONDAY, APRIL 7 #TheGreatFast

FEAST OF THE ANNUNCIATION

9:30 am **(time change)** Vespers Liturgy of St. John

WEDNESDAY, APRIL 9 #TheGreatFast

6:00 pm Presanctified Liturgy & fellowship meal

FRIDAY, APRIL 11 #TheGreatFast

6:30 pm Akathist to St. Panteleimon with anointing

Movie “Man of God” to follow

SATURDAY, APRIL 12 #LAZARUSSATURDAY

9:30 pm Divine Liturgy

Palm Cross Making and Easter Basket discussion

11 am – 1 pm Confessions heard

(*Holy Week Services are now in the online portion*)

BULLETIN BOARD ANNOUNCEMENTS

*** **Great Lent 2025** - Our Journey To Pascha is more than halfway behind us! Consider the following as we look forward to Pascha:

Have I attended Confession? It is offered after every service, on Saturday at lunchtime, or please schedule ASAP so as to be prepared spiritually for renewal of our relationship with Christ.

Have I rearranged my schedule around the holy feasts or plan to for Holy Week? As Orthodox Christians we celebrate the great feasts with joy and love! Holy Week only comes once a year.

Fasting: How are we doing? Medical needs always come first and we also want to do our best with prayer and renewing our relationship with God. Have you spoken to your Spiritual Father if you are looking for some encouragement? God is watching how we are running the race of the Fast! Remember to do your best and pursue God, not waiting for Him to show up (He is always present), but go to Him.

Make the sign of the cross and recommit to the fast today. (*Inspiring words by Fr. Jonathan Bannon*)

Remember: A general guideline for the Great Fast is this: Try to do more than last year. This is an opportunity, not an obligation. May our journey to Pascha be a spiritually beautiful one together!

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*** **Presanctified Liturgies** – The Wednesday Presanctified Liturgies this week and next will be here at St. John’s. (*All 3 North Hills churches will have services at their own churches*)

OUR 2025 JOURNEY TO PASCHA

Created by Fr. Jonathan Bannon

SUNDAYS

THEMES & READINGS

HOW TO PARTICIPATE:

4th Sunday of Lent

MARCH 30th



ST JOHN of the LADDER

Epistle:

Hebrews 6:13-20

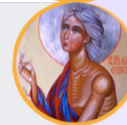
Gospel:

Mark 9:17-31

Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!

5th Sunday of Lent

APRIL 6th



ST MARY of EGYPT

Epistle:

Hebrews 9:11-14

Gospel:

Mark 10:32-45

Ask the Theotokos to offer you and the world pure thoughts and ideas this week.

*** **Movie “Man of God”** – After technical difficulties, the movie about St. Nectarios will be shown following the Wednesday Presanctified this week. Plan to come, stay for the movie, and discussion.

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*** **Palm Crosses AND Easter Basket Discussion** – On **Saturday, April 12**, following the Divine Liturgy, we will be making crosses out of palms. This activity is for all ages! Also this year we will have an extra discussion on putting together a traditional Slavic Easter Basket – the what? why? and how? (*A preview is in the online bulletin portion*)

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* **Paschal Commemorations** – We offer you the opportunity to sponsor items to be used during Holy Week and Pascha as Special Intentions: *anonymously, for the health of* OR *in memory of departed loved ones*. Please sign up on the sheet in the Vestibule **by Palm Sunday (April 13)** and give an *additional free-will stewardship offering* to the Church.

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* **Palms & Pussywillows** – Please bring in your Palms and Pussywillows from prior years. We are collecting them in the Church Hall and they will not be simply thrown away, but respectfully disposed of. *Get your home ready for the new ones in a few weeks!*

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*** **Welcome to the Newly-Baptized!** Last Sunday, **Patrick Dean Wertz** was baptized and initiated into the Orthodox faith. May God give strength to him as he begins his Christian life and bless him, his parents, God-Parents, and families! Many Years!

THIS WEEK’S BULLETIN IS SPONSORED

in memory of +Lawrence Martin (*27-years*)

May he be remembered in God’s Memory forever! Eternal Memory!



*** Reading of the Psalms on Good Friday Evening and Holy Saturday Morning

– Starting this year, faithful are asked to sign up and commit to reading the Psalms at the Tomb of our Lord. We will begin immediately after the Vesper Service and Burial Procession on Good

Friday, continue until 10 pm, then restart Holy Saturday morning at 8 am until the start of the Vespers Liturgy (at 9:30 am). Shifts will be 20 minutes long. May these words from the Gospel of Matthew when Jesus prayed in Gethsemane inspire all of us: *And he came to the disciples and found them sleeping; and he said to Peter, “So, could you not keep awake with me one hour? Watch and pray that you may not enter into temptation; the spirit indeed is willing, but the flesh is weak.”* (Matthew 26:40-41)

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*** **Congratulations!** to Lindsay & AJ and their families on the birth of **Avalise Mari Matolyak-Ferraz** born on March 26, 2025 (7 lb 6 oz). Welcome to our Parish Family! Many Years!

“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 1st Day after Childbirth*

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** **Thank You** – Another Thank You needs mentioned for everyone’s stewardship and generosity of their time and talents as we previously hosted the other 2 Orthodox churches in the North Hills AND our Deanery Lenten Mission. May God grant you many years!

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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!

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* **Collection Project** - It's about that time for spring cleaning! If you have any **books, DVDs, or puzzles** that you can pass on, our Sr. ACRY is collecting them to bring to low income assisted living facilities in the area. (*A bin is in the vestibule.*) We want to freshen up their activity areas, and it will freshen up your home space at the same time - win, win! Thank you so much for your donations!

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* **A Note About The Mystery Of Confession** - They will be heard in front of the Icon of Christ. Confessions will be heard *following every* service, from **11am – 1pm** on Saturdays during Great Lent, 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 will only be heard *through Holy Wednesday*.

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* **Faith Night** – The 2025 Pgh. Pirate’s Faith Night will be on **Saturday, May 10** at 4:05pm. In years past, we had a great time going to a game together. If you are interested in organizing a parish family event at the ballpark, please contact Fr. Dave ASAP.

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OUR STEWARDSHIP GIFTS TO GOD	
Stewardship Offerings:	\$ 310
Candle Stewardship:	\$ 143
Envelope Stewardship:	\$ 278
Total Collections:	\$ 731
Hall Rental (Fundraising Acc’t:	\$ 100
Capital Improvement Fund:	\$ 214
<i>Participating Souls – Sunday Liturgy: 37</i>	
<i>Wednesday Presanctified: 105 (at Holy Trinity)</i>	
<i>Friday Moleben: 11</i>	
<i>All Soul Saturday Liturgy: 7</i>	

Weekly Candle Intentions or Memorials were offered last week by the Nelson Family; Carol and Tom Lorenzi; Tim Martin; Sharon Peifer; Fred and Juliana Anton; Cindy Pavilonis

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CHURCH BUILDING UPDATE
<i>Here is a brief update from the past few weeks:</i>
✂ *** Multi-Purpose Room Update – The latest room to be updated is the Multi-Purpose Room. It is now prepared and ready to hold a meeting, Church School class, have music lessons, hold our Lending Library and Bookstore, or play Ping-Pong.
✂ * 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. <i>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!</i>

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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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* **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!

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SUNDAY’S SCRIPTURE READINGS

Epistle: Hebrews 6:13-20
The Certainty of God’s Promise
¹³ For when God made a promise to Abraham, since he had no one greater by whom to swear, he swore by himself, ¹⁴ saying, “Surely I will bless you and multiply you.” ¹⁵ And thus Abraham, having patiently endured, obtained the promise. ¹⁶ Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. ¹⁷ So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, ¹⁸ so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. ¹⁹ We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, ²⁰ where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchiz’edek.

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Gospel: Mark 9:17-31
¹⁷ And one of the crowd answered him, “Teacher, I brought my son to you, for he has a dumb spirit; ¹⁸ and wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able.” ¹⁹ And he answered them, “O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me.” ²⁰ And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. ²¹ And Jesus asked his father, “How long has he had this?” And he said, “From childhood. ²² And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us.” ²³ And Jesus said to him, “If you can! All things are possible to him who believes.” ²⁴ Immediately the

father of the child cried out and said, “I believe; help my unbelief!” ²⁵ And when Jesus saw that a crowd came running together, he rebuked the unclean spirit saying to it, “You dumb and deaf spirit, I command you, come out of him, and never enter him again.” ²⁶ And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, “He is dead.” ²⁷ But Jesus took him by the hand and lifted him up, and he arose. ²⁸ And when he had entered the house, his disciples asked him privately, “Why could we not cast it out?” ²⁹ And he said to them, “This kind cannot be driven out by anything but prayer.”
Jesus Again Foretells His Death and Resurrection
³⁰ They went on from there and passed through Galilee. And he would not have any one know it ³¹ for he was teaching his disciples, saying to them “The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed after three days he will rise.”

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PRAYER CORNER

For the Health of... Brian, Rhonda, Cynthia, Patrick Melanie, Carlene, Jason, Denise, Lindsay, Linda, Bella, Maria O., Cheryl, Daniel, David, Suzanne, Barbara, Paul, Robert, Kelly, Juliana, Fredrick, 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 souls of the newly departed...
+Kenneth Parks (3/31), +Peter Mercurio (3/28), +Dn. Robert Conjelko (3/26), +Janet Riding (3/19), +Gary Fall (3/13), +Robert Archer (3/8)
...*May the Lord God grant them blessed repose where there is no pain sorrow or mourning. May they be Eternal in God’s Memory!*

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SPIRITUAL VITAMIN:
“We are not all the same, either in body or soul. Some profit from singing the psalms quickly, others from doing so slowly, the one fighting distraction, the others coping with ignorance.”
+*St. John of the Ladder (Climacus)*

THE PRAYER OF SAINT EPHRAIM THE SYRIAN
(in the Ruthenian tradition)

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]*

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A Prayer Of Repentance (Psalm 50/51)

Have mercy upon me, O God, according to Your great mercy; And according to the multitude of Your compassions, blot out my transgressions. Wash me thoroughly from my iniquity, And cleanse me from my sin. For I acknowledge my iniquity, And my sin is continually before me. Against You only have I sinned, And done this evil before You. That You might be justified in Your words, And prevail when You judge. For behold, I was conceived in iniquities, And in sins did my mother bear me.

For behold, You have loved truth; The hidden and secret things of Your wisdom You have made clear to me. You shall sprinkle me with hyssop, and I shall be made clean; You shall wash me and I shall be made whiter than snow. You shall make me to hear joy and gladness, The bones which have been humbled shall rejoice. Turn Your face away from my sins, And blot out all my iniquities.

Create a clean heart in me, O God, And renew a right spirit within me. Cast me not away from Your presence, And take not Your Holy Spirit from me. Restore to me the joy of Your salvation, And with Your governing Spirit establish me. I shall teach transgressors Your ways, And the ungodly shall turn back to You.

Deliver me from blood-guiltiness, O God, who are the God of my salvation, My tongue shall rejoice in Your righteousness. O Lord, You shall open my lips, And my mouth shall declare Your praise.

For if You had desired sacrifice, I would have given it; With whole burnt offerings You shall not be pleased. A sacrifice to God is a broken spirit, A heart that is broken and humbled God will not despise. Do good, O Lord, in Your good pleasure to Zion; And let the walls of Jerusalem be built Then shall You be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings; Then shall they offer bullocks upon Your altar.

ONLINE BONUSES

If you fill your soul with news, what will it be fragrant with?

‘Our mind is wandering all the time as it is, our thoughts are constantly far away and we are unable to focus on anything. It’s the wandering of the mind. We receive some news willy-nilly. Then we begin to turn it over in our minds. And next the well-known scheme works:

‘Provocation—coupling—assent—captivity—sin.’

All the points of the development of sin are present in us. Someone hears some news, begins to think about it, gets annoyed, angry, and starts to judge others. As a result, we find ourselves in a state when we are unable to pray. How can we pray if we are annoyed, angry and condemn others?

—Father Sergei Ermolaev, Church of St. John the Baptist, Vologda

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A man asked a priest: "If God is everywhere, why should I go to Church?"

The priest replied: "The whole atmosphere is filled with water; but when you want to drink you have to go to a fountain or a well."

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55 Maxims for Christian Living

On the 10th Anniversary of the Falling Asleep of Very Rev. Protopresbyter Thomas Hopko, here is a list of 55 Maxims for Christian Living that he prepared by request. (He was a former Dean of St. Vladimir's Theological Seminary)

WHAT ARE THE BASIC ELEMENTS of a victorious Christian life?

1. Be always with Christ.
2. Pray as you can, not as you want.
3. Have a keepable rule of prayer that you do by discipline.
4. Say the Lord’s Prayer several times a day.
5. Have a short prayer that you constantly repeat when your mind is not occupied with other things.
6. Make some prostrations when you pray.
7. Eat good foods in moderation.
8. Keep the Church’s fasting rules.
9. Spend some time in silence every day.
10. Do acts of mercy in secret.
11. Go to liturgical services regularly
12. Go to confession and communion regularly.
13. Do not engage intrusive thoughts and feelings. Cut them off at the start.
14. Reveal all your thoughts and feelings regularly to a trusted person.
15. Read the scriptures regularly.
16. Read good books a little at a time.
17. Cultivate communion with the saints.
18. Be an ordinary person.
19. Be polite with everyone.
20. Maintain cleanliness and order in your home.
21. Have a healthy, wholesome hobby.
22. Exercise regularly.
23. Live a day, and a part of a day, at a time.
24. Be totally honest, first of all, with yourself.
25. Be faithful in little things.
26. Do your work, and then forget it.
27. Do the most difficult and painful things first.
28. Face reality.
29. Be grateful in all things.
30. Be cheerful.
31. Be simple, hidden, quiet and small.
32. Never bring attention to yourself.
33. Listen when people talk to you.
34. Be awake and be attentive.
35. Think and talk about things no more than necessary.
36. When we speak, speak simply, clearly, firmly and directly.
37. Flee imagination, analysis, figuring things out.
38. Flee carnal, sexual things at their first appearance.
39. Don’t complain, mumble, murmur or whine.
40. Don’t compare yourself with anyone.
41. Don’t seek or expect praise or pity from anyone.
42. We don’t judge anyone for anything.
43. Don’t try to convince anyone of anything.
44. Don’t defend or justify yourself.
45. Be defined and bound by God alone.
46. Accept criticism gratefully but test it critically.
47. Give advice to others only when asked or obligated to do so.

- 48. Do nothing for anyone that they can and should do for themselves.
- 49. Have a daily schedule of activities, avoiding whim and caprice.
- 50. Be merciful with yourself and with others.
- 51. Have no expectations except to be fiercely tempted to your last breath.
- 52. Focus exclusively on God and light, not on sin and darkness.
- 53. Endure the trial of yourself and your own faults and sins peacefully, serenely, because you know that God’s mercy is greater than your brokenness.
- 54. When we fall, get up immediately and start over.
- 55. Get help when you need it, without fear and without shame.

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LIVING THE ORTHODOX FAITH



Assembling A Traditional Easter Basket

One begins with a straw basket filling with foods each holding symbolic significance:

1. Easter Bread (Pascha)

A sweet yeast bread rich in eggs and butter, symbolic of Christ “the Living Bread”. Usually a round loaf with a golden crust and decorated with a braid and cross. Pascha comes from the word Pasch, meaning

Passover. In English we use it to refer to the Easter season. In Slavonic the word paska is used to refer to Christ “the new lamb”.

2. Cheese (Rusyn: Hrudka or Sirec)

A special cheese made from egg and milk shaped into a ball having a rather bland but sweet taste indicative of the moderation that Christians should have in all things. It is often decorated with cloves in the form of a cross.

3. Ham (Šunka)

The meat popular with the Slavs as the main dish because of its richness and symbolism of the great joy and abundance of Easter. Some may prefer lamb or veal.

4. Sausage (Kolbasi)

A spicy pork product flavored with garlic, indicative of God’s favor and generosity.

5. Butter (Maslo)

This favorite dairy product is often shaped into a lamb or small cross. Symbolic of Christ the lamb who was offered upon the altar of the Cross for the life of the world.

6. Bacon (Slanina)

Uncooked bacon cured with spices. Symbolic of the overabundance of God’s mercy to us.

7. Salt (Sol)

Symbolizes the Truth of the message of Christ. Just as salt preserves food, so the teaching of Christ preserves our eternal life.

8. Horseradish (Chrin)

Horseradish mixed with grated red beets. Symbolic of the Passion of Christ still in our minds but sweetened with some sugar because of the Resurrection. A bittersweet red colored mixture reminds us of the sufferings of Christ.

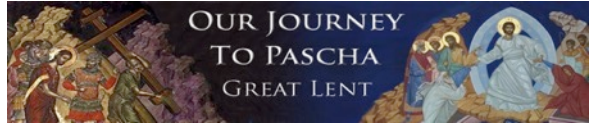
9. Decorated Eggs (Pysankô)

Hard boiled eggs brightly decorated with symbols and markings made with beeswax. Eggs were always considered as symbols of the resurrection, the emergence of new life.

*** We are not limited to only having these items in our basket (nor do we have to have all of them). We fast for 40 days and a tradition is to bring what you have fasted from to the church to bless it before having some again (i.e. chocolate, or gum, or pop, or beer, etc.)



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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 regula “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*

To assist the faithful in making the most of this holy season, additional resources have been added to our Diocesan Website:

www.acrod.org/orthodox-christianity/articles/lent/

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LIVES OF THE SAINTS

ST. PATRICK, ENLIGHTENER OF IRELAND (451)

Commemorated on March 17
"Saint Patrick, the Apostle of the Irish, was seized from his native Britain by Irish marauders when he was sixteen years old. Though the son of a deacon and grandson of a priest, it was not until his captivity that he sought out the Lord with his whole heart. In his Confession, the testament he wrote towards the end of his life, he says, 'After I came to Ireland — every day I had to tend sheep, and many times a day I prayed — the love of God and His fear came to me more and more, and my faith was strengthened. And my spirit was so moved that in a single day I would say as many as a hundred prayers, and almost as many at night, and this even when I was staying in the woods and on the mountain; and I would rise for prayer before daylight, through snow, through frost, through rain, and I felt no harm.'"

After six years of slavery in Ireland, he was guided by God to make his escape, and afterwards struggled in the monastic life in Aesir in Gaul [now France], under the guidance of the holy Bishop Germanus. Many years later he was ordained bishop and sent to Ireland once again, about the year 432, to convert the Irish to Christ. His arduous labours bore so much fruit that within seven years, three bishops were sent from Gaul to help him shepherd his flock, 'my brethren and sons whom I have baptized in the Lord -- so many thousands of people,' he says in his Confession.

His apostolic work was not accomplished without much 'weariness and painfulness,' long journeys through difficult country, and many perils; he says his very life was in danger twelve times. When he came to Ireland, as its enlightener, it was a pagan country; when he ended his earthly life some thirty years later, about 461, the Faith of Christ was established in every corner." (Great Horologion)

The work of St Patrick and his brethren has been called the most successful single missionary venture in the history of the Church.

It is said of St Patrick that he chanted the entire Psalter every day.

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MARCH COMMUNITY OUTREACH MINISTRY

National Jr. ACRY 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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ADDITIONAL BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wednesday)

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**  **meal train**® 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 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!

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* SUGGESTED LENTEN READINGS

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

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*** **Adults: Face to Face: Knowing God Beyond Our Shame** by Fr. Stephen Freeman (\$9)

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*** **Youth: The Good Samaritan: A Children's Catechism** by Fr. Michael Shanbour (\$12)

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Additional Books Are Available

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In Addition To the above books, another option is to use our Lending 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!

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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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COFFEE SOCIAL STEWARDS

Please sign up by the kitchen or by contacting Fr. Dave
April 6: (meatless) Matt & Kim Opsitos
April 13: (meatless) Sr. ACRY – Group 1
April 20: Community Pascha Pot-Luck

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WEDNESDAY'S EVENINGS IN LENT

Please sign up by the kitchen or by contacting Fr. Dave
April 2: (meatless) Leftover Soups
April 9: (meatless) _____?
April 16: (meatless) _____?

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*** **Bright Bites** – Join the Pittsburgh IOCC for a night of fellowship and celebration of Pascha around the world with Greek, Italian, and Middle Eastern hors d'oeuvres, as well as red and white wines, for *Bright Bites: Food & Fellowship* on **Sunday, April 27** from 4:00 to 6:00 pm at Stamoolis Brothers (2020 Penn Avenue, Pittsburgh, PA 15222. Tickets are \$35 RSVP by April 22 to Alexis Cross at 412-780-2790 or azkcross@hotmail.com (walk in guests are also welcome).

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

✂ 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

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** **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 Questions? Contact Dean Stambolis at DeanStambolis@verizon.net or 412.874.9572.

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

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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 Schmack

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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?

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PARISH STEWARDSHIP OPPORTUNITIES:

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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.

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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.

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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.

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On-Line Giving is available from our parish website to donate to the: General Stewardship Fund, Capital Improvement Fund, and/or Relocation Fund. The best

option is to come to church and give your offering to God in His Temple (2nd best is to mail it in to Tim Martin, 2225 McAleer Rd., Sewickley, PA 15143). If you miss coming to church for a week, online giving allows you another option to “catch up” on your weekly stewardship. You can also set up a recurring donation online. For our parish to continue it’s ministries, outreach, and general bill paying, your generosity and stewardship is needed.

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Bulletin Sponsor - If you wish to sponsor a bulletin *In Honor of* (nameday, birthday, anniversary, etc.) or *In Memory of* someone, please sign up on the sheet in the vestibule or by contacting Fr. Dave (email, text, or call). An additional stewardship offering to the Church is requested. *Remember, sponsoring a bulletin in memory of someone does not replace having a Panachida (Memorial Service) for them.*

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

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

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Icon of Christ’s Extreme Humility

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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.

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SCHEDULE OF SERVICES FOR THE REST OF THE GREAT FAST, HOLY WEEK, AND BRIGHT WEEK

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
9:30 am **(time change)** 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
Movie “Man of God” to follow
SATURDAY, APRIL 12 #*LAZARUSSATURDAY*
9:30 pm Divine Liturgy
Palm Cross Making following
11 am – 1 pm Confessions heard

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SUNDAY, APRIL 13 #*PALM(FLOWERY)SUNDAY*
FEAST OF THE ENTRY OF OUR LORD INTO JERUSALEM
9:15 am Third Hour
Blessing of Branches (Palms and Willows)
9:30 pm Divine Liturgy
12:00 pm Bridegroom Matins

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GREAT AND HOLY PASSION WEEK

HOLY MONDAY, APRIL 14 #*HolyWeek*
6:30 pm Bridegroom Matins and Confessions
HOLY TUESDAY, APRIL 15 #*HolyWeek*
6:30 pm Bridegroom Matins and Confessions
HOLY WEDNESDAY, APRIL 16 #*HolyWeek*
* *Final opportunity for Confession until after Pascha*
6:00 pm Mystery of Holy Unction (Anointing)
with community meal following

HOLY THURSDAY, APRIL 17 #*HolyWeek*
9:30 am Mystical (Last) Supper Vesperal Liturgy
6:30 pm Matins with the 12 Passion Gospels
*** *then setting of the Lord’s Tomb*

HOLY & GOOD FRIDAY, APRIL 18 #*HolyWeek*
A DAY OF STRICT FASTING
9:30 am Royal Hours
*** *then decorating the Lord’s Tomb*
6:30 pm Vespers and outdoor Burial Procession
with the Holy Shroud (*Plašcanitsa*)
until 10 pm Reading of the Psalter

HOLY SATURDAY, APRIL 19 #*HolyWeek*
A DAY OF STRICT FASTING
8:00 am Reading of the Psalter
9:30 am Vesperal Liturgy of the Resurrection

*** *then changing from dark to light colors*
*** *Please let Fr. Dave know if you are able to assist*
after the Thursday, Friday, or Saturday services
SUNDAY, APRIL 20 #*Pascha*
THE FEAST OF FEASTS
9:00 am Resurrection Matins with
outdoor procession
~9:40 am Paschal Divine Liturgy
Blessing of Artos Bread (*with children assisting*)
Blessing of Paschal Baskets (*upstairs in the church*)
Paschal Potluck Meal
Egg Hunt

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BRIGHT WEEK: A FAST FREE WEEK

MONDAY, APRIL 21 #*BRIGHTWEEK*
9:30 am Paschal Liturgy with outdoor Procession
WEDNESDAY, APRIL 23 #*BRIGHTWEEK*
6:00 pm Akathist to the Holy Resurrection
6:30 pm Parish Council Meeting (*All are welcome*
to come and listen to the discussions at the meeting)
FRIDAY, APRIL 25 #*BRIGHTWEEK*
9:30 am Paschal Divine Liturgy
11:00 am Bacon Breakfast (*See Father Dave*)

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SUNDAY, APRIL 27 #*THOMASUNDAY*
9:15 am Third Hour
9:30 pm Divine Liturgy
Breaking of the Artos
Monthly Memorial Panachida
12:00 pm Blessing of Graves

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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, 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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*** **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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April Namedays:

Bonnie Carlisle – St. Mary of Egypt
Pañi’s brother Florin Popescu and Pañi’s mother Liliana Popescu – Palm (Flowery) Sunday
Subdeacon Ryan Ferko – St. Thomas Sunday
Thomas Lorenzi – St. Thomas Sunday
...May God grant them many and blessed years!

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April Birthdays:

Sonia Kretchek (4/1), Tristan Bowser (4/5), Bryce Blobner (4/10), Rich Mirilovich (4/13), Kris Carlisle, Reader (4/14), Melanie Paieski (4/14), Father’s Uncle Dan Urban (4/15), Father’s Father Dave Urban (4/15), John Kirish (4/18), Father’s Brother-In-Law Christopher Ditmore (4/19), Dr. Lawrence Martin (4/20), Max Anton (4/22), Donald J. Gavulich (4/23/19), Fred Anton (4/24), Fr Peter Paproski (4/24), Donna Tongel (4/24), Fr Jonathan Bannon (4/29), Maryhelen Hoffman (4/29), Sharon Peifer (4/29)

...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...

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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April Anniversaries:

...through the prayers of St. Nicholas Planas

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For Pregnant Mothers...

Mallory (due in March), 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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